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## **Generalized anxiety disorder - Symptoms and causes - Mayo Clinic**

National Institute of Mental Health.

<https://www.nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad/index.shtml>.

Accessed June 26, 2017. Natural medicines in the clinical management of anxiety. Natural Medicines. <https://naturalmedicines.therapeuticresearch.com>. Accessed June 20, 2017. Anxiety disorders.

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## **Trastorno de ansiedad generalizada - Mayo Clinic**

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## **Anxiety disorders - Symptoms and causes - Mayo Clinic**

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood. Examples of anxiety disorders include generalized anxiety disorder, social anxiety ...

## **Diagnosed ptsd and gad - Mayo Clinic Connect**

Got diagnosed with PTSD and GAD. Does anyone else have nerve pain? Chronic pain, shortness of breath and fatigue solely because of their anxiety? It's hard to believe this is just it. Been to two doctors, both said anxiety. At first thought it was my low b12 but it's hardly low enough to cause symptoms, now I'm at a loss.

## **Coping with anxiety: Can diet make a difference? - Mayo**

## Clinic

Anxiety symptoms can make you feel unwell. Coping with anxiety can be a challenge and often requires making lifestyle changes. While changing what you eat won't cure anxiety, it may help. Changes to your diet may improve your general mood or sense of well-being, but they're no substitute for anxiety ...

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## Anxiety disorders - Diagnosis and treatment - Mayo Clinic

**Diagnosis** You may start by seeing your primary care provider to find out if your anxiety could be related to your physical health. He or she can check for signs of an underlying medical condition that may need treatment. However, you may need to see a mental health specialist if you have severe anxiety. A psychiatrist is a medical doctor who specializes in diagnosing and treating mental health ...

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