



EFT

Emotional Freedom Techniques

The Missing Link to Vibrant Health and Complete Happiness!

Based on the premise that unresolved emotions can compromise our potential for happiness, EFT began as an effective remedy for phobias, addictions and war trauma. ***Vietnam Vets were finally able to sleep at night, smokers could choose fresh air, and paralyzing phobias lost their grip...all without medication!***

Before long, EFT was providing relief for migraine headaches, sexual abuse trauma, and a wide assortment of everyday ailments. Fascinated by the results, founder Gary Craig taught the technique to therapists, clients and people on the street. He said "Try it on everything!", so they did.

Since then, EFT has grown into a revolutionary healing aid, ***used by traditional therapists, medical professionals and alternative healers on everything from weight loss to cancer.*** The discovery behind this relief is that unresolved emotional issues are caused by disruptions in the body's "subtle energies". These disruptions inhibit our natural ability to heal, leaving us open to nagging fears, chronic pain and terminal illness.



Combining this emotional element with the ancient principles of acupuncture, ***EFT has been able to address the causes*** of these energy disruptions with a gentle tapping procedure (using the fingertips). Impressive results ensue because the process addresses causes instead of symptoms.

Most recently, advanced EFT applications have been demonstrated on clients with serious diseases at a series of workshops in the US and England. These workshops have drawn between 250—400 participants each, and clients have walked away with ***measurable relief from Parkinson's Disease, Cystic Fibrosis, Diabetes, Chronic Fatigue Syndrome and Multiple Chemical Sensitivities, to name a few.***

Committed to the integration of traditional medicine with energy healing, Gary offers a free 79 page manual that includes the EFT Basics, a free e-newsletter, and very affordable training DVDs on the EFT website (www.emofree.com).

Practitioners around the world are trained to teach and apply EFT, and over 100,000 people receive the EFT newsletter. It is also spreading internationally, and the EFT Manual has been ***voluntarily*** translated into French, German, Italian, Spanish, Dutch, Persian and other languages. EFT is destined to become a household word.

As Gary Craig says, "We are on the ground floor of a new Healing High Rise".

Emotional Freedom Techniques...Often works where nothing else will!