

Autoresponder Sequence #1:

Dear Friend,

Panic attacks can be one of the most frightening things you will ever experience. Symptoms of panic attacks can mimic those of heart attack and other life-threatening illnesses, and the fear of dying can make the panic attacks spiral out of control.

Getting your symptoms under control quickly is a critical step in getting rid of your panic attacks, but this is easier said than done. Many people have to use dangerous and potentially addictive medications to control their symptoms. These medications have a serious risk of dependency, and many people also build up a tolerance to them.

Medication can't be a long-term solution, because of the potential for addiction, the side effects, and the fact that you would have to take larger and larger doses to keep symptoms under control as time goes on.

Learning to control your symptoms before they spiral out of control is crucial. If you allow your symptoms to get out of control, it will grow increasingly harder to rein them in.

There is a method that has worked for many people that is safe, natural, and very effective. It's called The Linden Method. It was developed by Charles Linden, a former panic attack sufferer.

The Linden Method is considered the most effective natural system for getting rid of panic attacks. I highly recommend giving it a try!

www.LindenMethod.com

Autoresponder Sequence #2:

Dear Friend,

I'd like to talk to you today about some common ways to help get panic attacks under control naturally. Since medications can be so dangerous and addictive, controlling your panic attacks without them is really important.

One important method that is often used to control panic attacks is meditation. Some people dismiss meditation as New Age mumbo jumbo, but it's actually surprisingly effective.

Just like the mind is able to control the body by causing physical symptoms that have no real cause, it can also get rid of those physical symptoms. Meditation is as real as the very mental illnesses it can help to control.

Diet is another important way to control panic attacks. You should immediately cut out caffeine and sugar, as they can both cause or exacerbate panic attacks. Other types of refined carbohydrate sources like white flour, white rice, white potatoes, and other starches can also cause attacks, because

they can cause blood sugar to spike quickly and then fall rapidly.

If you want to learn more ways to halt panic attacks quickly and prevent them from coming back, I recommend trying out the Panic Away system.

Panic Away has been used by thousands of people all over the world to put an end to their panic attacks once and for all. It is completely safe, natural, and very effective!

Check it out at www.PanicAway.com!

Autoresponder Sequence #3:

Dear Friend,

If you suffer from anxiety, you may find it difficult to get anything done in your life. When anxiety is weighing down on you, your concentration is terrible, you may get headaches, you could become depressed, and you may even lash out at those around you.

Unfortunately, anxiety is all around us these days. We have to deal with such societal pressures as the economy, crime, job pressures, family life, school, and trying to juggle to fit everything in to an already hectic life. It's hard.

Luckily, anxiety is something that can be managed, but most people don't have the coping mechanisms in place to do so. Most people aren't raised to know how to deal with anxiety.

There is a course that can teach you how to manage anxiety properly. If you use it correctly, it can help you eliminate most of the stress and anxiety in your life, and deal with what is left the right way.

Anxiety Free Today is a complete course in managing anxiety. You will learn how to develop all of the coping mechanisms you need to deal with anxiety, and how to get rid of stress.

Visit www.AnxietyFreeToday.com to get this outstanding course and kick anxiety to the curb forever!

Autoresponder Sequence #4:

Dear Friend,

I wanted to tell you about something I heard about today that you might want to look into if you're still suffering from panic attacks.

I've read that a fairly common cause of panic attacks is gluten intolerance, also known as Celiac disease. In individuals with a gluten sensitivity or allergy, symptoms can sometimes be so extreme that they can mimic heart attack or other frightening illnesses.

If you're struggling with panic attacks, you might want to try cutting down on wheat products to see if that helps. Some especially sensitive individuals may need to eliminate gluten entirely. Others may just need to cut down on it.

Try purchasing more gluten-free foods. Cut down on products made with wheat, and don't forget about surprising sources of gluten. For example, some oatmeal is contaminated with gluten. Look specifically for gluten-free products.

If you want to find out more common causes of panic attacks so that you have the best potential to get rid of them, I suggest getting a copy of "At Last, A Life!"

This fantastic book can help you take back your life and get rid of panic attacks once and for all.

Get your copy at www.anxietynomore.co.uk.

Autoresponder Sequence #5:

Imagine being at work during a very important day. Maybe the president of the company is coming in, a major project is way past due, and you are behind on a ton of work.

It's a formula for extreme anxiety; the kind that can spiral out of control in a moment. Once you start feeling the crushing physical symptoms of anxiety, it becomes harder to concentrate, harder to get anything done.

Because you become less efficient and less effective, you get less done. This gets you further behind, and the anxiety mounts further until you're practically crippled by it.

When this type of anxiety hits, it is absolutely critical to get control of it before it takes control of you. You have to act quickly; otherwise it will take over and be nearly impossible to control.

It's not always an option to take anti-anxiety medications. They can make you sleepy, forgetful, foggy, and even sick. It's definitely not conducive to getting anything done!

You need to learn how to get anxiety under control without all of the medications. You need to be able to contain it quickly, before it has a chance to spiral out of control.

The Anxiety Free System can help you halt anxiety in just minutes. This system is truly like no other, and some people are calling it a miracle system!

Check it out at www.StopAnxietyInMinutes.com!

Autoresponder Sequence #6:

If you suffer from both anxiety and panic attacks, it can be tough to figure out how to get rid of both. Some people mistakenly believe that panic attacks and anxiety are the same thing, but they aren't.

Anxiety is a kind of pressing feeling that sometimes doesn't really go away. It's a nearly constant feeling of stress, unrest, and frustration.

You may feel anxiety for hours at a time, sometimes for days or weeks at a time.

Panic attacks are a bit different. Anxiety can certainly bring on panic attacks. That constant ill feeling can make you feel like something is physically wrong with you. This can lead to panic attacks that just explode.

Panic attacks are more of an intense, crushing feeling. They are much more intense than general anxiety, and they can sometimes make you feel as though you are on the edge of death!

In order to control both, you need a system that is geared for both. There are plenty of systems that can help you control anxiety, and plenty that will help you get rid of panic attacks, but there are so few that work for both.

If you suffer from both anxiety and panic attacks, I recommend taking a look at the Panic & Anxiety Elimination system. It is great for helping control both disorders.

You can get a copy at www.PanicAnxietyGone.com.

Autoresponder Sequence #7:

This week a new product was brought to my attention that I hadn't seen before. I'm usually very skeptical of new panic attack treatment systems, because most of them just don't work. I tend to recommend a few standbys, because they helped me, and because they have helped people I know.

I haven't had panic attacks myself for months, because I have been able to use other systems to get rid of them. So I wasn't able to test this system out myself, but it was brought to my attention by a coworker.

We were in the cafeteria, and she mentioned panic attacks. I told her how I'd gotten rid of mine, and she mentioned the system she used to get rid of hers.

I had never heard of it before, but she said it had been recommended to her by her cousin who had suffered from extreme panic attacks for many years. The system had worked for her cousin, so she decided to try it herself.

She said it was like a miracle for her. In just a few days, her panic attacks were completely gone. She was able to go off her medication for the first time in over a year, and she felt like a new person!

I don't normally like to recommend products I haven't tried myself, but since my coworker was so adamant about how effective this system was, I just had to present it to you.

Check out The Panic Attack Solution at
www.ThePanicAttackSolution.com

Please let me know if it works for you!