

THE 9 BEST NATURAL REMEDIES FOR ANXIETY



Talk therapy



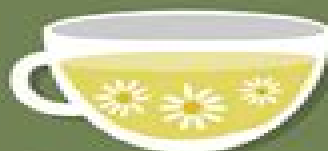
Mindfulness activities



Exercise



Fish oil



Chamomile



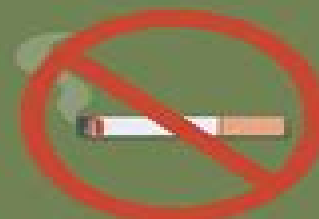
Lavender



Lemon balm



Limiting alcohol



Quitting smoking

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