







## 8 Herbal Remedies for Anxiety Relief

While taking medication for anxiety should never be shamed, for some people it does not align with their belief system and they may wish to take natural alternatives to anxiety medication instead.

If you're one of those people, you'll be happy to know that there are several herbal remedies for anxiety that can be equally as effective as pharmaceutical medications for anxiety, such as SSRIs and benzodiazepines.

Here are 8 well-known herbs for anxiety treatment without medication, which you should try if you're wanting to ditch the drugs!

Related: [10 Life Changing Tips to Manage Anxiety Without Medication](#)

