

Anxiety Disorders causes

Changes in the Brain

- DISCREPANCIES IN BRAIN CIRCUITS THAT REGULATE FEAR AND OTHER EMOTIONS
- MEMORIES LINKED WITH STRONG EMOTIONS

Environmental Stress

- STRESS AT WORK
- STRESS FROM SCHOOL
- RELATIONSHIP STRESS
- FINANCIAL WORRIES
- TRAUMA
- DEATH OF A LOVED ONE
- LONG LASTING STRESS

Side Effects of Medication

Weight Loss Supplements

Other Medical Conditions

- HEART ABNORMALITIES
- HYPOGLYCEMIA
- HORMONAL OR THYROID IMBALANCE
- RESPIRATORY DISORDER
- CHRONIC PAIN
- SUBSTANCE ABUSE OR WITHDRAWAL

Poor Diet

- HEAVY CAFFEINE INTAKE
- HEAVY ASPARTAME CONSUMPTION
- HEAVY FOOD COLORING OR DYE INTAKE
- FREQUENT DEHYDRATION
- SKIPPING MEALS OFTEN
- INSUFFICIENT MAGNESIUM, SELENIUM AND B VITAMIN LEVELS