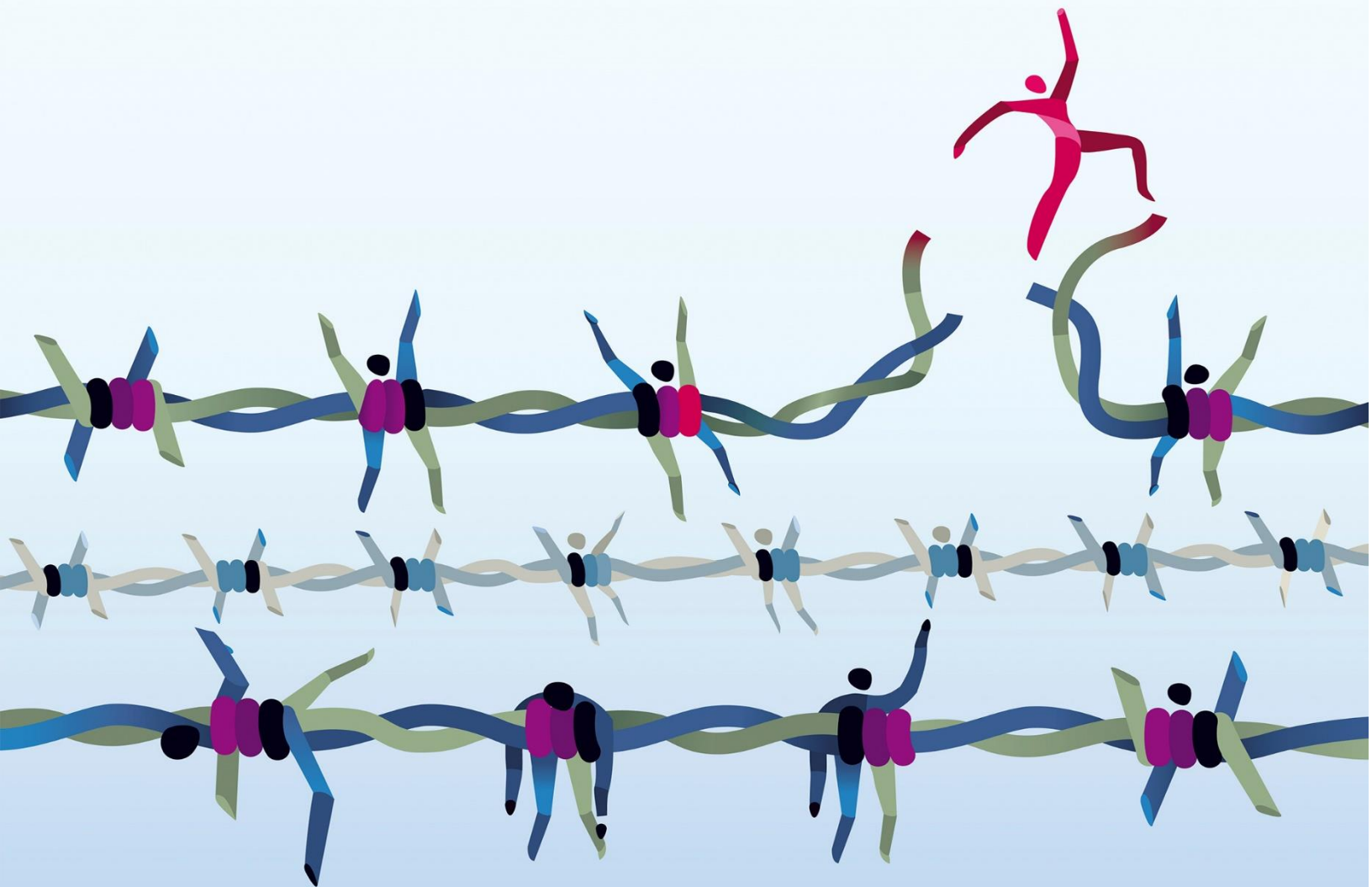


THE HEALING BENEFITS OF EMOTIONAL FREEDOM TECHNIQUE (EFT)

A HOLISTIC APPROACH TO STRESS AND PAIN
MANAGEMENT WITHOUT SIDE EFFECTS



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Every attempt has been made to provide well researched and up to date content at the time of writing.

Now all the legalities have been taken care of, please enjoy the content.

We hope you enjoy the healing benefits of tapping as much as we do.

Introduction

EFT or the Emotional Freedom Technique has now gained much attention from many experts in the medical field. EFT is an innovative, non-invasive and drug-free approach to helping people achieve better health and well-being.

From treating chronic pain to helping people give up their bad habits EFT has been proven to work effectively and provide healing benefits.

Continuing discoveries and advancements in the study of the relationships of the human body, brain and mind provide an understanding of how EFT can provide life-changing results.

The healing benefits people have obtained through tapping, both emotional and physical cannot be denied. Tapping helps release negative emotions and physical pain by allowing your mind to overcome negative thoughts and be self-accepting.

Understanding the Science behind EFT

As another branch of science has emerged which is called 'epigenetics' it is now known that every living cell in the human body is responsive to its environment.

According to this science, each response made by these cells is said to penetrate deep into the innermost parts of the cells which include the DNA.

This is because our cells are now known to be dynamic and changeable.

So How Does EFT Fit into The Picture?

It is very interesting to note that the human cells are responsive to the internal environment of our own beliefs, feelings and thoughts.

Therefore, the moment we change our thoughts, beliefs or feelings it is also tantamount to creating several biological changes in our body on the cellular level.

In short, each of us has the power to influence our own thoughts, feelings and beliefs so that biological changes will take place thereby making significant influences to our state of health and well-being.

As we make conscious efforts of tapping our own acupressure points in order to produce the kind of energy that boosts our ability to create positive feelings and thoughts, a healing environment is created.

EFT and Psychoneuroimmunology (PNI)

Psychoneuroimmunology is a branch of science that explains how our own emotions and thoughts influence our body's immune and nervous system.

In other words, our emotions can significantly impact our immune system through neuropeptide-specific receptors.

Psycho-neuro-immunologists have shown that exposure to stress and how we react to these stressful situations can have a direct impact on our own emotions which may include anxiety, fear, anger, sadness and tension.

These negative emotions not only weaken the ability of our immune system to protect us from diseases, but they also hamper our body's ability to heal itself.

Therefore, in order to achieve a balanced state of health and well-being we need to learn to release those stressful emotions.

EFT provides a simple and effective method of allowing the mind and body to recognize and release negative energies, thus starting the process of physical and emotional healing.

EFT and Brain Plasticity

Brain plasticity simply means that the human brain has the capacity to alter its physical structure and create new neural pathways. This is contrary to the old belief that the structure of the human brain cannot be changed once an individual reaches the age of 12.

Recent discoveries reveal that our feelings, thoughts, actions and learnings can literally alter the organization as well as the physical structure of the human brain.

So as EFT helps people change their emotions, thoughts or feelings then there is no doubt that it can also help their brains in creating new neural pathways for healing and other positive cognitive shifts to take place.

These recent discoveries open up many avenues for drug-free approaches to healing. The human body and mind are complex and requires equally complex studies to be able to fully understand its capacity.

Ironically, and in spite of its complexities, the human body's ability to heal can be made possible through a process that is as simple as 'tapping'.

We each have the ability to tap our innermost healing capacity through the power of EFT.

Understanding the Link Between EFT and Energy Psychology

Sufferers of pain, illness or injury are constantly searching for ways that will help them find relief from their health problems and allow them to become more focused on achieving their goals in life without the need to rely on what pills and surgeries can do.

Therefore, many are turning to the incredibly simple technique known as EFT or 'tapping' and finding longed-for relief from their symptoms.

EFT Tapping and Sending Signals to the Brain

Emotional Freedom Technique or Tapping refers to the kind of practice that mainly uses one's fingertips for tapping several meridian points in the body.

The science behind the effectiveness of EFT tapping is that the action of tapping correctly decreases the arousal in the amygdala.

The amygdala is the part of the brain that initiates the "fight or flight" response to a perceived threat or danger.

While tapping, the person will also be talking through his memories or any negative emotions.

In EFT, you will mentally recreate the negative thoughts or beliefs so that the stress response in the amygdala will become active while on the other end you also send signals by tapping the meridian points that allow these threat responses to decrease.

Your brain will then be receiving opposing signals (i.e. the increasing stress response and the tapping signals that decrease it).

However, as you continue tapping and talking through it, those signals that decrease the arousal in the amygdala will start to predominate.

As a result, the individual is now holding that threatening or stressful thought in his brain, but the threat response will no longer be reoccurring. This results in desensitization to emotional triggers which cause pain, either physical or emotional.

So, the next time the amygdala is triggered the person will experience a lessened pain response to that same stressful emotion.

These reactions and sending of signals are being likened to a radio receiver that receives signals in a very subtle manner through the help of radio waves.

In human beings, the energy or life force is the one responsible for this subtle sending of signals in order to influence one's innermost thoughts and emotions.

When EFT Uses Energy Psychology

Energy Psychology is a specialized branch of Energy Medicine that largely focuses on negative emotions and subconscious beliefs and how these can impact one's health, cognition and behavior.

Energy Psychology states that the human body mainly consists of energy centers and energy pathways that work in a very dynamic manner with the body's organs, cells, thoughts and feelings.

Since these energy centers and pathways continually interplay with the body's cells or emotions then shifting these energies causes a corresponding shift in one's emotions, beliefs, and state of health.

This is because our energy serves as the invisible foundation and the blueprint for our state of health.

Another Reason Why EFT Works

Studies made in the field of energy psychology also reveal that an individual's emotional and psychological stressors can be remedied faster than what many experts previously believed possible.

It is because one's psychological and behavioral responses can directly impact those genes in the body that play a crucial role in regulating immune function, cellular generation and inflammation – just to name a few.

Fortunately, these findings are becoming more mainstream and better-known as people continue to prove the effectiveness of Emotional Freedom Technique which also uses the principles of energy psychology.

Knowing the link between Energy Psychology and EFT will make it easier for us to understand why EFT tapping works effectively not only for people who are suffering from trauma, anxiety and depression or physical pain.

It is also has hugely positive implications for those who wish to overcome their own limiting subconscious beliefs that prevent them from achieving their goals in life.

EFT Tapping - Is It More Than Just a Placebo?

Although there have been a lot of people claiming that EFT or tapping really works, there are also those who remain skeptical about its benefits.

Unfortunately, some refuse to consider that EFT might actually help to ease their pain and therefore deny themselves and the technique a fair trial.

Whether you are a skeptic or not hopefully this report will provide a better understanding of the healing benefits.

Many have found EFT tapping to be an effective form of treatment, whether it be considered a placebo effect or not.

EFT versus Diaphragmatic Breathing

As the benefits of EFT tapping become more widely known, trials, both personal and regulated, have been undertaken to compare results with other practices.

The following experiment highlighted the benefits of EFT tapping over the well-known Diaphragmatic Breathing Technique.

The participants in the said experiment were asked to approach animals that terrified them. After such exposure, they were then exposed to a 30-minute treatment.

One group practiced Diaphragmatic Breathing and the other group underwent EFT tapping sessions. Both groups were quoting the same affirmations while undergoing the treatment process.

Subsequently, those who went through EFT tapping sessions were able to approach the animals they feared more closely. This did not occur to the other group who only had Diaphragmatic Breathing as part of their treatment.

Moreover, the group who 'tapped' felt less distress than those who deep-breathed. Even more interesting, was that the effects of the tapping remained in the participants for up to nine months.

Those who were in the deep breathing group experienced no lasting benefit at all.

Obviously, something is happening to effect changes within a person's mind during EFT tapping sessions which leads to lasting benefits.

EFT and the Placebo Effect

Some skeptics argue that the EFT Tapping Technique is nothing more than a placebo effect. Whilst those who practice EFT believe this not to be the case, it is worth considering that even if there is a placebo effect element, the results are very positive and safe to do.

Here is an example of a study that was conducted on people who were suffering from IBS (Irritable Bowel Syndrome). The study revealed that the placebo effect was just as effective as if they had been taking medications. This was proven when a group of people with IBS were prescribed IBS medications while the placebo group was prescribed with a "sugar pill".

Surprisingly, both groups, the one taking the IBS medications and the group who were taking the sugar pills, both experienced the same level of relief from their IBS symptoms.

What was even more incredible was the group given the sugar pills were told that sugar pills were actually what they were taking!

Based on the results it is important to note that the placebo treatment worked just as well as the medications, as the placebo group knew that they were actually given sugar pills for their treatment.

Another important point to remember is that a placebo works incredibly well when a person believes they can be healed. Therefore, the IBS experiment illustrated that making a conscious decision to allow to heal is all that is required for the healing process to take place.

If you can be accepting and you can allow the placebo effect to heal yourself, you are one step closer to mastering your own powerful healing abilities.

This is also how EFT tapping works effectively. It is not only because of its so-called placebo effect. It aims to resolve core emotional issues that can harm your mental and physical well-being.

Resolving these core issues first and mastering your own healing is what makes EFT so effective.

We hope you now have a better understanding of the healing benefits of tapping.