

# Free Yourself from Anxiety in A Natural Way

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## ABSTRACT:

**Background:** About 33% of people in the United States have anxiety disorders, which have more healthcare costs than other psychiatric disorders. Approximately 76.5% of non-compliance with the medications suggests that millions of patients suffering from anxiety disorders (including people with Alzheimer's disease) need better drugs.

**Method:** The herbal pouch of soothing anxiety is a taste-guided targeting therapy based on the updated Taichi YinYang and Five Elements model. Its indications are anxiety, irritability, nervousness, menopausal syndrome, postpartum depression, bereavement, and behavioral and psychological symptoms of Alzheimer's disease. Attaching the herbal pouch to a patient's navel with a belt 12-24 hours/day will achieve the desired effect; changing a new pouche every five days/120 hours.

**Results:** All six patients aged 34-73 had significant improvements in anxiety. It was immensely beneficial for people in divorce and bereavement periods. Notably, it did not cause perceptible side effects. The recoveries of menstrual cramps, menstrual disorders, and amenorrhea, which are associated with anxiety, were achieved along with the other two herbal pouch products: menstrual disorders and amenorrhea.

**Conclusions:** The herbal pouch of soothing anxiety significantly improved anxiety without causing perceptible side effects. The results justify randomized, double-blind, placebo-controlled clinical trials.

**KEYWORDS:** Chinese Medicine, Alzheimer's disease, Anxiety, Depression, Divorce, Grief, Menstrual disorders, Amenorrhea.

## INTRODUCTION

Anxiety disorders are the most common psychiatric disorders, with a prevalence of 33% in the United States and 7.3% (554 million people) worldwide (Bandelow, et al. 2022; Baxter, et al. 2013). The disorders result in work and school absences and more healthcare costs than other psychiatric disorders because of their higher prevalence (Trautmann, et al. 2016).

If cognitive behavior therapies, which are the first line of treatments for anxiety disorders, do not work well, the following medications are considered (Garakani, et al. 2020): 1) selective serotonin reuptake inhibitors (SSRIs); 2) serotonin-norepinephrine reuptake inhibitors (SNRIs); 3) Benzodiazepines; 4) Tricyclic antidepressants. However, various side effects of these drugs result in 76.5% of non-compliant patients (Foley, et al. 2021).

Furthermore, many treatments currently investigated are modifications to already approved treatments. The pharmaceutical industry's pipelines seem to have no specific candidates for better and more original therapies for anxiety disorders (Ventimiglia, et al. 2010).

People with Alzheimer's disease often have behavioral and psychological symptoms, which may require anti-anxiety drugs, but these patients usually cannot tolerate the side effects of anxiety disorders medications (Tible, et al. 2017). So, millions of patients with anxiety disorders, including people with Alzheimer's, need better medications.

## METHOD

The herbal pouch of soothing anxiety (HPSA) is a taste-guided targeting therapy developed based on the updated model of Taichi YinYang and Five Elements, as well as ancient prescriptions (Zhang, et al.1999; Zhang Zhongjing) . Its indications are its indications are anxiety, irritability, nervousness, depression, menopausal syndrome, bereavement, and behavioral and psychological symptoms in Alzheimer's disease. Attaching the herbal pouch to a patient's navel with a belt 12-24 hours/day will achieve the desired effectiveness and changing a new pouch every five days/120 hours.

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## RESULTS

The following is the feedback after using HPSA from patients with anxiety disorders.

**HPSA IMPROVED THE ANXIETY OF A 36-YEAR-OLD WOMAN:** In February 2019, a 36-year-old lady came to the clinic. Her complaints were severe anxiety, unpredictable irritability, and a volatile mood. Her cramps were so painful during menstruation that she had to take painkillers and stay in bed, and her period lasted only two days with blood clots (light period).

After attaching the herbal pouches of soothing anxiety and menstrual disorders to the navel and the left side of the abdomen near the navel for 25 days, her anxiety decreased significantly; she had mild pain and no blood clot during the following period, which lasted for six days instead of two days, as shown in (Figure 1).

**HPSA IMPROVED THE ANXIETY OF A 37-YEAR-OLD LADY:** In September 2019, a 37-year-old lady complained about light periods. Trying to get pregnant for three years without success caused her severe anxiety and depressing sleep quality.

After using three herbal pouch products: soothing anxiety, menstrual disorders, and soothing sleep for 25 days, which were attached to the navel, right and left side of the abdomen near the navel, respectively (changing new pouches every five days), she had no anxiety anymore, and her period was much better than before, but she continued to use the herbal pouch of menstrual disorders to improve her health.

Three months later, she was pregnant. Very happy with her pregnancy, she recommended two female patients to visit the clinic for the herbal pouch of menstrual disorder because they wanted to have babies too (Figure 2).



**Figure 1.** The herbal pouches of soothing anxiety and menstrual disorders improved the anxiety and menstrual cramps of a 36-year-old lady. After using the herbal pouches, her anxiety and irritability had decreased significantly, and she had only mild pain and did not need to take painkillers during the following period; the period lasted for six days without a blood clot, which was much better than the last month's two-day period with a blood clot.

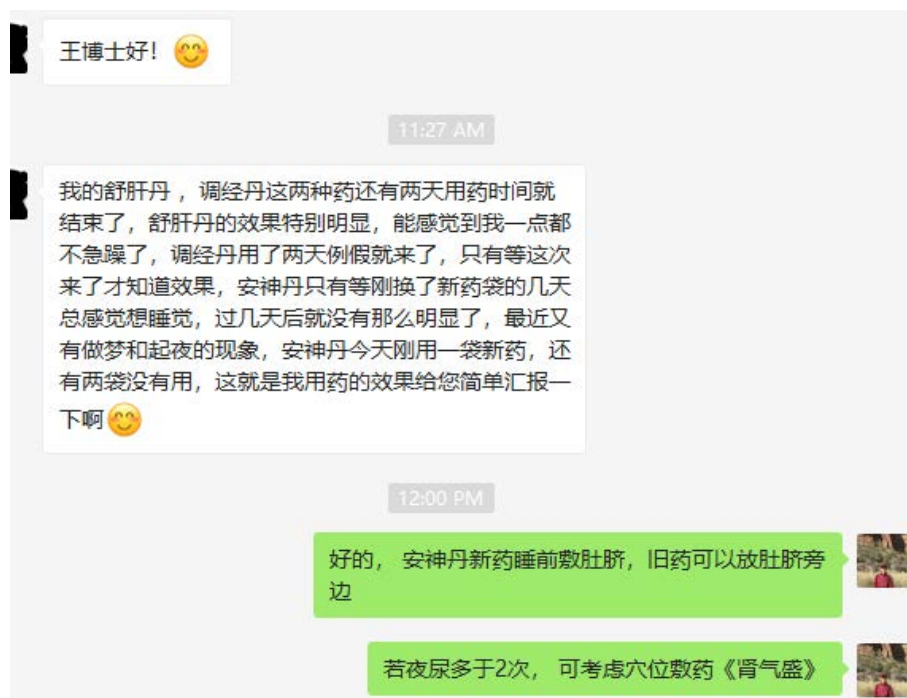
### HERBAL POUCHES HELP A 46-YEAR-OLD WOMAN RECOVER FROM ANXIETY AND AMENORRHEA:

In January 2018, a 46-year-old lived in Seattle, USA. Her complaint was no period for three months after she had experienced tremendous emotional turbulence one year ago (divorcing). She was stressed out and had severe anxiety.

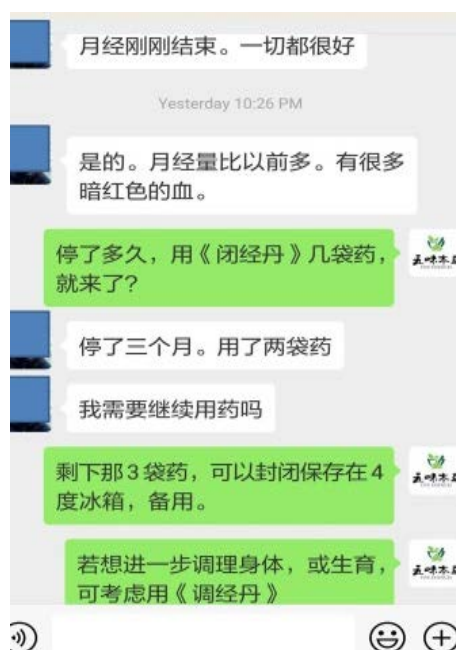
After using herbal pouches of soothing anxiety and

amenorrhea (attach pouches to the navel and right subcostal liver area) for ten days, her period came back. Although the period was light and lasted only two days, she was happy with her return period.

She placed an order for herbal pouches of menstrual disorders, soothing anxiety, and kidney vitalizer to improve her health further (Figure 3).



**Figure 2.** The 37-year-old woman who could not get pregnant for three years had improved her anxiety, sleep, and menstruation with the three products of the herbal pouch. After using the herbal pouch of soothing anxiety, she had no more anxiety and irritability. She slept well with the help of the herbal pouch of soothing sleep. She was pregnant after using the herbal pouch of menstrual disorders for three months



**Figure 3.** A 49-year-old patient missed her period for three months because of severe anxiety. After using the herbal pouches of soothing anxiety and amenorrhea for ten days, her period returned, and her anxiety subsided significantly

**HERBAL POUCHES ERASED ANXIETY AND CURED AMENORRHEA OF A 34-YEAR-OLD LADY:** In March 2017, a 34-year-old lady lived in CA, USA. Her primary complaint was irregular periods for over three years and missing periods for over three months, and her face was uneven, with noticeable hair pores. She was diagnosed with anxiety based on her symptoms and the characteristic stress pattern of her pulse.

After using herbal pouches of soothing anxiety and menstrual disorders for 15 days, she no longer felt anxious and worried, and her period returned too, making her face smooth and exquisite. It thrilled her.

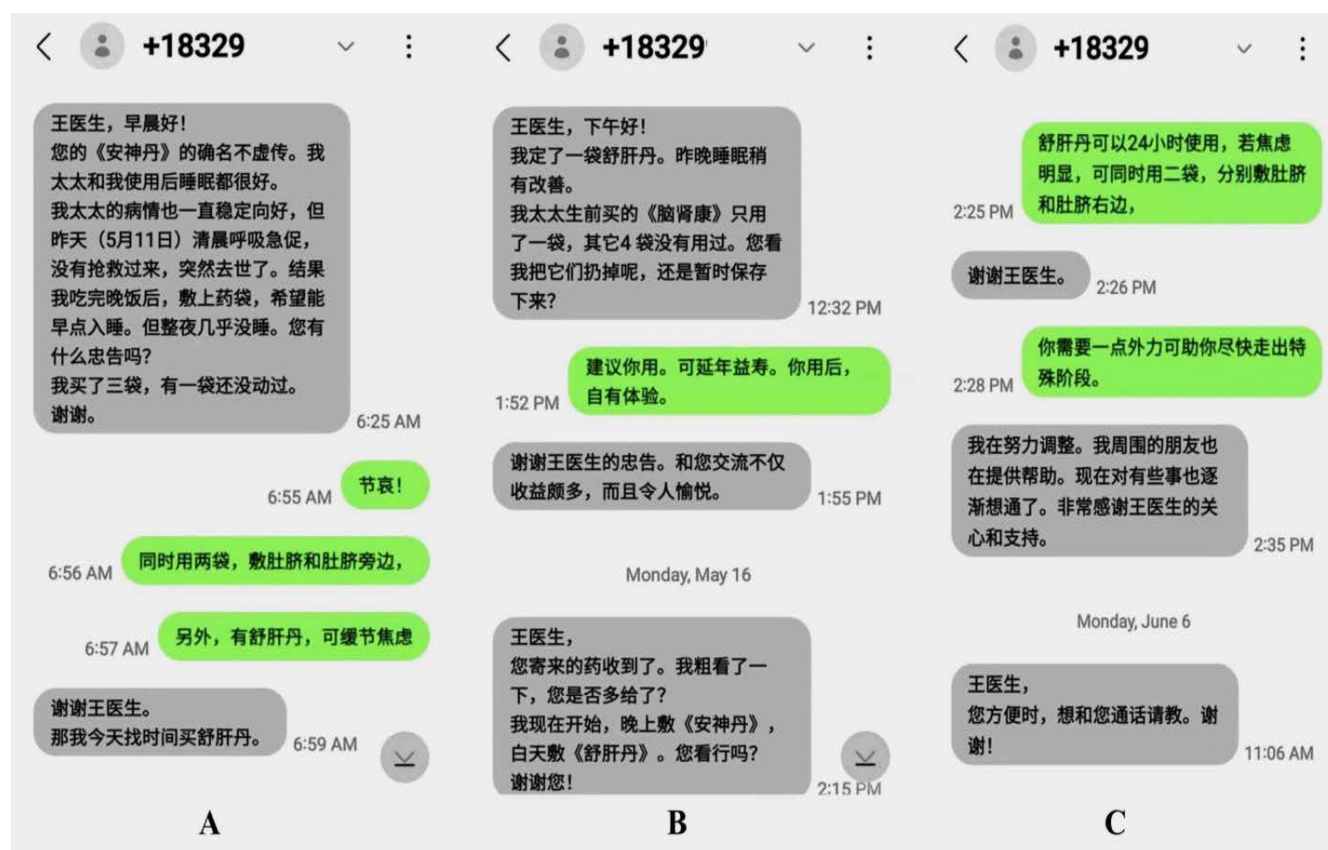
**HERBAL POUCH RELIEVED THE ANXIETY OF A 50-YEAR-OLD LADY:** On July 17, 2017, a 50-year-old lived in CA, USA. She had severe anxiety with poor sleep quality and felt tired and cold all the time, accompanied by thirst in the morning and loose stools. Her period had been absent for two months.

After using herbal pouches of soothing anxiety and menstrual disorders (attaching the pouches to the navel and right subcostal liver area) for 11 days, the patient said in a calm tone that her period had come back; she was no longer worried and anxious, and there was no more losing temper.

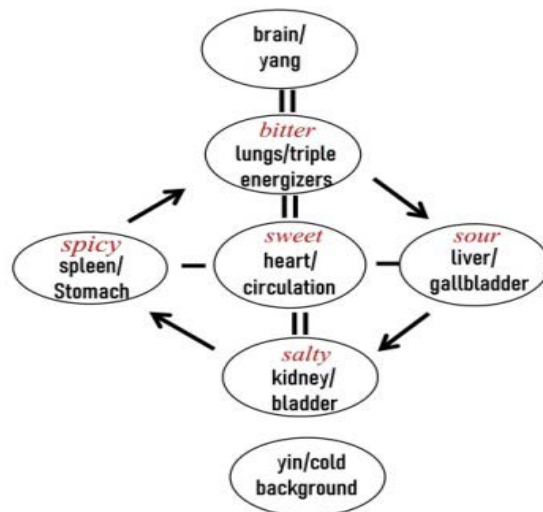
**HERBAL POUCH RELIEVED THE PAIN OF A 73-YEAR-OLD MAN FOR HIS WIFE'S PASSING AWAY:** On April 12, 2022, a 73-year-old man who lived in Texas, USA, could not sleep after his wife's passing away, even using an herbal pouch of soothing sleep, which worked very well for him. The herbal pouches of soothing anxiety and soothing sleep were recommended.

On June 6, he said that the two herbal pouch products helped him immensely; he slept well and rarely felt the pain of sorrow or depression during the 20 days of using the two herbal pouch products, and he would like to repurchase the two herbal pouch products.

Several months ago, his 72-year-old wife's memory deteriorated, and her thinking was abnormal and illogical after returning from the hospital. She often choked when drinking water or eating food (a minor stroke may cause her dysphagia). The herbal pouch of brain kidney enhancer (Wang, Q. 2022) completely reversed his wife's cognitive impairment and dysphagia after using it for two weeks, and his wife's cognition remained intact until the end (Figure 4).



**Figure 4.** A 73-year-old man overcame his bereavement with the help of herbal pouches. A 73-year-old man could not sleep after his wife's death, even with the help of the herbal pouch of soothing sleep, which helped him sleep well. B. The herbal pouches of soothing sleep and soothing anxiety were recommended (his wife's mild dementia and dysphagia were reversed entirely with the herbal pouch of brain kidney enhancer). C. On June 6, he felt little pain or sorrow and slept relatively well during the 20 days of using the herbal pouches, and he would like to repurchase the two herbal pouch products



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**Figure 5.** The updated model of Taichi YinYang and Five Elements. The human body comprises five organ systems besides the brain: 1) the kidney/bladder, 2) the lungs/triple energizers, 3) the spleen/stomach, 4) the liver/gallbladder, and 5) the heart/circulation, which has an innate preference for one of five tastes: salty, bitter, spicy, sour, and sweet, respectively

## DISCUSSION

The herbal pouch of soothing anxiety effectively improves anxiety symptoms, causing no perceptible side effects.

**WHY DOES HPSA HAVE NO PERCEPTIBLE SIDE EFFECTS?** Chinese medicine has several methods, such as acupuncture, massage, moxibustion, cupping, herbal remedies (herbal decoction, pills/ tablets/capsules, medicated plasters), and herbal pouches. The herbal pouch is a targeted therapy that balances the targeted organs with selected herbs and eliminates the need to take herbs by mouth (Wang, 2015).

The herbal pouch is developed from the updated theory of Taichi Yin Yang and Five Elements. The human body has five organ systems besides the brain: 1) the kidney/bladder, 2) the lungs/triple energizers, 3) the spleen/stomach, 4) the liver/gallbladder, and 5) the heart/circulation. Each organ system has an innate preference for one of five tastes: salty, bitter, spicy, sour, and sweet.

An herb has two distinctive characteristics: 1) at one of five energy levels (Qi): cold, hot, lukewarm, warm, and neutral; 2) has one primary taste out of the five: salty, bitter, spicy, sour, and sweet.

Each of the five organ systems has specific symptoms when its function is affected. Based on the specific symptoms, the etiology of the disease (the organ in trouble) can be identified, targeted, and cured with selected herbs with the corresponding taste. In this way, the five human organ systems can be balanced explicitly with the energy of the herbs under the guidance of their tastes, which is the targeting principle of the herbal pouch, as illustrated in (Figure 5).

The liver/gallbladder organ system, instead of the brain, is the crucial system that governs people's reactions to the

outside stimulus. When the system does not function well, it results in anxiety and depression. Herbs with a sour taste can restore the function of the liver/gallbladder, thus eliminating anxiety and depression.

Of course, the normal function of the entire system requires other organ systems to work smoothly. HPSA also slightly invigorates the heart, lungs, and kidneys. It releases patients from anxiety and depression by restoring/repairing organs instead of interfering with the brain's function. Consequently, it does not cause any perceptible side effects.

In contrast, most current medications for anxiety disorders interfere with the brain, and the brain is not the root cause of anxiety disorders. Therefore, these medications unavoidably cause side effects.

Unexpected events, such as divorce and the death of a loved one, can cause anxiety and depression. If the anxiety and depression last too long, it may cause other diseases. For example, excessive anxiety probably caused the amenorrhea of the ladies in Case 1, 4, and 5, while the patient's compulsive worry about being unable to get pregnant in Case 2 resulted in menstrual disorders.

When a spouse dies, the world will change. Emotional shock, fear, grief, and numbness are normal reactions, but no one needs to suffer it too long. HPSA can be a better option to help people get over the grief period effectively, like the 73-year-old man in Case 6.

The movement of Qi in the body, which is synchronized with sunrise and sunset, causes the functional fluctuation of the organ systems. Each organ system has its specific active and resting periods during the 24 hours. Our body's real-time response to nature's rhythm provides insight into



our body's physical or emotional conditions and helps us differentiate and treat various diseases. It also guides us on the best time to eat, work and sleep.

Chinese medicine has a method to diagnose the origins of diseases based on the times when a group of symptoms manifests. For example, if the symptoms worsen at midnight, the kidney/bladder system is in trouble. If the symptoms happen or become worse around late afternoon and early evening, the liver/gallbladder system is affected.

Sundowning means the emergence or worsening of behavioral and psychological symptoms in the late afternoon or early evening (Canevelli, et al. 2016). It represents a common manifestation among people with dementia. Some studies suggest this phenomenon affects up to two-thirds of patients with dementia. HPSA could be an excellent alternative for patients with dementia if they have behavioral and psychological symptoms.

## CONCLUSION

The herbal pouch of soothing anxiety effectively improves anxiety without perceptible side effects. These results justify randomized, double-blind, placebo-controlled clinical trials.

## LIMITATIONS

- The diagnoses of patients' anxiety were made based on generalized anxiety disorder criteria of the Diagnostic and Statistical Manual of Mental Disorders.
- The results of HPSA were based on the feedback of patients. Selection bias was a possibility.
- The detailed mechanisms underlying the improvement of anxiety by HPSA were not investigated.
- It does not rule out the effects of other herbal pouches on anxiety when more herbal pouch products are used simultaneously.
- HPSA is proprietarily formulated.

## DECLARATIONS

## ETHICS APPROVAL AND CONSENT TO PARTICIPATE

The patients requested consultation from the author of this manuscript. They voluntarily purchased and used the herbal pouch of soothing anxiety.

## CONSENT FOR PUBLICATION

Attempts to get the proxy consent have failed because it is out of the therapeutic window. All the research of the manuscript has been done in Chinese language. Although the figures are in Chinese language, which are the snapshots of the communication between the patients and the author,

each figure legend is the main idea of English translation from the communication. All identifying information of the patients has been anonymized and is entirely unidentifiable.

## AVAILABILITY OF DATA AND MATERIALS

Not applicable.

## COMPETING INTERESTS

The author develops the herbal pouch of soothing anxiety. No other parties are involved in the project and writing of the manuscript.

## FUNDING

Not applicable.

## AUTHORS' CONTRIBUTIONS

Qingcai Wang is the only author.

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