Kara Howell: My Anxiety Is Gone

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Meridian, ID based Miridia Technology Inc. is pleased to report another successful case in which a patient?s anxiety was addressed via the CES Ultra Device. Anxiety affects millions of adults across the country, according to the Anxiety & Depression Association of America (ADAA), but only a small fraction of this number are undergoing treatment. This is attributed to a variety of reasons, but Miridia Technology hopes that the CES Ultra Device can help anxiety treatment be more accessible and affordable for everyone?s benefit.

To this end, the company is directing the community to a recent blog post that was shared by the patient in question, Kara Howell. Speaking of anxiety, she says, ?Could there be a more uncomfortable sensation? The racing heart, the flushing skin, the feeling of doom, the paralysis, the circular thoughts. In 2020, my anxiety got so bad, I thought it would take over my life. I genuinely wondered if I would ever be myself again. Some days, I actually feared I might die. Can you relate? Have you ever felt so controlled, so consumed by your anxiety, that you couldn?t see past the hazy fog, even for a moment? Today, I can honestly and truly say: my anxiety is gone. My anxiety is gone, and I am free. And now, I want to share my story with you, because I want you to be free, too.?

In the post, Howell describes a situation that many will find familiar: she found it difficult to eat, and she was unable to live her life on her terms. This also affected her work, and she recalls the condition beginning with a series of sleepless nights in the year 2020. As global and personal tensions rose, she found herself getting anxious about her insomnia, and this set off a cycle of disturbed emotions that fueled itself. She could not sleep, so she got anxious, and her anxiety made it difficult to sleep. Everything else began to spiral from there, and the days stretched into weeks with no relief. Howell shares that she went hunting for every cure she could find, reading books, meditating, turning to supplements and even attempting Cognitive Behavioral Therapy. Unfortunately, none of these mechanisms worked.

Then her father, a chiropractor and acupuncturist, showed her a small box called the CES Ultra Device.

Desperate for results, Howell agreed to try it out, trusting her father?s expertise. She says, ?I used the CES Ultra twice that day; once in the morning, and once in the evening, a few hours before bedtime. I still felt extremely anxious as nighttime approached and I considered the sleepless hours that lie ahead. Only, the sleepless hours didn?t last nearly as long as I expected them to. I was able to fall asleep by 1:00 AM for the first time in weeks, and I slept 6 hours straight that night. I woke around 7:00 AM, absolutely shocked. No, these results aren?t typical; it doesn?t happen that quickly for everyone, but it did for me, and it was the big ?RESET? that I really needed to start having faith in my body?s innate ability to heal.?

CES stands for ?cranial electrotherapy stimulation.? Miridia Technology understands that the community will have many questions about these devices, especially regarding which is generally considered best-in-class and which may be more suited for each person?s individual needs. For more information on this, visit the following link: Which CES Device Is The Best?

Towards the end of her post, Howell states, ?Today I feel I can truly say ?My anxiety is gone. My insomnia is gone. I have been made new.? Sure, I sometimes have trouble sleeping, just like any human being. Sure, I sometimes feel a little bit anxious about an upcoming big event. But I am no longer a slave to these feelings. A rough night doesn?t trouble me anymore ? it?s just a part of being human. I know that if I ever feel like my anxiety or insomnia has returned, CES will help me ?reset? and move forward, balanced and settled.?

Miridia Technology Inc. offers a range of products, including the CES Ultra Device, to help people manage their own health needs, and the company advises everyone to commit further research on such treatments if they are looking for relief from anxiety. The more they know about CES devices, the more likely it is they will be able to make informed decisions regarding their care and future treatment. See more on the subject here: What is a Cranial Electrotherapy Stimulation Device?

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For more information about Miridia Technology Inc., contact the company here:Miridia Technology Inc.Tim Cella(208) 846-8448tim@miridiatech.com1875 N Lakes Pl, Meridian, ID 83646

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Cranial Electrotherapy Stimulation (CES) is a safe, painless microcurrent treatment scientifically proven to treat anxiety and insomnia in children, teenagers and adults alike. Approved by the FDA.

Website: https://cesrelief.com/

Email: tim@miridiatech.com

Phone: (208) 846-8448