

How beta blockers can INCREASE anxiety

Think about this for a second or two...

Do you remember what it feels like NOT to be controlled by your anxiety levels?

I remember when panic attacks and anxiety had total control over my life...

Do they have total control over yours? Find out [here](#).

I had no idea when the next episode was gonna spring itself on me and ruin my day. I stopped going out, avoided situations and places where there would likely be lots of people, became a nervous wreck.

Anxiety had a strong grip on my life and the more nervous and withdrawn I became, the worse it got, like I was on a downward spiral into some kind of dark abyss.

It was a horrible period of my life, but I found [a way out](#)...

And it's NOT beta blockers.

It's really easy to believe that there's that one miracle cure out there somewhere, that one magical little pill that will just make it all go away, give you your freedom back.

It's even easier to try every one of those pills that claim to be THE ONE. 'Maybe this one will work', you tell yourself.

Beta blockers are used in medicine to control certain conditions such as hyperthyroidism, hypertension, palpitations and a variety of other health disorders.

They work by basically masking the effects of epinephrine (also known as adrenalin) on the body.

For example, when you get a fright, you'll feel a rush of blood to your muscles, your heart rate will increase, you'll breathe faster and you may tremble a little. That's the effects of epinephrine on your body and what is often referred to as the fight-or-flight response.

This is a completely normal response.

In anxiety sufferers, these effects happen far too often and result in the constant unease and nervousness that we're all familiar with.

Beta blockers prevent your body from feeling these effects. Sounds great, doesn't it?

Remember what people say, if it sounds too good to be true, it probably is. And here's why...

Dulling the effects of epinephrine on the body by using drugs such as beta blockers only serves to cover the symptoms and does not address the [underlying causes of anxiety and panic attacks](#).

What your body will do in response to taking drugs like beta blockers, is just fight harder to bring those effects to the surface again, or worse, your body will react in other ways, since it can't 'express itself' in the way it has become accustomed to doing so. This means you may start experiencing other symptoms, such as insomnia, irritability, a sense of detachment from the world around you, and other

side effects. This is your body's way of telling you that the underlying issues are still there and still need to be addressed.

And of course, you can't be on beta blockers forever. What happens when you come off them? Yup, the anxiety and panic attacks will be back, and probably with a vengeance too.

So how do you [pin-point the cause](#) of your anxiety issues and panic attacks?

How can you take the first step to ridding yourself of that nagging nervousness and always feeling on-edge?

Is your anxiety problem something that's deep-seated or just a minor inconvenience?

How do your panic attacks [rank](#) when compared to others?

What triggers your anxiety or kicks off a panic attack for you?

These are the kind of questions you should be looking to answer in order to [take back control of your life again](#).

You weren't always like this. You CAN get back there once again. But beta blockers aren't the way.

Get the answers to these questions and a real insight into the 'monster' that's controlling YOUR life by taking this short yet revealing FREE quiz...

[Take the quiz now](#)