

**Nausea and palpitations were ruining Debra Graham's life until she found an unexpected solution in a newspaper cutting...**

# *'In six weeks an electronic gadget had calmed my mind and cured my anxiety attacks'*



Debra, 45, feels like her old self again

**A**nxiety has always affected me during stressful periods of my life, and the last couple of years have been particularly difficult. In May 2009 my partner, Joe, and I moved house, then the following April the golf club where I ran my complementary therapy business went into administration. I managed to set up in a spare room at home, but I was really worried about losing my clients and my anxiety levels were going through the roof.

In January 2010 I had heart palpitations and felt nauseous. I had sweaty palms, a constant churning in my stomach and a fearful feeling. I dreaded each day, and just

thinking about going out would bring on an anxiety attack. I didn't go to the doctor because I assumed he'd prescribe tranquillisers, which I didn't want.

Then I came across an article about the Alpha-Stim, a gadget that uses electrical current to stimulate calming neurotransmitters.

As a therapist, I use a pain-relief gadget that works on a similar principle, so I did lots of research, and the more I read the more interested I became. The Alpha-Stim arrived the day after I ordered it and the instructions were simple. It's a small device with two wires that clip on to your ears. The wires send minute pulses of electricity across the brain to increase the alpha brain waves, said to calm the central nervous system. It felt like a gentle pulsing, slightly tingly sensation on my ears.

Within days I noticed I was experiencing periods of calm, something I hadn't done for a long time. I still felt some anxiety, but the telephone support staff encouraged me to persevere, and after about six weeks I really started to

notice a difference. I was feeling much less stressed, more positive and confident and had started going out again. The old, chilled-out happy-go-lucky me was back.

I still use the Alpha-Stim a couple of times a week, while I'm watching TV. At £299, it's not cheap but you can't put a price on sanity and enjoying your life.

[alpha-stim.co.uk](http://alpha-stim.co.uk)

## ALL ABOUT ANXIETY

### What causes it?

Anxiety can be brought on by a traumatic incident or major life event but there may be no readily identifiable cause.

### What are the symptoms?

Dry mouth, a tight chest and dizziness could be signs. Sufferers often feel like they're losing control.

### What will help?

CBT, Cognitive Behavioural Therapy, counselling and psychotherapy and clinical hypnotherapy, are available on the NHs. The charity [anxietyuk.org.uk](http://anxietyuk.org.uk) may be able to help find the right treatment for you. Call 0844 775 774 (Mon-Fri).

## Three ways to tackle anxiety...the alternative way

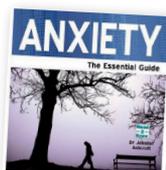
**\* Take:** *Klamin*, £23.50 for 30 tabs, [nutricentre.com](http://nutricentre.com) and [healthy.co.uk](http://healthy.co.uk).

Contains Klamath blue green algae, a 'new generation' green food that's packed with anxiety-relieving natural nutrients.



**\* Read:** *Anxiety: The Essential Guide* by Dr Jennifer Ashcroft, £9.99, [need2know.books.co.uk](http://need2know.books.co.uk)

Readers are helped to understand their problems, and take action to overcome anxiety.



**\* Chew:** *Rescue Chewing Gum*, £3.95 for approx 16, *pharmacies and health food stores*.

The famous stress-relieving Bach Rescue Remedy in a chewable form. Research shows that chewing gum can help to reduce stress.



# IS THE DOCTOR IN?



Dr Ellie Cannon answers your health questions

## Should I worry about my dad's prostate cancer?

**Q** I'm the main carer for my dad, who's 80. He's quite well but has been diagnosed with prostate cancer. We've been told this is nothing to worry about - but why?

**A** It may be a bit strange to be told 'not to worry,' but with prostate cancer in the elderly this isn't unusual. Prostate cancer is generally slow-growing and 'non-aggressive.' In many cases it has no impact on life expectancy, so your father will be monitored, but otherwise carry on life as normal. If he develops problems with urination, he'll be offered medication to help.

**Woman likes**  
Lycophene capsules, £10.80 for 50 capsules, [hollandandbarrett.com](http://hollandandbarrett.com)

## I'm desperate to cure my ear problem

**Q** I have been diagnosed with labyrinthitis. My balance is off and I constantly feel dizzy. Initially, my GP gave me medicine but the dizziness has never really passed and it's now affecting my work and home life. Help!

**A** I do understand your despair. Dizziness is a horrible condition. Labyrinthitis is an inflammation of the inner part of the ear that controls balance and posture, most commonly caused by a virus. Normally the condition should only last 2-3 weeks, so you need to go back to your GP. You need a full check-up so an answer can be found for you.

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