

Phenibut May Provide Anxiety Relief

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SlowFoodNation, a health and nutrition company in San Francisco, CA, has conducted extensive research into the benefits of their Phenibut product and has found that it may also be used for anxiety relief. They have released results from these studies, which demonstrate that the product can help in decreasing anxiety. Most importantly, Phenibut has not been found to cause drowsiness, which many other products do.

"This product has been based on a supplement that is extensively used across Russia to treat a variety of symptoms," says Tom Wells from SlowFoodNation. "It is not very well-known yet in Western medicine, but we decided to research it and see whether it can really help with regards to anxiety. Our initial findings corroborate those of the Russians."

The studies suggest a notable improvement in stress related problems, including anxiety and tension. Furthermore, public opinion seems to be that it can help people improve their sleep patterns and even allow people to avoid insomnia. Furthermore, it may be effective against post traumatic stress disorder, alcoholism, loss of memory and stuttering. As a nootropic, Phenibut can help to calm the mind, which is why it may reduce anxiety, but without the negative side effects found in other products.

Some people have expressed their appreciation with regards to the availability of this kind of product that may help them with their anxiety. However, SlowFoodNation wants to express a word of caution. Phenibut is not suitable for long term use, as the body can develop a tolerance to it. Hence, they recommend that people only take the product as and when they need it, for instance, during periods of high anxiety or during bouts of insomnia.

"We recommend that Phenibut should not be taken for more than five consecutive days," advises Tom Wells. "We also suggest that people take at least three days off between two cycles of using the drug. This will ensure that the product continues to work as and when they need it."

Being able to find something that may help to reduce anxiety is a dream come true for many people. Anxiety, in its many forms, is something that devastates lives and the only available treatment up to now has been

heavy medication but these have been found to have some side effects.

Full details about this nootropic product are available at <http://slowfoodnation.org/nootropics/phenibut/>.

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SlowFoodNation

At SlowFoodNation we put the most popular Superfoods and Nootropics to the test to see if they really work or if it's all hype!

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