

# Panic Attack Therapy

Contributed by admin  
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Panic attack therapy is something that is needed by many people. Did you know that panic attacks and anxiety cases are greatly influenced by the foods we eat on a daily basis? Well it's true. By staying away from certain foods that cause stress to our bodies even though they are delicious, we can be better off while administering panic attack therapy to ourselves.

1. Caffeine- The stimulant known as caffeine is well known to cause anxiety, nervousness, as well as difficulty sleeping. It can also cause a depletion of some of the good vitamins we take in. Minerals get depleted as well. Coffee, tea, soda, chocolate and energy drinks are usually loaded with caffeine.
2. Sugar- Food and drinks containing sugar can give you a boost in high blood sugar levels, the "sugar rush", which reduces blood sugar levels. Sugar is known as a simple carbohydrate. This causes a rapid change in blood sugar levels which will change moods. Avoid foods and drinks that have sugar, sucrose, glucose, fructose and corn syrup.
3. Processed Foods- Processed foods contain a large amount of preservatives and other additives. This can cause people to experience chest pains and headaches. Other health problems may occur as well. Stay away from lunch meat, chips, packaged snacks and hot dogs.
4. Alcohol- Alcohol dehydrates the body and this causes the body to feel tired and fatigued. It also reduces blood sugar levels and causes vitamin depletion as well. Even though you when you drink you feel relaxed, after it wears off, anxiety may worsen.

Panic Attack therapy can be found if you look for it.

I am more than willing to help you to. I want to help you control your Attacks.