



STRONGEST MINDS
LIVE LIFE HAPPY

5 BEST TIPS FOR RELIEVING ANXIETY ONCE AND FOR ALL!

by Amy D. Cohen, BFRP

© **StrongestMinds.com** ~ 2013



5 WAYS TO FINALLY RELIEVE ANXIETY & DEPRESSION ONCE AND FOR ALL!

By Amy D. Cohen, BFRP

Do you struggle with anxiety and/or depression? Are you taking medication that may calm you a bit, but does not really help bring back your joy, heal the anxiety, the depression? Are you on disability? What was the trigger that brought you to this place, do you remember? Do you struggle with panic attacks, irrational thoughts, chronic worry, feeling of doom, loss of control, stress, or depression? **Living with anxiety/depression is not normal. It is a dis-ease in the body created by an emotional trigger, that can be reversed. Because you have not felt change yet, does not mean you can't be helped! You can begin to get back to your "old" self quickly and powerfully!**

They symptoms you live with in your anxiousness/sadness over time, you probably noticed, has a trickle-down effect. It begins in one place, but slowly takes over and controls so many other feelings that it can cripple us, and you lose control. You may first begin to feel the uneasy feeling of maybe our heart racing, diarrhea, that feeling of unrest. It slowly takes over our life and we begin to maybe have panic attacks and slowly become more fearful. It begins to get us in its grasp, slowly beginning to feel uncomfortable in crowds, becoming fearful of what is in our own head - the thoughts that grip us. Depression begins to take over, we lose all control of our lives. For many of us, it gets so bad, we cannot leave the house. For others, we become used to the feeling of anxiety - and almost although there is much discomfort, begin to get used to living in it.

You do not have to live this way - it is easy to reverse and get you back to who you are, living your life your way! Take back control!

[CLICK HERE TO SCHEDULE A FREE CONSULT WITH ME](#)

These 5 Tips WILL Relieve Your Anxiety!

Here are five tips that took me from Intense Anxiety to Pure Emotional Freedom From Anxiety!

1. Deep Breathing. Andrew Weil made a set of breathing tapes you can get from the library. Believe it or not, the breathing you will learn from these tapes, will help you begin to remain calm when you feel a panic attack coming on. If you cannot get to the library, ask a friend or order online. (This was one of my tools before finding Botanical Therapy, and I still use it today when I need - but not for anxiety/depression. I dont struggle anymore).
2. Working out either in the house or at a gym/bike riding, walking. Something that will help release energy. Get out in the fresh air. If you cannot leave the house, open a window, let fresh air in.
3. Watch a comedy on TV or read a book that will make you smile.
4. Phone a friend. Talk to someone to stop thinking about your pain.
5. The quickest and most powerful create movement out of anxiety - Get a consultation and customized remedy blend made of plant botanicals that will quickly move you back into balance, relieve your anxiousness/sadness and move you back to who you are, living your story and finally your life! You should notice changes within the first month.

[Click here](#) to watch a video story for you.

**I GUARANTEE ALL MY WORK WITH MY CLIENTS
YOU HAVE NOTHING TO LOSE BUT YOUR ANXIETY &
DEPRESSION!**

Here is how it works:

We do a consultation on the phone, or on line, or by email, whatever is most comfortable for you (I understand the struggles - was there). After a powerful personal remedy blend is created for you, you will use it on your skin, after your shower a few times daily. We will follow up in three weeks to see what is happening in your body - how you are moving back towards who you truly are! For many, you will feel the difference in a matter of days, and for many-they will need help in being able to use your blend. I understand and will be there for you. And as you begin to feel better and your world opens up - your entire life will change and you will truly be able to follow the path you are meant to!

Remember: **Living with anxiety/depression is not normal. It is a dis-ease in the body created by an emotional trigger, that can be reversed. Because you have not felt change yet, does not mean you can't be helped! You can begin to get back to your "old" self quickly and powerfully!**

Are you ready to take back control of your life? I promise you can! I would be honored to share the journey with you! So many of my clients become Practitioners after getting their life back again, maybe you will too!

It's all about Living Life Happy, and you can!



You can live this way! Are you ready to take back control of your life? I will walk you through it and be there with you every step of the way. I have been there, I understand it! Please know - it is easy to reverse and get you back to who you are, living your life your way! Take back control!

[CLICK HERE TO SCHEDULE YOUR FREE CONSULT NOW](#)