

## [Get an Easy and Quick Relief From Anxiety Disorder](#)

**Anxiety disorder** is an affliction usually associated with anguish, fear, or uneasiness without an recognizable threat. As such, it is different from fear, which occurs with the participation of an observed menace. Moreover, fear is related to specific behaviors of escape and avoidance, whereas anxiety is the result of threats that are perceived to be uncontrollable or unavoidable.

**Common symptoms of Anxiety disorder** are heart palpitations, chest pain, breath shortness, stomach aches, fatigue, nausea, or cephalas. Physically, the body prepares itself to deal with a danger. Blood pressure and heart rate are increased, sweating is increased, flow of blood to the major muscle groups is increased, and immune and digestive system functions are inhibited (the fight or flight response). External signs of anxiety may include pale skin, sweating, trembling, and pupil dilation. Someone suffering from anxiety might also experience it as a sense of dread or panic. Other common symptoms are panic attacks. They come without warning, and although the fear is generally irrational, the perception of danger is very real. A person experiencing a panic attack will often feel as if he or she is about to die or being wounded.

**From the point of view of neurology**, Anxiety is a state of overabundance of higher brainwaves such as Beta or Gamma. Likewise, a lack of alpha and theta waves is observed. One unwanted consequence of this condition is that some people lacking these vital brainwaves often turn to external substances (such as alcohol, tobacco, and drugs) to induce the production of these brainwaves, providing temporary and potentially dangerous relief.

Happily, there is an a way to reduce anxiety naturally without dangerous external substances. The way is through the use of brainwave entrainment technology. A typical anxiety reduction therapy uses mainly alpha waves inducing the brain to a state of light relaxation. This session has proven being incredibly effective with Anxiety and Stress disorders. By using relaxation focused brainwave entrainment sessions regularly, you can not only reduce anxiety, stress, and the desire of external substances. but you can also increase your brain's ability to produce naturally these brainwaves, allowing you to better deal with anxiety in the future.

Whereas, like so many mental afflictions there is no a "magic bullet" for anxiety or stress disorder. No "one size fits all" solution will work for everybody. However, it is an undisputed fact that Anxiety is vastly reduced by alpha and theta training. For example, Henry Adams, PD., head of the alcoholism programs at St. Elizabeth's Hospital In Washington, found that alcoholics showed a 55% reduction in alcohol consumption after a single relaxation session combined with a brief antic-alcohol suggestion. Peninston & Kulkosky also found that Alpha / Theta neurofeedback got successful results in 80% of those properly trained addicts becoming non-craving, healthy people.

In brief, given that Anxiety is the acceleration of brainwaves, the logical way to get rid of it is to slow down them. In that sense, a therapy based on Brainwave Entrainment is an

excellent selection to treat anxiety because it provides an easy to use treatment without the side effects of medicines. The patient just need to lying down in his sofa or bed, close your eyes, and listen the therapy. That's all. Remember: the more you listening the therapy, the more effective it is in the long term.

If you want to experiment playing or downloading the different online sessions in MP3 format mentioned in this article for FREE visit:  
<http://www.meditaudios.com/meditation/anxiety/110>.