HEALTHY NEWS

Healing Anxiety Naturally?-A New Holistic Patch Is Helping Users Relieve Anxiety Successfully

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The Go Patch is the brainchild of Nicole Burdock, the founder of GoPatch. Burdock has spent her career in the arts of healing and started to work on formulations for the GoPatch products in 2007 and founded the company in 2013.

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She studied at the National College of Naturopathic Medicine and has done advanced studies in Ayurveda in India. She also has a BS in Biobehavioral Health from Penn State and an MD in Asian medicine from the

Emperor's College of Traditional Oriental Medicine.

She researches natural compounds that work best when applied through a patch delivery system. One of the several products developed by the company is the GoPatch for relief of anxiety which is growing in popularity.

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Anxiety, the Cancer of the Modern Age

Anxiety is a prolonged feeling of unease, worry, and nervousness when thinking about an event that's going to happen soon or fearing an uncertain outcome of a situation.

All people feel anxious-whether it's the jitters before a flight or the butterflies in the stomach before you give a speech.

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This is a normal emotion and how our body manages stress. Whether it's work, money, health, or social situations, anxiety is there to remind us of our vulnerability. Not all anxiousness is bad and it's sometimes good to have it.

When we're anxious for a work task, anxiety may actually help us work harder, or sometimes, it can warn us about something dangerous or what we commonly know as a gut feeling.

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Though passing for some, for others, anxiety is a daily struggle and may even include panic attacks. In addition to consulting your physician about your struggles, you can also opt for a GoPatch which is promoted as a natural way to relieve unpleasant symptoms.

GoPatch: Natural Way to Alleviate the Symptoms of Anxiety

The patch isn't a cure, it's just a management method, but a very good one.

The patch is made with a proprietary combination of ingredients that help reduce anxiety naturally. Unlike some other products, these patches don't trigger drowsiness or interact with meds.

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The ingredients of these patches differ because they're homeopathic dosages rather than the entire herb. The patches contain active ingredients from minerals, animals, or plants that are diluted and then manufactured according to the US Homeopathic Pharmacopoeia.

The patches have been tested and FDA listed. They're safe to use and can be bought in some stores, online from their official website, or on Amazon.

When & Where to Place the Anxiety GoPatch?

To ensure the best results, the patch should be applied when you're feeling anxious or stressed. It will immediately lower your anxiety, irritability, and stress.

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Put the round, discreet patch over the navel and it will stimulate your body's natural response and soothe the unpleasant symptoms. To remove it, it's best to do it in the shower. Peel it back onto itself, rather than ripping it off.

It's lightweight, easy to use, and very discreet. These patches don't have side effects and they're safe for kids, free of latex, and resistant to water.

Sources:

GOOD NEWS NETWORK

THE GO PATCH

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