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Study Shows Simple Drug-Free Acupressure Technique Reduces Dental Anxiety

San Francisco, CA (PRWEB) -- An estimated one out of three patients, including adults and children, suffer from moderate to severe anxiety whenever they visit a dentist's office. Their fear of fillings, extractions, crown and bridgework, and even routine tooth cleaning, often leads to neglect. Untreated dental problems can contribute to serious illnesses, including heart disease.

For years practitioners of EFT (Emotional Freedom Techniques), a simple do-it-yourself acupressure tapping procedure, have reported stunning results for fears and phobias, including dental anxiety. Now a study conducted by Dr. Graham Temple, an English dentist, shows that patients using EFT experienced a significant reduction in anxiety regarding necessary dental work. EFT's basic instructions are available in a free download of the 79 page EFT Manual. See <http://www.emofree.com/downloadeftmanual.asp>.

In the study, patients whose examinations showed that they required treatment such as fillings, extractions, or crown and bridgework were asked whether the thought of the proposed treatment caused them any anxiety. Patients who stated that they felt anxious were asked if they would like to try EFT, which was explained as a form of "psychological acupressure."

All of the patients who agreed to try EFT were given appointments that included an extra 10 minutes in which to learn the procedure. When they arrived for treatment, patients were asked to rate their anxiety on a scale of zero (completely calm) to 10 (most anxious). Only patients who reported an anxiety rating of 6 or more were used for the study, which involved 30 patients.

After 6 minutes of acupressure tapping, patients were again asked to rate their anxiety. This was immediately followed by the dental treatment. All patients were informed that they could tap on points on their hands, if necessary, during the dental procedure. Following treatment, the patients were asked to comment on their experience.

All (100 percent) of the participants reported reduced anxiety, with over 72 percent experiencing a level of comfort and feeling of control that allowed them to cope well with the dental work as it was carried out.

The study showed that even very brief (6-minute) tapping sessions can significantly improve dental visits not only for patients, who might otherwise postpone or avoid necessary dental work, but for dentists and their staff as well.

“As an EFT practitioner and trainer,” says Dr. Temple, “I use EFT consistently, not only for my dental patients but for myself and other clients who attend my therapy center. I hope that this study will encourage other dentists and their staff to learn about EFT and its effectiveness in dentistry.”

For dental success stories involving EFT, and for examples of the technique’s use as an effective healing tool for a variety of physical, mental and emotional ailments, see the EFT website at <http://www.emofree.com> and its hundreds of reports regarding fears, phobias, emotional traumas, and physical conditions.