



# Health Matters

by

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Many of us experience anxiety due to chronic stress, sleeplessness and “burnout”. As the most common emotional disorder in the U.S., anxiety affects one in twelve adults. Disruptive symptoms such as shortness of breath, dizziness, muscle tension and heart palpitations can be indicative of anxiety. Prescription and OTC medications that have a tranquilizing effect are addictive and can cause depression and/or grogginess. In *Weiner’s Herbal: the Guide to Herb Medicine*, herbalist Michael Weiner says, “Passion flower both induces a natural sleep and calms hyperactive people. Physicians could well recommend this plant to patients who want to wean themselves from synthetic sleeping pills and tranquilizers.” Dr. Oz also recommends Passion flower to alleviate symptoms associated with anxiety. Passion flower naturally calms your nervous system and is even safe for kids. As always, we guarantee your satisfaction.

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