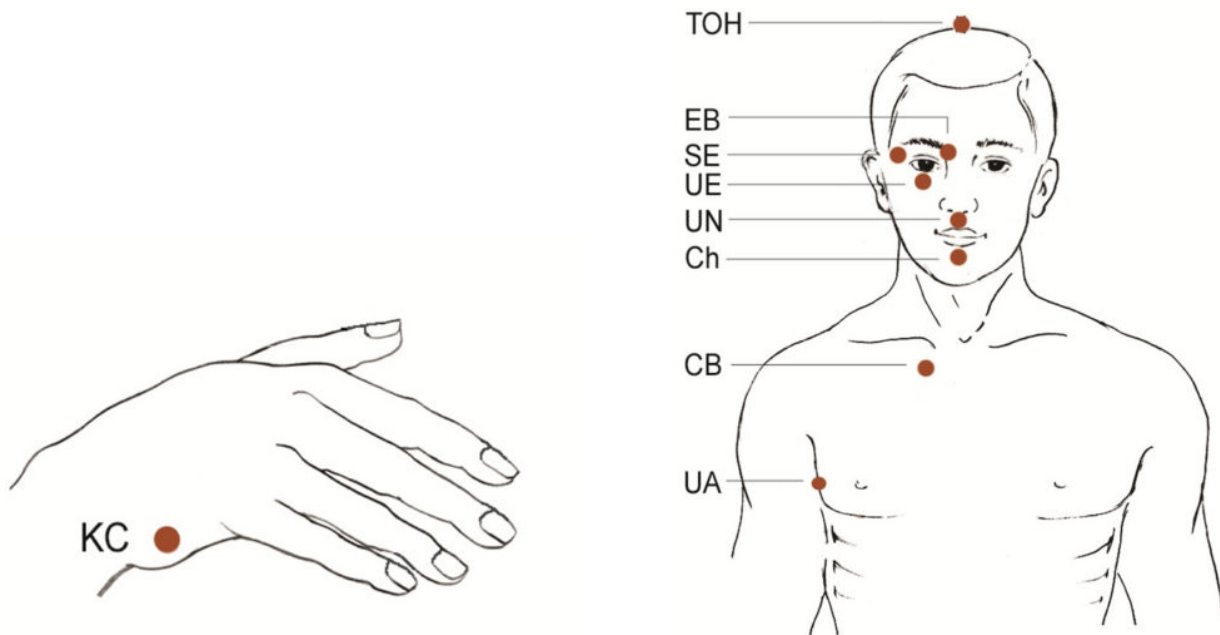


"Tapping" your way to health

In this age of stress and distress, what if I told you that you could communicate with your nervous system directly to reduce the stress hormones that are circulating in your blood stream, the very same stress hormones that lead to pain, arthritis, diabetes, heart disease, migraine, anxiety, depression and so much more? And all without a prescription. Sound too good to be true? Think again.

For over twenty years, Gary Craig has been developing a technique he calls The Emotional Freedom Technique (www.emofree.com) or 'tapping' that he has been teaching thousands of people in order to obtain relief from symptoms that the sympathetic nervous system (read 'stress' nervous system) triggers. A combination of cognitive or mental therapy and traditional Chinese Medicine, this technique is easy to learn and use on a daily basis.



EFT Acupoints

The patient holds the troubling symptom in his/her conscious awareness, and then by 'tapping' on specific acupoints, mostly on the head and upper torso, the patient can recondition the sympathetic nervous system to reduce its over-reaction to specific triggers. Acupoints are those points along meridians or energy channels that acupuncturists use to release disturbances in the healthy flow of energy. Instead of using needles however, stimulation of the points occurs by tapping on the selected acupoints using one's fingers.

If this sounds crazy, think again. Over sixty articles in research journals give tapping a 98% effectiveness rate. It is being used successfully to deal with academic and athletic performance issues such as performance anxiety, physical conditions such as pain, psoriasis, seizure disorders, fibromyalgia, and migraine, and mental/emotional conditions such as anxiety, addictions, depression, post-traumatic stress disorder, dyslexia, weight loss and cravings, phobias, and fear of public speaking – all to name but a few. The following illustration provides information on the ‘tapping’ points.

Written aids to locating the EFT Basic recipe Tapping Points

KC: The Karate Chop point (abbreviated KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or....stated differently....the part of your hand you would use to deliver a karate chop.

TOH: On the top of the head. If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.

EB: At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the EyeBrow.

SE: On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.

UE: On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.

UN: On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.

Ch: Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.

CB: The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."

UA: On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.

(Used with permission from Gary Craig, 2015)

It is thought that thinking about the triggering issue sends an impulse to the amygdala, or the threat

arousal area, in the brain that activates the fight-flight-freeze response. Stimulating the acupoints deactivates the arousal while the trigger is experienced. The hippocampus, another part of the arousal network in the brain, notes that the trigger can be safely experienced without a stress response and the de-activated neural pathway becomes normalized.

For example, if I have a migraine headache, I would rate the headache on a scale of 0-10 scale with 10 being the worst pain I can imagine. While tapping on the karate chop acupoint, I might say, "Even though I have a migraine headache I rate as a 9 on a scale of 0-10, I still completely and deeply accept myself." As I continue to tap down throughout the rest of the acupoints, I might summarize this by making statements such as "migraine pain at a 9," "feeling so stressed at work," "finding it hard to cope," etc. At the end of every tap-down, I re-evaluate my symptoms, and continue to 'tap' them down until I reach a negligible value.

Of course, it can be more complicated than this example, however, this does give you a feel for the technique. To learn more about how to use it or to find a skilled practitioner in your area, you are invited to review Craig's excellent online tutorial at the above website.

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