

NOVEMBER EDITION

SURVIVAL LIFE

MAGAZINE

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FROM THE EDITOR

DEAR SURVIVALISTS,

Volatile elections, killer clowns, and rioting in the streets...we're tiptoeing on a razor's edge and could be just days away from civil unrest and martial law.

In the aftermath of a crisis like this...your survival could depend entirely on your ability to blend in...and I'm not talking about face paint and camouflage...

Do you have what it takes to become a "Gray Man?"

This month we give you the tips and tricks you need to blend into a crowd. Whether it's from martial law or a panic induced riot... These simple tricks could keep a bullseye off your chest and a bullet out of your back.

We also just passed the 44th anniversary of the "Miracle In The Andes." This incredible, true story of survival exposes just how much the human spirit can endure when life is at stake and failure is not an option. If you're unfamiliar with this story it is an absolute must read!

We also show you an incredible "hack" that turns your morning cup of coffee into an amazingly effective survival tool. (Chefs and survivalists alike spend hundreds of dollars on this...and you already have it in your kitchen!)

You'll discover all of that and much more in this month's issue of the Survival Life Magazine!

So read on and remember,

WE'RE ALL IN THIS TOGETHER!

"Above Average" Joe

Editor-in-Chief
Survival Life Magazine





URBAN CAMOUFLAGE: HOW TO BE A GRAY MAN

By: 'Above Average' Joe

Do you know what your most important survival skill in an urban crisis is?

It's not how well you shoot, how much you're packing, or how many knots you can tie...

Your survival could well depend on exactly how much you look like everyone else.

This survival tactic is a form of urban camouflage called "gray man," and in the middle of an urban crisis or martial law, it could be the only thing that keeps you from having a target painted on your back and a bullet in your brain.

Being a gray man and having the ability to seamlessly slip in and out of situations unnoticed is an art form mastered by few...

Do it wrong and you're dead... do it right and you're home free.



SURVIVAL  **LIFE**

It takes years to perfect, but I'd like to share some Gray Man survival tactics with you to help you get started. To get started, check out the video below, then scroll down to learn more.

WHAT IS A GRAY MAN?

A gray man is someone who blends in where they go. It is a person who does not stand out. They are wallflowers. Outside of a survival situation, this can be an incredible asset, especially for information gathering and improving your situational awareness if you don't stand out you greatly reduce your risk of being targeted.

THE ART OF BLENDING IN

How is this accomplished? It seems simple enough — just blend in. But there is actually quite an art form to this. I will caution you... don't go overboard. The key is to blend in without looking like you're trying to blend in. Try to hard and you'll end up sticking out like a sore thumb.

SIZE

Height is an element of being a gray man that we have little control over. The best gray man is ordinary in every respect. He's of average

height (5'10" for men and 5' 4" for women) and weight (180lbs for men and 166lbs for women). While you don't have much control your height and weight control is lifelong issue for many of us, there are a few things you can do to help yourself blend in more.

FOR MEN

Long shorts, monochromatic colors or horizontally striped clothing, flat shoes, leaving a longer shirt untucked, and slouching could all help you to appear shorter. The slouch will also help make you appear as less of a threat by making you seem less than healthy. Just be sure to only use this when blending in; otherwise you could damage your spine.

FOR WOMEN

Try wearing Capri pants, or pants with cuffs in them. Wear flats instead of heels that cover the tops of your feet (this could also help in case you do need to break into a sprint to escape.) Carrying a large bag will also help you seem smaller.

DRESS

How you dress is an element completely within your control. For the most part, natural and neutral

colors work best — browns and grays. Highly colorful and graphic shirts should be avoided at all costs. Nothing that shows off a lot of skin and nothing too fashionable. Ordinary is the key word here.

This is one thing in a bug out situation that I think is key. A lot of people, myself included, have a bug out backpack that should get them out of a situation no problem, but that backpack looks like something you would see on a soldier in Afghanistan and really sticks out in a crowd. This is likely to get you killed or at least get your gear stolen.

That is why I think a really good bug out bag looks like a normal backpack that you would see on a college student, and wouldn't think twice about. Sure, the tactical might look "cool," but remember, you're trying to avoid looking like anything.

This also applies to how you "dress" your car and even your front yard. We all have strong opinions (and that's a good thing) but in a crisis you don't want to make yourself an enemy. Putting overly political or

identifying stickers on your car or signs in your yard can only serve to paint a target on your back.

MANNERISMS

Your mannerisms must be small and discreet. Avoid grand, sweeping gestures. Reduce your energy level to a low simmer. You need to appear withdrawn and aloof.

Even if you're a strong type A personality, you need to avoid projecting confidence. Avoid sweeping your head side to side and use your peripheral vision as much as possible. Keep your head slightly tilted forward and avoid eye contact.

MOVEMENT

One of the key elements of camouflage is learning to match your movement to the baseline. When you're in a crowd, even if you want to push through and get to the front of the pack... STOP. Move with the crowd, and match their speed and cadence. Walk with a purpose but avoid projecting authority. This is probably the

single most important part of your gray man tactics.

The speed at which a crowd moves, the gestures they make, the volume and speed with which they speak. All these elements and many more make up the baseline. You can learn the baseline for a given neighborhood by sitting at any cafe or coffee shop and watching. You might be surprised at what you learn.

Learning to walk like the natives walk will hide you better than just about anything else.

I think that this is key during times of social unrest or martial law. The people most at risk of attack are the people whom the group believes to be against their cause. If you are caught near a riot, just try to blend in while moving quickly to the nearest egress point.

Your goal as a gray man is to go unnoticed. Be the type of person that no one gives a second look. You are a wallflower, you blend in, do this and you may survive the next urban crisis.



11 GUNS YOU NEED FOR WHEN SHTF

By: Jeffrey Buck

Everyone has their own preferences when it comes to self defense weapons, and different guns are better suited for different situations.

The gun that's best for close-quarters self defense will be different from the gun that's best suited for perimeter protection. Handguns are more convenient, can fit in a purse or waist holster and are much easier to conceal. On the other hand, rifles might be the better choice for defending your home, when you may need to shoot an attacker from a distance. And even within these two categories, there are hundreds of different calibers, brands and types of guns to choose from.

Choosing a survival weapon is one of the most important decisions you'll ever make, and it shouldn't be taken lightly. But with all the options available to you, making that choice can seem overwhelming.

Our friends at Outdoor Warrior have put together a list of 11 Types of Guns That Will Keep You Alive Come Doomsday. They've broken down some of the best guns

for survival and why you should consider adding them to your arsenal. Here are the guns they've chosen:

1. AK-47

One of the most popular and reliable military-grade firearms on the market.



2. RUGER 10/22

If you plan on hunting small and medium-sized game, you can't go wrong with the Ruger 10/22.



3. BUSHMASTER CARBON 15 M4 CARBINE

The Bushmaster Carbon 15 M4 Carbine is small, light, and very durable. The M4 Carbine is made in the tradition of AR-15 rifles combined with modern features like the space-age Carbon 15 composite molded receivers.



4. HENRY ARMS AR-7

This rifle may not pack the same punch as some of the others, but what it lacks in power it makes up for in convenience.



5. GLOCK 36

The slim and sleek Glock 36 is a perfect concealed carry weapon.



6. GLOCK 17

The Glock 17 is a popular handgun among law enforcement officers. It's a little heavy, but when handled correctly it shoots with great accuracy.



7. SIG SAUER P226

The Sig Sauer P226 is a compact, lightweight handgun, but it still has plenty of power. And at such an affordable price, you truly get some bang for your buck.



8. TAURUS JUDGE

If you prefer a revolver, the Taurus Judge is a solid choice. This gun is ideal for close-quarter combat and self defense.



9. MOSSBERG 590 MARINER

The 590 Mariner is a 12-gauge shotgun capable of carrying 9 shots. And at only \$500 retail, this gun is a steal.



10. REMINGTON 870

Whether you need a weapon for hunting or for tactical operations, the Remington 870 is a solid choice.



11. BENELLI NOVA PUMP TACTICAL

The Benelli Nova Pump is a reliable and powerful weapon. It only carries 5 shells, but with a gun this powerful, 5 is all you need!



TOOD ORR: THE REMARKABLE MAN WHO SURVIVED A BEAR ATTACK

By: Leslie Hale

If you've been following outdoor news over the last couple of days, you've no doubt heard the story of Todd Orr, the hiker from Bozeman, Montana who survived not one but two attacks from a grizzly bear sow with two cubs earlier this week.

If you haven't, it's quite an amazing story, and it can really teach us a lot about the importance of staying calm in a survival situation.

Check out the excerpt below from Orr's Facebook page:

...I went to my face in the dirt and wrapped my arms around the back of my neck for protection. She was on top of me biting my arms, shoulders and backpack. The force of each bite was like a sledge hammer with teeth. She would stop for a few seconds and then bite again. Over and over. After a couple minutes, but what seemed an eternity, she disappeared...

Stunned, I carefully picked myself up. I was alive and able to walk so I headed back down the trail towards the truck 3 miles below ... I wanted to keep moving and put distance between us.

About five or ten minutes down the trail, I heard a sound and turned to find the Griz bearing down at 30 feet. She either followed me back down the trail or cut through the trees and randomly came out on the trail right behind me. Whatever the case, she was instantly on me again...

Again I protected the back of my neck with my arms, and kept tight against the ground to protect my face and eyes. She slammed down on top of me and bit my shoulder and arms again. One bite on my forearm went through to the bone and I heard a crunch. My hand instantly went numb and wrist and fingers were limp and unusable. The sudden pain made me flinch and gasp for breath. The sound triggered a frenzy of bites to my shoulder and upper back. I knew I couldn't move or make a sound again so I huddled motionless. Another couple bites to my head and a gash opened above my ear, nearly scalping me. The blood gushed over my face and into my eyes. I didn't move. I thought this was the end ... I knew that moving would trigger more bites so I laid motionless hoping it would end.

She suddenly stopped and just stood on top of me ... For thirty seconds she stood there crushing me. My chest was smashed into the ground and forehead in the dirt. When would the next onslaught of biting began. I didn't move.

And then she was gone...

It was Orr's masterful survival skills and ability to remain calm under pressure that kept him alive that day. Not only did lying still prevent the bear from doing further damage, but staying calm allowed him to not only hike all the way back to his truck, but drive himself to the hospital — all with a broken arm and multiple puncture wounds.

Keep these tips in mind if you hike, camp or live in an area where bears are common:

As Todd did, make your presence known while hiking by making noise and shouting. This may scare away any bears in the area.

If you see a bear, keep your distance. Move away calmly and slowly. Do not make any sudden noises or movements.



If you encounter a bear, identify yourself by speaking calmly but firmly.

Stand firmly and wave your arms. Help the bear recognize you as human.

If a bear begins making aggressive sounds or movements, stay calm

and continue to stand firm and speak in an even tone. Do not make loud, squealing sounds. Do not move quickly.

If you are attacked by a bear, do exactly as Todd Orr did: leave your pack on and play dead. Protect your head and neck by covering them with your arms. Spread your

legs so it's harder for the bear to turn you over. Remain still and calm until the bear leaves the area.





TRUE SURVIVAL STORIES: MIRACLE IN THE ANDES

By: Ian Mankins

Sometimes it's hard to separate fact from fiction. But when it comes to survival, you don't have to look very far. There is an incredible history of true survival stories with hundreds, if not thousands of lessons that can be learned from them.

TRUE SURVIVAL STORIES: THE MIRACLE IN THE ANDES

This is the first in our series of true survival stories and I need to caution you, it's not an easy read and some may not be able to stomach it.

What would you do if you suddenly found yourself stranded in the mountains, thousands of miles from home... with no supplies for 72 days?

Would you wait for help? Would you try to make the climb down the mountain yourself?

How far would you be willing to go

to survive?

Sound far fetched? Unfortunately, it's not. That exact scenario happened exactly 44 years ago... and it's much worse than you may think... It's a true story of survival that exposes the lengths to which some people will go to survive just one more day.

NOT ALL SURVIVAL STORIES ARE FICTIONAL.

October 13th, 1972: Uruguayan Air Force Flight 571. With almost no rations and no hope of survival, they stuck together and saved themselves. The choices they made were not easy, but they used everything they could to stay alive. In the afternoon hours, while navigating a low pass in the mountains, a combination of simple miscalculations and mother nature's unpredictability turned what should have been an easy flight, into 72 days in hell.

Flight 571 made a miscalculated turn too early to the west under heavy cloud cover, which caused a controlled descent into terrain. Before this day, that mountain where this frightening crash occurred had no name. The events that followed were enough to give the crash site a name. It would eventually become known as Glaciar de las Lágrimas or Glacier of Tears. This name could not be more appropriate.

This name could not be more appropriate

The flight carrying the Old Christians Club rugby union team from Montevideo, Uruguay and their families crashed into the Andes...

Their lives would never be the same.

Of the 45 people on board, 12 had died instantly in the crash. The survivors found themselves almost 12,000 feet up with little rations

and almost no cold weather gear. Due to the deadly crash, when the seats of the plane were all smashed together by the impact, many of the survivors had injuries and could not walk due to broken legs.

FACING THE FIRST OBSTACLE: EXTREME COLD.

Being that high up in the mountains will kill you if you don't have a way to protect yourself against the elements. At night the temperature would drop below freezing and their only shelter was the wreckage of the plane. When it crashed, it had split in two and the survivors found themselves huddled in the frontmost section of the plane with a giant hole letting in the wind and snow. All night the freezing winds kept them awake and suffering. Five more people died that first night on the mountain.

After no rescue came the next day, they used luggage and clothing to block up the hole, keeping the elements at bay. Unfortunately, few of them had jackets and their shoes were designed for playing rugby, not scaling down the side of a mountain in the winter. During the day it was warm enough to lounge



outside the plane, but at night their only warmth came from the body heat of their fellow survivors.

The only food on board were small bars of chocolate the airline gave to passengers and several bottles of wine. They did their best to ration these, but they quickly ran out. They were able to melt snow by placing it on metal they had ripped out of the seats. By placing water bottles under it, they could collect water, but it was a slow process. The survivors tried using lipstick to paint S.O.S. on the cockpit, but gave up after realizing they didn't have enough to make it visible. Because the plane was white and they were so high up, search crews never found them and the search was called off after only 8 days.

ALL HOPE LOST AND THERE WAS A TERRIBLE CHOICE TO MAKE.

On the 11th day, the survivors scavenged a transistor radio from the cockpit and learned that they were on their own. Upon hearing the news, everyone broke down into tears and prayer except for Gustavo Nicolich. He told everyone it was good news, because they were going to rescue themselves. By giving up hope of being rescued, they could finally make the tough decisions that lay ahead to save themselves. Giving up hope was the only way to survive. The courage of one person kept the group going.

The survivors knew they would have to climb down the mountain, but the combination of altitude sickness, malnourishment, snow

blindness, and the extreme cold at night made this almost impossible. They decided that the only way to survive was to eat the remains of their dead friends and family.

At first, this decision didn't go over well considering the passengers were all Roman Catholic. But as starvation set in, they justified it by agreeing that if they died, they would want their friends to survive by eating them. Because of the altitude and temperature, the dead passengers were perfectly preserved and the survivors were able to cut out greasy chunks of flesh from posteriors of the dead. Without resorting to cannibalism, none of them would have made it off that mountain.

A SNOWBALL'S CHANGE IN HELL: DISASTER STRIKES AGAIN.

On October 29th disaster struck again. While they were sleeping, an avalanche rolled down the mountain and filled the cabin of the plane with snow. Eight of the survivors suffocated as their friends tried to dig each other out. For several days the plane was buried under the snow until it finally melted. At this point they were out of options. Four of the survivors decided to try and hike out. They were given



the warmest clothes and enough rations to survive for several days.

Because of a large peak to the west, they decided to go east. After only several hours of walking they discovered the tail section. They decided to keep going but turned back after they almost froze to death the following night. They returned to the others and set about constructing a sleeping bag from insulation they had scavenged from the tail section. It was big enough to hold three of them and protect them from the freezing nights.

NO TURNING BACK

On December 12th, two months after they had crashed. Three of the survivors (Parrado, Canessa and Vizintín) set out for the mountains to the west. After three days they reached the top, only to find more mountains in their path. They were quickly running out of food and they could have easily given up and turned back, but they decided to keep going. One of the men (Vizintín) was sent back and kept his rations.

Parrado and Canessa continued on.

Parrado and Canessa hiked for several more days. First, they were able to reach the narrow valley that

Parrado had seen on the top of the mountain, where they found the bed of Río San Jose.

They followed the river and reached the end of the snowline and they began to find more and more signs of human activity. On the ninth day they survivors found cattle and knew people couldn't be far off.

As Parrado was gathering wood to build a fire for another night in the cold, Canessa noticed what looked like a man on horseback across the river, and yelled at the near-sighted Parrado to run down to the banks. At first it seemed that Canessa had seen a mirage, but eventually three men appeared on horseback. Divided by the Portillo River, Nando and Canessa tried explain the situation, unfortunately a combination of their exhaustion and the roar of the river made communication all but impossible.

One of the horsemen, a Chilean arriero named Sergio Catalán, shouted "tomorrow." They knew at this point they would be saved and settled to sleep by the river. During the evening dinner, Catalán discussed what he had seen with the other arrieros who were staying in a little summer ranch called Los Maitenes.

Someone mentioned that several weeks before, the father of Carlos Paez, who was desperately searching for any possible news about the aircraft, had asked them about the Andes crash. The arrieros could never have imagined that these two men would be the first of the survivors of that crash to be found.

The next day Catalán took a few loaves of bread with him to the riverbank. There he found the two men still on the other side of the river, on their knees begging for help. Catalán threw them the loaves, as well a pen and paper tied to a rock. Parrado wrote a note telling about the aircraft crash and asking for help. Then he tied the paper to a rock and threw it back to Catalán, who read it and gave them a sign that he understood.

A BEACON OF HOPE FOR THE SURVIVORS.

Those remaining at the crash site never gave up hope...and never stopped listening to that small radio... their one and only connection to the world.

The radio crackled to life and they heard that Parrado and Canessa had been rescued. The knew that help would be on the way.



On December 22 just three short days before Christmas, a day many of them probably believed they wouldn't live to see, a miracle happened.

Two helicopters carrying search and rescue climbers arrived. The expedition (with Parrado on board) was not able to reach the crash site until the afternoon due to the difficulty of air travel through the Andes. The weather was very poor and the two helicopters were able to take only half of the survivors.

They departed, leaving the rescue team and remaining survivors at the crash site to once again sleep in the fuselage until a second expedition could arrive the following morning.

The second expedition arrived at daybreak on 23 December and rescued the remaining survivors. All of the survivors were taken to hospitals in Santiago and treated for altitude sickness, dehydration, frostbite, broken bones, scurvy, and malnutrition.

Out of the 27 passengers that survived the crash, only 16 made it down off the mountain. They had been trapped at the site of the crash for 72 days. The survivors went through hell, but from their hardship, there are plenty of lessons to be learned.

WHAT CAN WE LEARN FROM SURVIVAL STORIES LIKE THESE?

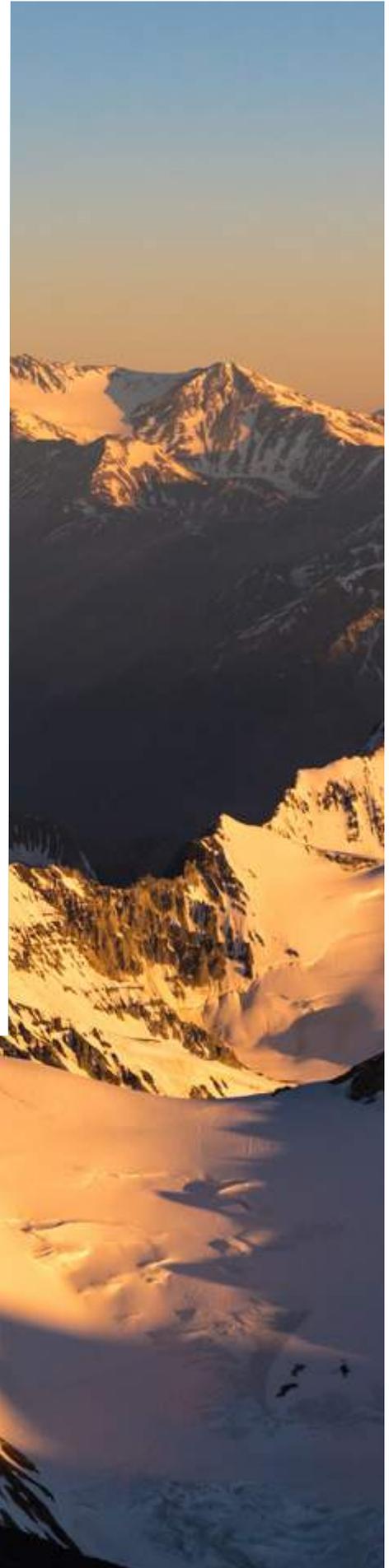
- Create an insulated shelter
- Ration your supplies
- Stay hydrated

- Never count on someone else to rescue you
- Do whatever it takes to survive

The miracle of the Andes is one of the greatest survival stories in history. Through sheer force of will, the survivors of the crash were able to keep going. Every decision was extremely tough and tested the limits of their sanity, but by keeping a positive attitude and the will to survive they made it out.

Two men made a 10-day hike through the Andes with no oxygen tanks, no climbing gear, almost no food or water, wearing shoes designed for running, not climbing 15,000 foot peaks. They used anything they could to stay alive, and in the end, that's all that matters.

These may be just survival stories to us, but real people went through them and came out on the other side. Want to know what impact this had on the minds of the survivors?



KNIVES GETTING DULL? LEARN HOW TO SHARPEN A KNIFE WITHOUT A SHARPENER

By 'Above Average' Joe

Is there anything more dangerous than a dull knife? Before you invest in an expensive sharpener, check out this list to learn how to sharpen a knife using common household objects.

LEARN HOW TO SHARPEN A KNIFE WITHOUT A SHARPENER

No knife sharpener? No problem. If you have an old coffee mug or broken glass laying around, chances are you won't even need one. We found a few quick and easy tips to make your knives good as new, and best of all, it only takes a few seconds!

Check out the list below to learn how, and be sure to leave your own knife-sharpening tips in the comments!

1. BOTTOM OF A MUG

Find a ceramic coffee mug with a rough surface on the bottom. Hold the knife at 20-degree angle and



rub the blade against the bottom of the mug. Your dull blade will be sharpened in no time!

2. BROKEN GLASS BOTTLE

Any glass edge will work for this one! Hold your knife at a slight angle against the edge of your broken glass, then wipe it in the same direction a few times. It's surprisingly easy and a great way to sharpen a knife quickly.

3. SLATE OR CEMENT

This is a great option if you're outdoors and have access to slate or concrete. Find a flat surface and

wipe your blade back and forth a few times. Try this survival skill the next time you're camping!

4. ANOTHER KNIFE

A pretty obvious idea, but a great one nonetheless! It turns out that you can use another knife as a sharpener for a dull knife.



TIPS AND NATURAL REMEDIES TO HELP CONTROL ANXIETY

By Stacy Bravo

Anxiety disorders affect 40 million adults in the United States age 18 and older, or 18% of the population. Anxiety disorders are highly treatable, yet only about one-third of those suffering receive treatment.

What happens if/when SHTF and anxiety medications possibly become unavailable? If you suffer from anxiety and are currently being treated, the thought of such a scenario can be a little unsettling.

Also, if you do not currently suffer from anxiety, you could develop the symptoms when SHTF as these types of situations can cause anxiety in almost anyone. Here are the symptoms to look for:

- Feeling nervous, restless, or tense
- Having a sense of impending danger, panic, or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired

- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Whatever the case may be, there are ways to control anxiety without treatment. Although, if it becomes persistent, consult with a physician, if at all possible.

In this article, we'll go over tips to relieve anxiety:

- Take a time out
- Eat well balanced meals
- Limit alcohol and caffeine
- Get plenty of sleep
- Exercise daily
- Take deep breaths
- Do your best
- Accept that you cannot control everything
- Welcome humor
- Learn what triggers your anxiety

- Talk to someone

I'll also share natural remedies to relieve anxiety:

- Key supplements to include in your daily diet
- Foods to eat
- Foods to avoid

TIPS TO HELP YOU CONTROL YOUR ANXIETY

There is no cure for anxiety, but there are ways to make it more manageable. Even if you don't suffer from anxiety now, you should practice these methods and keep them in mind. You never know



when you might find yourself in a panic-inducing situation and need to use tried and true methods to keep yourself calm.

Here are a few ways to control anxiety:

TAKE A TIME OUT

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

TRY YOUR BEST TO EAT WELL BALANCED MEALS

If at all possible, do not skip any meals and keep healthful, energy-boosting snacks on hand such as bananas, apples, almonds, or walnuts.

LIMIT ALCOHOL AND CAFFEINE

Alcohol and caffeine can aggravate anxiety and trigger panic attacks.

GET PLENTY OF SLEEP

When stressed, your body needs additional sleep and rest. If possible, 8-9 hours is ideal.

EXERCISE DAILY

Exercise can help you feel good and maintain your health. Jogging, walking, biking, or dancing three to five times a week for 30 minutes are great ways to stay in shape.



TAKE DEEP BREATHS

Inhale slowly for 5 seconds and exhale slowly for 5 seconds. This slows your heart rate and regulates your breathing.

DO YOUR BEST

Instead of aiming for perfection, which isn't possible, be proud of however close you get. Take it one step at a time, one day at a time.

ACCEPT THAT YOU CANNOT CONTROL EVERYTHING

Put your stress and worry in perspective: Is it really as bad as you think?

There's a quote I would like to share. I came across it the other day and it is so true! "Worrying is like a rocking chair. It gives you something to do but it doesn't get you anywhere." – Anonymous

WELCOME HUMOR

Laughter is great for your health! Laughter relaxes the entire body. A good, hearty laugh relieves physical

tension, stress, and anxiety which leaves your muscles relaxed for up to 45 minutes after.

LEARN WHAT TRIGGERS YOUR ANXIETY

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

TALK TO SOMEONE

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. If possible, talk to a physician or therapist for professional help.

NATURAL REMEDIES TO RELIEVE SYMPTOMS OF ANXIETY

As mentioned before, there is no known cure for anxiety. There are, however, some natural treatments that many believe can be used to relieve its symptoms. Here are a few natural remedies for anxiety that are believed to be effective.

KEY SUPPLEMENTS TO INCLUDE IN YOUR DAILY DIET

- Grass fed gelatin (1-2 tbsp per day)
- Catnip tincture (1-3 dropper fulls per day)
- Hemp seed oil (1 tbsp per day)
- Probiotics (1 dose with food per day)

FOODS TO EAT

- Cinnamon
- Turmeric
- Ginger
- Garlic
- Raw honey
- Fruits and vegetables
- Grass fed meats
- Eggs
- Bone broth
- Coconut oil
- Olive oil

FOODS TO AVOID

- Refined sugars
- Refined grains
- Vegetable oil
- Soy
- Artificial colors, flavors, and sweeteners
- Preservatives
- Whole grains
- Processed foods of any kind

The above article is for informational purposes only. In the case of a true medical emergency please call 911.

