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Winqz69 - December 30, 2025, 6:42 pm

I've had anxiety for years on/off in all categories but never found any help.

I'm much better now though.

Just thought I'd share what I saw that sourkraut bacteria removes anxiety. I have not tried it myself but figured it's worth a post potentially helping anyone with that awfully mental challenge.

PEACE

RangoWorld - December 30, 2025, 11:32 pm

Aside from experimenting with this on your own. I think it's worth having a checkup with a psychologist or psychiatrist and getting some treatment through therapy or medicine. Medicine will be useful if anxiety is really bad.

Other than that. Try to change your mindset around future events.

"Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present" - Marcus Aurelius

It means that you have the ability to deal with "right now" (the present moment). The future will eventually become "right now", which means you are already capable of dealing with it when it arrives. Therefore, there's no point worrying about the future -- you are already prepared for it.

Komodo - January 1, 2026, 8:50 pm

This is the equivalent of being prescribed cocaine for the common cold in the 1800s.