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## **Anger and Hostility are Proven to Damage Lungs; Simple Acupressure Technique Offers a Solution**

San Francisco, CA (PRWEB) -- Emotional Freedom Techniques (EFT) has been successfully addressing physical illness by getting to the true cause of illness – unresolved emotional issues like anger, fear and hostility. This is done without lengthy psychotherapy or medications. When unresolved negative emotions are neutralized with this needle free acupuncture technique, symptoms associated with asthma, Multiple Sclerosis, Parkinson's Disease, and even cancer tend to subside or disappear, often permanently.

EFT was initially developed to accelerate and improve the psychotherapy process. Soon EFT users were reporting that addressing their emotional issues resulted in a reduction in their physical symptoms. Thousands of case studies have shown an 80% success rate and it often works when nothing else will. It can be learned freely by downloading the EFT Manual at <http://www.emofree.com/downloadeftmanual.asp>

Harvard researchers recently published findings from a study that explored the link between anger and hostility and lung function. Even at the beginning of the study, men with the highest anger and hostility ratings had the poorest lung function, and their condition deteriorated over the period of the study.

According to Dr Paul Lehrer, one of the authors of the study, "Stress-related factors are known to depress immune function and increase susceptibility to, or exacerbate a host of diseases and disorders," he said. "Indeed, it is hard to find a disease for which emotion or stress plays absolutely no part in symptom severity, frequency, or intensity of flare-ups."

The scientists did not know how unresolved negative emotions contribute to the physical deterioration of the lungs but expect that this question will be the topic of another study.

Dr. Eric Robins, a medical doctor who uses EFT with his patients offers a possible explanation ... and a simple solution. "At least 85% of medical problems are physical manifestations of how stress, anxiety and past traumas are held in and processed by the

body. Stress and negative emotions are frequently stored in the smooth muscles that function automatically, without our conscious control. If people store tension in the smooth muscles of the blood vessels going to the head, we might call this a migraine headache. If they store tension in the smooth muscles of the air passages of the lungs we might call that asthma. The best technique to address these issues and to clear them out of the body is EFT.”

Gary Craig, the Stanford-trained engineer who developed EFT, recommends that researchers who are exploring the link between emotion and physical illness become familiar with EFT. “We have filmed more than 120 hours of EFT demonstrations where people are addressing their emotional issues and measurably improving their physical conditions,” says Craig. “This collection, which is available from the EFT website, includes forty hours of people using EFT to address symptoms associated with serious diseases like prostate cancer, Rheumatoid Arthritis, Multiple Sclerosis and diabetes.

“EFT is a simple solution,” says Craig, “that many health professionals are incorporating into their regular practice. Surgeons use EFT to avoid unnecessary surgery, chiropractors use EFT to correct misalignments and therapists use EFT to avoid lengthy and costly psychotherapy sessions. And every day people are using EFT to address their own physical and emotional issues.”

Over 350,000 people have downloaded Craig’s free training manual and another 10,000 download it each month. Known as The EFT Manual, it has been translated by volunteer practitioners into nine languages. The EFT website is the fifth most actively visited natural health site in the world.

The EFT Manual gives anyone all the basics so they can apply it right away. It can be freely downloaded at...

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