



## Live Without Panic Attacks

by G. Bossik on August 31st, 2011 at 7:00 am



We live in stressful times. A rocky U.S. economy has made it harder than ever to live the American dream.

You might want a family and a house, but you must constantly retrain yourself to compete and make a living. That can make your work day longer and harder. As a result, you might worry more often.

When worry takes over, it can lead to a panic attack. According to the Mayo Clinic, if you have [panic attacks](#) frequently and constantly worry about the next attack, you may have [panic disorder](#).<sup>1</sup>

The good news is that scientists have been learning more about how to prevent these attacks. In one study, scientists found that panic disorder may be caused by an inability of the human body to maintain sufficient levels of GABA, a calming neurotransmitter.<sup>2</sup>

In a test tube study, scientists learned that the herb, passion flower, could regulate the GABA system.<sup>3</sup> This system determines how much of the neurotransmitter is available to calm your nervous system.

Another group of scientists found that a passion flower extract had an anti-anxiety effect on mice. Panic disorder is considered an anxiety disorder.<sup>4</sup>

Of course, there are many things you can do to alleviate the symptoms of panic disorder. You can:

- Reduce your stress level and feelings of panic through meditation.<sup>5</sup>
- Incorporate aerobic exercise into your weekly routine.<sup>6</sup>
- Reduce your caffeine consumption.<sup>7</sup>

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### Sources:

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