

Rise Above The Fear Of Flying

(NAPS)—Physicians often recommend vacations to people who need to escape the stress that can be associated with daily life. For some however, the act of traveling can be more stressful than the problems that they may be trying to leave behind.

People consumed with a fear of flying can be unnerved and overwhelmed by the journey to and from a destination. Often flyers suffer from panic attacks, queasy stomachs, rapid heartbeat and difficulty breathing.

Some doctors say that these physical reactions to a mental condition are the result of emotions turning into gripping panic and fear. A number of physicians say that the best way to avoid such occurrence is by restoring the body's emotional system to a balanced state.

Many recommend homeopathic supplements as a means for relaxing the body in a gentle way. For example, one product, known as Rescue Remedy®, is said to restore a person's natural ability to be calm in the face of fears.

"The product," says Alicia Sirkin, a Bach™ Foundation Registered Practitioner, "can help dissolve stressful feelings by reinstating balance and harmony to our emotions, thoughts and personality."



A new herbal remedy may help calm some people's fears over flying.

Sirkin says that her clients who experience panic attacks during flights use the remedy and fly comfortably without the use of anti-anxiety medication.

Formulated almost 70 years ago, the homeopathic supplement contains a combination of Bach Flower Essences that have been used by millions of people worldwide. The product's manufacturer, A. Nelson & Co., Ltd., has been making alternative medicines since 1860. The homeopathic remedy maker says the product can be taken anytime to relieve stress and anxiety.

For more information contact Nelson Bach USA Ltd., the U.S. subsidiary of A. Nelson & Co., at www.rescueremedy.com.