

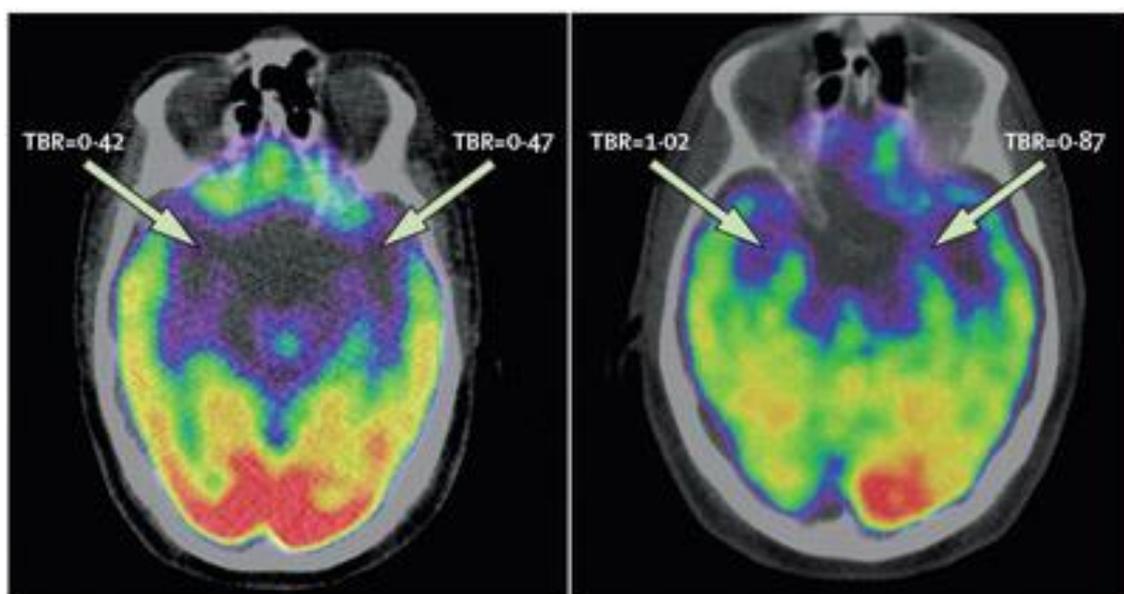
This Doctor Says natural herbs can relieve Anxiety, and Big Pharma Doesn't Like It

5-HTP, L-Theanine, Ashwagandha, Passion Flower, and Lemon Balm have been clinically proven to boost GABA and serotonin levels in the human body.

"When I was prescribing anti-anxiety medication, a few of my patients seemed to benefit, but most didn't. I never questioned the effectiveness of the drugs, but when I took a peek behind the curtain, I realized I was wrong," says Ronald Hoffman, MD, who has been practicing for over 30 years in New York City and is an internationally recognized expert in integrative medicine. He is one member of a new group of doctors questioning how effective anxiety medications actually are.

More anxiety medications are being prescribed than ever before, and yet, the anxiety epidemic has only gotten worse. Something didn't feel right to Dr. Hoffman. That's why he decided to investigate the clinical research published by major pharmaceutical companies.

Dr. Hoffman's fears were confirmed when a recent body of research published in the PLoS Medicine journal called into question the efficacy of these drugs and their associated side effects. The results were startling. Only 44% of patients reported any improvement. Even more disturbing, in a 2008 study published by the American Medical Association, researchers concluded that anxiety left untreated can impair key areas of the brain and cause the very symptoms patients are trying to avoid.



The difference in brain activity is shown for a subject that is calm (left) and a subject that is stressed (right).

This data led him to break with traditional thinking in Western medicine and a decision to explore the possibility of an alternative natural solution. His efforts produced something more effective than he would have ever imagined.

Dr. Hoffman felt particularly empathetic toward his patients struggling with anxiety who expressed intense feelings of hopelessness and negative self talk, trapping them in a vicious cycle. He explains, "A single anxious thought can lead to intense physical symptoms. This then leads to avoidance behavior, which makes the patient feel even worse and results in even more negative thought patterns."

According to Dr. Hoffman, "The ineffectiveness of these drugs is contributing to the growing mental health problem we are currently facing. These people badly need treatment, but they are not getting it because these drugs don't work. Anxiety left untreated can have far-reaching consequences to your mental health beyond just your mood. It can also adversely impact your memory, attention, and focus."

Dr. Hoffman agrees with the prevailing medical opinion that GABA and serotonin are the primary neurotransmitters responsible for regulating levels of anxiety. However, when he investigated the mechanism of action for the three primary anti-anxiety medication classes (SSRIs, SNRIs, and benzodiazepines), he realized that each class of medication was only addressing one half of the equation.

He asserts that prescription medications create an imbalance between GABA and serotonin, producing an overabundance of one neurotransmitter while neglecting the other. By overmedicating one half of the problem, patients typically experience brief initial symptom relief. However, symptoms typically worsen over time, and harmful side effects can develop, including dependency.

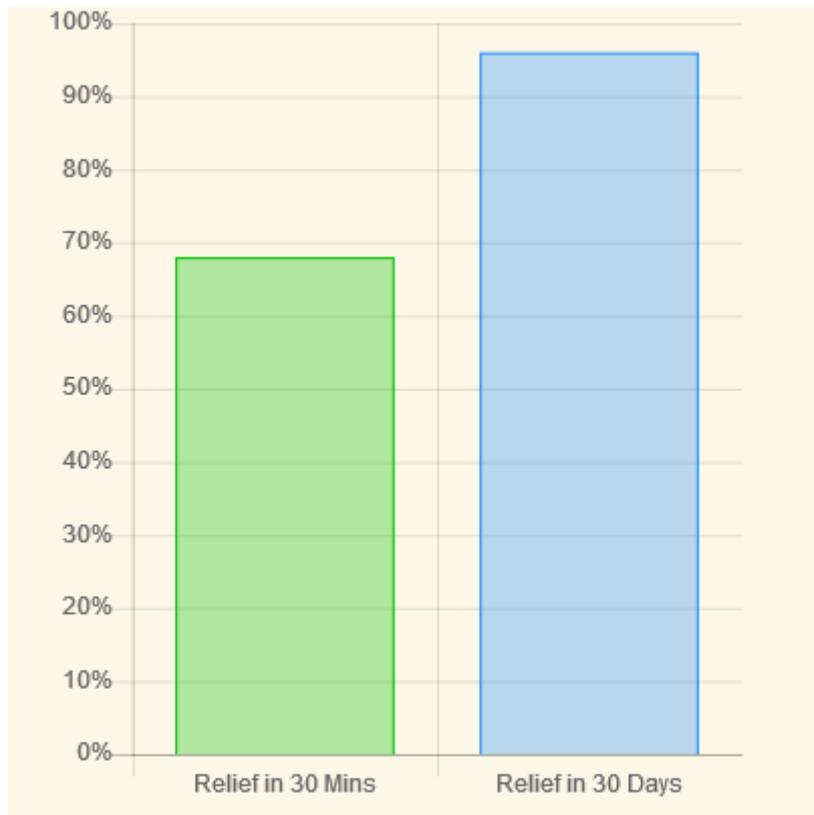
He believes there is a stark difference between chemical alteration and a body's natural production of GABA and serotonin. When your body generates GABA and serotonin, it is a comprehensive, balanced approach to both neurotransmitters. To achieve this natural balance and break the cycle of negative behavior, Dr. Hoffman enlisted the help of a group of New England researchers to determine the 5 most potent herbs to promote balanced levels of GABA and serotonin.

Over the last 18 months, these researchers have been perfecting his formula in a GMP certified facility in NY. They named the formulation [RediCalm](#) and chose 5 natural ingredients that work together to aid your body's natural production of GABA and serotonin. * 5-HTP, L-Theanine, Ashwagandha, Passion Flower, and Lemon Balm have been clinically proven to boost GABA and serotonin levels in the human body.



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Fig 3. The results of RediCalm's placebo-controlled clinical study.



[†] [Click here](#) to view the complete results.

Early feedback was overwhelmingly positive from focus groups and a small scale proof-of-concept study. However, Dr. Hoffman insisted on a full-scale placebo-controlled trial to prove RediCalm's effectiveness based on two essential variables: immediate relief and long-term effectiveness. The results significantly exceeded his expectations.

More than 2 out of 3 study participants felt immediate relief from anxiety within [30 minutes](#). In addition, over 95% felt relief within 30 days. And none of the participants reported any negative side effects. The results were statistically significant when compared with placebo.[†]

At this point, Dr. Hoffman decided to partner with an American manufacturer and release the product to the public. RediCalm is vegan, non-GMO, and gluten-free, and is made in a GMP-certified facility in New York to ensure the highest standards of safety.