

Anxiety Disorders

Dr. Abrienne Goss, ND

It may be one of the most uncomfortable places to be; in a world where anxiety or panic attacks live with you day in and day out. People often feel so helpless and debilitated and there may be little to *no physical symptoms* or lab work to show that there is anything *wrong*. People with anxiety disorders may experience palpitations, chest pain, overwhelming fear, sweating, shortness of breath and a feeling of disconnect leaving them *unable to function* at work, home, and other areas of their life.

Anxiety disorders are the most common mental illness in the US affecting around 40 million people over the age of 18. Many people walk around with anxiety undiagnosed and untreated, as only about 1 out of 3 of those with the condition seek medical care. With that being said, those treated spend upwards of \$42 billion per year on medical care and go to the doctor 3-5 times more than the average person.

There is more to treating anxiety than giving someone an anti-anxiety medication and sending them out the door!

It is important to know what is going on in this persons' body. Are their hormones in a state of balance? Are they digesting nutrients appropriately? Are they eating food allergens that increase their heart rate and cause stress? Are their lives in a state of *balance* and are they *living a life they love*?!

There is help. Not just to make the anxiety go away, but to restore *balance* to the body and mind!

People have anxiety for completely different reasons, but often times their life is out of balance and the only way to restore that balance is to find the underlying cause and correct it. That is how Dr. Goss addresses her patients. If you are one of these people who are ready to live a life you love without being debilitated by anxiety, you have come to the right place and are ready to make a change!

Go to the website and sign up for a free 15-minute consultation (www.doctorwilesgossnd.com) or call the office to get started with your new life. 541-383-9373.

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www.DoctorWilesGossNd.com