

Anxiety & Fatigue

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Anxiety to a certain extent is a normal feeling. It is when it affects the quality of life or it incapacitates an individual in any form that it is a problem.

Everyone at times feel "on extra alert" or cautious. The heart race or the person is short breathed due to some external factors in our daily lives. It could be when facing a positive or a negative experience. An example of positive experience would be when you are about to win at the races, the lotteries or a competition. A negative experience would be when you are about to see an accident that you can't stop. Or waiting for test results and you fear for the worst.

Anxiety can also be a long term medical issue for some people.

Everyone would have some kind of anxiety response of a certain level due to the reality of our daily lives. However it is when this level of anxiety becomes way too much and affects, diminishes or incapacitates an individual that this anxiety becomes a problem.

Anxiety is a condition that gives a strange feeling of continuous unease and even fear. It is a feeling that diminishes the quality of life of the individual. Anxiety that incapacitates an individual is Anxiety disorder.

Associated to the feeling of anxiety is the feeling of tension, worry, frustration, irritability or even hopelessness. These in turn would lead into the difficulty to concentrate, continuous tiredness, insomniac, restlessness, being tensed, tensioned, headache, dry mouth, poor digestion, irritable bowel, acne, heart palpitations or even sexual disfunction.

Ongoing stress, poor sleep, poor diet, use of stimulants such as coffee and other substances such as energy drinks and drugs leads to a condition called "adrenal fatigue".

This is characterised by the decrease of Cortisol which is an anti-stress hormone.

The 3 main treatments for anxiety and fatigue are :-

- The use of anti-anxiety drugs and anti-depressants
- Counselling and psychotherapy.
- Diet: Mainly eliminating coffee. Some foods that may increase anxiety are refined sugar, honey and cow's milk derivatives such as lactose and casein.

Other treatments would include:-

- Nutritional supplements & vitamins
- Herbs
- Physical activity

Aromatherapy

Stress reduction techniques such as yoga, tai chi, massage, meditation and breathing exercises.

How can Orgran Products assist?

Orgran's full range of over 80 products are gluten free all natural and do not have added MSG or any artificial ingredients. They are suitable for a well balanced diet to help promote wellbeing and demote artificial stresses to your body that can be brought on by impure ingredients found regularly in over processed foods.