

[IMAGE]

## Natural Remedies to Stay Calm

When it comes to daily stress, many people will turn to food, TV or alcohol to relieve their tension. Luckily, these days there is a lot you can do to relieve stress, get calm and relax. Many of these are natural remedies that you can easily access at your local health foods store or massage therapist's office. Next time you are looking for a break try these tips:

- Get a massage: massage therapy has been known to not only make you feel more relaxed, but also diminish your muscle tension and improve your sleep. See your local massage therapist for a remedy that can improve more than your frazzled state of mind.
- Meditate: Zoning out in a quiet room to get a few minutes of calm can reduce your stress significantly and has been used for anxiety for years. If you need help meditating into a quiet zone, try a yoga class.
- Herbal supplements and oils: Some herbal supplements that have been known to calm the nerves in an effective way include valerian root, which is best known as a herbal remedy for insomnia. Valerian is also used in patients with mild anxiety. Other supplements that tend to do the job are lavender, which can be consumed as a tea or used for aromatherapy purposes. Plant essential oils like lavender can be added to baths, massage oil, or infusers. Other essential oils that are used for anxiety and nervous tension are: bergamot, cypress, geranium, jasmine, lavender, melissa, neroli, rose, sandalwood, ylang-ylang. Lavender is the most common and forms the base of many relaxing blends.

By incorporating some of these in your weekly schedule, you should start to feel more calm and less frenzied. Talk to your physician for more.

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