

ANXIETY



&

Coherence 123



Anxiety & Coherence 123

Here are some healing tips to deal with anxiety, some people call it fear or worry. It's important to treat it as soon as you can and not have it build up overtime.

St John's Wort

One of the things that people find a valuable alternative to prescription drugs is the herb St John's Wort. I recommend 4000 milligrams in one tablet. If the anxiety is severe you can take it 2 or 3 times a day. Take it during the day once or twice and before you go to bed.



Earthing

Earthing is really important. There's a book called earthing, it's a book that talks about strengthening your body's immune system. Check it out for yourself. It helps you to live in the present moment and get your bare feet, on the grass, earth or sand if you live by the ocean. It strengthens the adenosine triphosphate in every cell and could help calm you down.

Meditation

Meditation is a super important treatment for anxiety.



Magnesium Oil

Magnesium oil is totally powerful for dealing with anxiety and fear. You can spray it in healthy drinking water or spread it directly onto your body. You can also use magnesium flakes or Epsom salt in the bathtub to help calm you down.

Massage

Use deep tissue muscle work or soft tissue work using a roller to get energy moving through your body. The more you get in present time, the less anxious you'll tend to be.



Sprinting

Sprinting is important. I recommend to work up to 3 x 30 seconds sprints, 3 times a week as a minimum.

Therapy

Somatic therapy; including body therapy like acupuncture, kinesiology balances, chiropractic, do whatever you're drawn to.

Whatever you do and enjoy, get regular treatment. If something works for you to keep you in balance, keep doing it. You cannot live with anxiety and create magnificence. It is a distractor that causes procrastination and a myriad of other problems.



Coherence 123

We also recommend Coherence 123 you can access this program through Global Healing Exchange. It includes EFT, (tapping) Psych K (which is psychology kinesiology).

It helps to integrate the body-mind, left and right hemispheres of the brain, the left and right side of the body, and 9 positions, which helps release trauma from the brain and the body. All these things add up to you being free of anxiety.

I wish you all the best to see if you can wean yourself off any medication you may be currently taking.



I find the people who do these things I've outlined can find themselves drug free, which is a good thing because there are no side effects. I wish you all the best with this.

Stay calm, get yourself anxiety free and have a good life.



**This Ebook is a collaboration between
Robert Kirby from [Robert Kirby.com](http://RobertKirby.com)
& Global Healing Exchange**

