

Panic Attacks-How to Reclaim Your Life from Them

Until now, I had just heard about the term but a couple of weeks ago, I got to see a Panic Attack live in action. This time it had happened some one very close to me. We were a group of friends chilling out on the beach near our farm when suddenly, Jason, a very active buddy from our group looked pale and strange. We thought that he might be feeling that the sky is going to fall on him. He was sweating profusely and he was looking in all directions with a pretty much anxious look on his face. When asked he could not focus on us and just kept stammering to himself about something. That's when another buddy, David, made us aware of the Anxiety Attacks as he had been working as an Ambulance Lead for the past 9 years. David made Jason follow some breathing techniques and asked him to do the same the next time he feels the same. Next time? yes, Panic Attacks do repeat themselves and if unchecked might lead to heart attacks and nervous breakdowns.

David let us know that Treatment to Panic and Anxiety does not exist in medical terms, but there are effective precautions which are needed to be taken when a person is supposed to feel anxiety and is susceptible to a panic attack. Panic attacks have become so common in the current days that from the statistics every 1 in 7 people do suffer from them. The real culprit is not the attack, but the ignorance of what triggers this kind of anxiety attacks. If you prepare a calendar of when you or your friend or a family member fell prey to this kind of attack, you may notice that a panic attacks hit at random and there is no sequential path to it. That makes the matters worse.

Given the present competitive world we are living in, facing a Panic Attack is a common thing as there are dead lines to be met and expectations which are to be attained. All these kind of throttling situations bring out and flood the body with hormones such as epinephrine(adrenaline) which actually aid in defending the body from feeling the harm and fear we get while facing a challenging situation. But, when the situations appears to be out of control, the body involuntarily pushes its limits there by making a person prone to anxiety attacks. These attacks can trouble the body for a period of 15 seconds to some hours. To make the matters worse, people tend to think the Panic attack as a heart attack and call upon ambulance to help them out. That is surely bound to happen, as experiencing a Panic attack is supposed to be one of the most frightening and uncomfortable experience that a person can face in his entire life.

Anxiety attacks disturb the normal life of an individual because they can't keep track of when it's going to hit them again. The attack is so spontaneous that you can't even see it coming. One minute before you are fine and active and the next moment, you are standing choking and gasping for air. This tend to disturb the daily plan and keeps you always on your feet and make you a false impression of being prepared when the attack surfaces. And add to this, there is nothing like a vacation from the panic attacks. Your leisure trips would always be filled with fear and tension waiting for the attack which sucks out the joy of being free and far away from the anxiety attacks. In order to learn how to keep a panic attack in check, Panic Away had been doing thorough research and analysis for the past few years. And, as a boon to the suffering people, Panic Away has actually formulated an approach which can be easily followed to keep the panic and anxiety attacks at bay.

Who can tell you more of these kind of panic and anxiety attacks other than a person who has

suffered these in past? Yes, Panic Away is a technique developed by Joe Barry, who had been a constant sufferer of panic attacks and GAD. After getting tired of all the so called tips and tricks, Joe had to sit down and formulate an approach which was practiced first and preached later. This approach is 100% natural and it trains you to keep your mind away from the panic attacks. A simple technique called 'One Move TechniqueTM' stands true to its name and is so powerful that you will observe the change in no time. This is not a rigorous 30 step program which asks you to get yourself kits and machinery to regulate your breath. Joe teaches you age old technique to control your approach of seeing at another panic and anxiety attacks after following the approach by himself for the past 10 years. Jason took the advice of David and followed this technique for one month in a religious manner with complete attention and dedication. And in a matter of weeks, Jason was able to control his frequent panic attacks and is free from all kinds of worries that he used to face earlier.

'Panic Away' concentrates on the technique developed 'One Move TechniqueTM' which tries to break the loop of anxiety. This loop of anxiety is common among people who has suffered from a panic or anxiety attack once. This anxiety in turns make them vulnerable to the next similar kind of attacks and makes them not to focus on any kind of treatments. Panic Away breaks this anxiety loop and educates the person in order to control and work on regressing the fear of anticipating another attack. The approach is simple and easy to follow. Once this technique of anxiety treatment is mastered, you can go back to your normal life and not fret a bit on the impending attacks, as there would be none in the future. The 1000s of testimonials prove that this approach can be followed by any person in any age group.

The technique followed by Panic Away is perfectly safe and without any side effects. The 'One Move TechniqueTM' trains you to curb the Anxiety in your own terms and means. No external instruments or bulky machinery is required in order to follow this technique. All you need is time and patience to practise this technique at your regular pace and interval. After regular practise I am sure that you can beat the stressful situations at hand and work on bringing in effective results in your professional life and enjoy to your heart's content in your personal life too.