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Overcoming anxiety 50 - hypochondria

Here's some talk about hypochondria. PLEASE REMEMBER: I'm not a doctor or a mental health expert. Any advice I give should never be a substitute for professional medical and or psychiatric help. All of my advice is solely based on my own experiences and research. Although I talk about downplaying our hypochondria fears, obviously if you are experiencing a medical emergency, dial emergency services or get to the nearest hospital.

You can also find this article published on [Overcoming anxiety 50 - hypochondria](#), and on the tag pages [Anxiety](#), [Hypochondria](#), [Overcoming](#).