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Acupressure Technique Proves Effective in Serious Diseases

San Francisco, CA (PRWEB): -- Can tapping on your head and torso help cure or improve a serious illness?

Gary Craig, the Stanford-trained engineer who developed EFT (Emotional Freedom Techniques), has spent the last two years proving that it can. In three-day workshops in cities across the U.S., Craig worked onstage – and on camera – with patients suffering from rheumatoid arthritis, cancer, multiple sclerosis, Parkinson’s disease, Lou Gehrig’s disease, and other serious illnesses.

Now those workshops are available for all to see in two sets of bargain-priced DVDs.

“What excites me most about EFT,” says Craig, “is its application to physical health and wellness. I’m convinced more than ever that Modern Medicine has walked right by a major contributor to chronic and acute diseases. Our unresolved angers, fears, and traumas show up in our physical bodies and manifest as rheumatoid arthritis, cancer, multiple sclerosis, Parkinson’s disease, and hundreds of other illnesses. The only sensible way to treat these diseases is to first treat their underlying cause.”

EFT combines focused thought with gentle fingertip tapping of key acupuncture points, a technique that clears energy blocks along the body’s meridians, the same energy paths mapped by Chinese physicians thousands of years ago. Tapping while concentrating on physical symptoms or past traumas can release both blocks and symptoms.

“This approach sounds unusual to most Westerners,” says Los Angeles physician Eric Robins, MD, “but it makes perfect sense if you realize that everything in the body relates and responds to energy. When the energy flow in the body is blocked, then this predisposes to disease. And, the biggest cause of blocked energy is emotional issues, and how they are stored in and processed by the body. EFT does a remarkable job of clearing emotional issues at a deep enough level that a physiologic shift occurs, and physical healing results. I routinely teach EFT to patients because it clears up so many chronic conditions, including many that don’t respond to conventional treatment. The Serious Diseases DVD series does an excellent job of demonstrating how patients with all kinds

of illnesses respond to this gentle, effective technique .”

The seven DVDs in Series 1 deal with Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS), cancer pain, multiple chemical sensitivities (MCS), diabetes, amyotrophic lateral sclerosis (ALS, or Lou Gehrig’s disease), rheumatoid arthritis, multiple sclerosis, ankylosing spondylitis, keratakonis, Parkinson’s disease, cystic fibrosis, dizziness caused by blood pooling, breast cancer, and post-traumatic stress disorder (PTSD).

The eight DVDs in Series 2 involve head injury, sensitivity to light and noise, ankyosing spondylitis, Parkinson’s disease, neurogenic bladder, pituitary gland tumor, heptatis C, severe vaginal problems, rheumatoid arthritis, asthma, PTSD, neuropahthy, prostate cancer, CFIDS, MCS, diabetes, hypermobility, and pain resulting from child abuse.

The combined set, which contains 40 hours of instruction and demonstrations, costs only \$72 at <https://www.emofree.com/Store/store.aspx> , or the two sets can be ordered separately. Since introducing EFT in the late 1990s, Craig has encouraged users to share the technique’s free manual and seminar videos. Each DVD comes with his written permission to give away up to 100 copies.

Over 350,000 have downloaded the free EFT 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.