

9 ways anxiety is impacting your physical health

by Rene Fabian

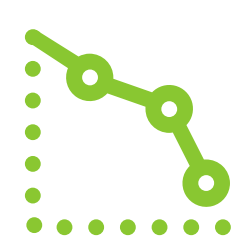
Anxiety may be a natural reaction to threat, but when it simply doesn't go away or turns into an anxiety disorder, it impacts the well-being of our whole body.



Stomach & GI Issues



Heart Conditions



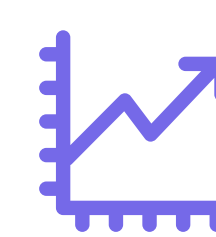
Decreased Immune System Functioning



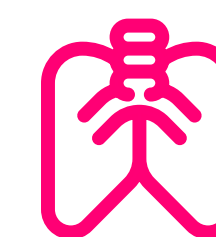
Weight Gain



Insomnia



Blood Sugar Spikes



Asthma & Breathing Problems



Chronic Muscle Tension



If you're struggling with anxiety, reach out for help. Your mind and body will thank you.

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