

Contents

Acknowledgments	xi
Introduction.....	xiii
Part I: The Basics of Anxiety	
1 What Is Anxiety and Who Suffers from It?	3
2 Causes, Triggers, and Contributors	23
Part II: Natural Medicine Treatments for Anxiety	
3 A Model for Healing	49
4 Energy Medicine I: Traditional Chinese Medicine	72
5 Energy Medicine II: Homeopathy	88
6 Energy Medicine III: Flower Essence Therapy	106
7 Cellular Memory and Structural Issues: Soma Therapies	119
8 Energy, Trauma, and Spirit: Thought Field Therapy and Seemorg Matrix Work	135
9 Psychic and Shamanic Healing	152
Afterword	171
Appendix A: Professional Degrees and Titles	173
Appendix B: Resources.....	175
Endnotes	181
Index	195
About the Author	203