

Taking The Stressful Edge Off Life With Natural Albizzia Flowers

Mental disorders, including depression, affect more than 22 percent of adults in the United States according to the National Institute of Mental Health. The stressful way in which we live contributes to this percentage of unhappy people. People feel pressure on the job and are being rushed all the time. We eat fast food on the run due to time constraints and have less time to exercise. This combination of factors leads to moodiness and irritability. It also detracts from our overall happiness.

Whether you typically experience seasonal sadness or have been diagnosed with depression, there is help available. You don't have to accept feeling down as part of life. Nor do you have to deal with the unwanted side effects that come with taking a prescribed antidepressant or anxiety medication. All you need to take the edge off of life is natural albizzia flowers. This herb provides a natural way to reduce stress.

Albizzia Flowers as a Natural Remedy for Sadness

Albizzia flowers are herbs that have been used by the Chinese for more than 500 years to treat sadness. They also have been used by Korean and Japanese people as a natural remedy for life's stresses.

Taken from the silk tree, albizzia is often referred to as the happy tree. It can be used for a variety of emotional needs, from spiritual disorders to emotional imbalances. It is also known as the Mimosa tree.

Uses for Albizzia Flowers

Albizzia flowers can be used to treat the following:

- * Melancholy
- * High stress
- * Bad mood
- * Irritability
- * Insomnia
- * Depression
- * Seasonal mood disorder
- * Feelings of anxiety
- * Constant worrying
- * Paranoia
- * Bad temper
- * Poor memory
- * Unreasonable fears

In essence, this herbal flower provides a gentle calming effect. It works to relieve tension and bring a sense of peace over the body. The herb gives a sense of contentment and comfort, and relieves aches and pains associated with the symptoms above.

Albizzia is especially useful for those dealing with grief. Losing a loved one can feel devastating and overwhelming. Albizzia flowers help to relieve these feelings and can make coping with your loss a little easier.

Antidepressants vs. Natural Herbs to Relieve Depression

Using Albizzia flowers is much safer than taking a prescription antidepressant. Antidepressants are mind-altering drugs that have a list of unhealthy side effects. They can cause you to feel things like dry mouth to headaches. Drugs like Paxil can even increase the risk of suicide in some people. You can avoid these potentially dangerous side effects by using natural herbs to take the edge off of life.

Albizzia is a relaxant and a sedative that works to calm the liver, kidneys and heart. It works to ease and calm the mind and body without the effects of pharmaceutical drugs. Starting with a low dose of 10 drops two to three times per day is recommended. As your body adjusts, you can work your way up to 30-60 drops several times per day.

Though it isn't a miracle herb, Albizzia is a helpful herb that can relax the body and aid mood disorders. It can be used in conjunction with prescription

drugs or in place of them to minimize the effects of a stressful lifestyle.

About the Author

More information on [albizzia flowers](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.healthcrazed.com>