

# Tips For Anxiety

## NATURAL CURES THAT WORK!

A three-part mix of fear, apprehension and plain old worry, anxiety is a familiar companion to many people, but not a very welcome one. Too much anxiety can keep you up at night, bring on tension headaches, and leave you feeling restless, irritable, and downright exhausted. If anxiety is knocking on your door more often than you'd like, the following herbal remedy can help you bid it a calm farewell.

## NATURE'S SECRET

### Chamomile Tea

Chamomile tea is a herbal calmer. But take note:

The chamomile flowers you use for a cup of tea should be yellow and white. If they're straw coloured, they're too old. Store chamomile in dark jars away from light and heat to prolong its healing properties.

### Merits of foot travel

Walking can relieve stress, anxiety and depression.

*This excerpt was taken from the Prevention's Guide to Home Remedies. For more details visit [www.Prevention.com](http://www.Prevention.com)*

For more Exclusive Newsletters, please visit  
<http://helpfsc.org.sg/exclusivenewsletters>