

WolfStone  
107 Fairway Dr.  
Black Mountain NC 28711  
828- 669-2933

## **Do-It-Yourself Acupressure Technique Helps Protect Patients Against Medical Mistakes**

San Francisco, CA (PRWEB: -- Every year over 100,000 Americans die because of medical mishaps, and millions more are harmed. According to a report released July 20 by the Institute of Medicine, medication errors alone injure 1.5 million patients and cost the nation at least \$3.5 billion annually. Drug errors are so widespread, the report says, that hospital patients should expect to suffer one every day they remain hospitalized. Everyone agrees that avoiding unnecessary hospitalization and unnecessary prescriptions is an excellent idea.

Diet, exercise, and good relationships boost immunity and improve health – and so does a simple do-it-yourself acupressure technique called EFT (Emotional Freedom Techniques), which a growing number of health care practitioners are adopting. EFT is explained in a free manual that can be downloaded from <http://www.emofree.com/downloadleftmanual.asp>

“At least 85 percent of medical problems are physical manifestations of how stress, anxiety, or past traumas are held in and processed by the body,” says Los Angeles physician Eric Robins, MD. “EFT is the best technique for addressing these issues and clearing them out of the body.”

Dr. Robins considers the official estimate of 100,000 deaths per year because of medical mistakes conservative. “When you add in side-effects from drugs, adverse reactions, inadvertent overdoses, and under-reporting, which is a serious problem in America’s hospitals,” he says, “the death rate is much higher.”

Dr. Robins, a urologist, routinely teaches EFT to patients who have chronic infections or other conditions that don’t respond to conventional treatment. “Time after time,” he says, “they respond in just a few minutes. In some cases, we have cancelled surgeries when chronic problems resolved themselves thanks to EFT. What happens is that the tapping releases old traumas or stresses that are stored in different parts of the body, and as soon as the underlying problem goes away, so do its physical symptoms.”

Texas emergency physician Thomas Flowers, D.O., agrees. “The pharmaceutical industry

has become one of our biggest health care expenses,” he says. “But most diseases have a significant emotional component that is completely ignored by conventional medicine. I’ve been using EFT for years, and I’m continually impressed by how effective it is at clearing emotional issues and improving overall health in the process. I’ve seen it work on migraine headaches, chronic neck and back pain, phobias, panic attacks, cravings for cigarettes and caffeine, and even for relief from the pain of broken bones or tooth extractions. I have no doubt that people who learn EFT and use it routinely enjoy better overall health – and a much lower risk of being harmed by medical mistakes.”

Gary Craig, the Stanford-trained engineer who developed EFT, has collected thousands of reports documenting its health benefits from practitioners around the world. “We make no specific medical claims for EFT,” he explains, “but we agree with medical experts who say that by relieving past traumas and improving the body’s flow of energy, EFT can help most patients improve their health.”

EFT is a new procedure, but already over 300,000 – including thousands of health care practitioners – have downloaded its free manual from <http://www.emofree.com/downloadeftmanual.asp>, and an additional 10,000 download it every month. The manual is available in nine languages, and EFT practitioners around the world, especially in the U.S., Canada, Europe, Japan, and Australia, teach EFT classes and work with clients.