

WolfStone
107 Fairway Dr.
Black Mountain, NC 28711

828-669-2933

Do-It-Yourself Acupressure Technique Helps “Boomer-itis” Patients Stay Active

San Francisco, CA (PRWEB) -- Sports injuries have become the second most-common reason for visits to a doctor's office among the 78 million Americans born between 1946 and 1964. That's because knees, shoulders, hips, and lower backs are susceptible to wear and tear, especially among middle-aged weekend athletes.

Injuries aren't inevitable, though. Just ask those who use a do-it-yourself acupressure technique called EFT (Emotional Freedom Techniques) to keep their bodies toned, balanced, and pain-free. EFT's basic instructions are available in a free download of the 79 page EFT Manual. See <http://www.emofree.com/downloadeftmanual.asp>

During the 2005-2006 academic year at Monmouth University in New Jersey, sports injury specialist and medical massage therapist Roseanna Ellis combined conventional therapy with EFT in her work with varsity athletes. In most cases, she reports, EFT dramatically improved their sports performance and recovery from injuries.

With over 15 years experience, Ellis is familiar with the aches and pains of older athletes because 75 percent of her private clients are over age 40. “Many of them think they are over the hill,” she says, “but I am a firm believer in quantum physics and the discovery that your mind and thoughts dictate the behavior of chemicals and hormones that affect your cells and their activities. Adding EFT to therapy sessions or to training in general makes a world of difference.”

Nationally recognized orthopedic surgeon Nicholas DiNubile, MD, coined the term “boomeritis” because so many of his middle-aged patients require knee and hip replacements or suffer from bursitis, arthritis, tendonitis, stress fractures, or cartilage and ligament damage.

“EFT can't turn everyone into Olympic medal winner,” says Ellis, “but it can help anyone reach their athletic potential by decreasing pain and improving coordination, range of motion, stamina, and endurance. Older people may respond a little more slowly than college athletes because they have more issues to deal with when applying EFT. But when clients in their fifties tell me they are getting old, I tell them that age is not what

makes them feel old but rather stress and their perceptions in general.”

In athletes of all ages, anything from tight hamstrings to knee pain or lower back pain and even performance anxiety or a fear of failure can improve within 20 minutes. “A 50-year-old client with severe neck pain and stiffness, who injured himself lifting weights in the gym, took half an hour to be completely flexible and free from pain,” she says. “Without EFT, this would not have been possible.”

Ellis estimates EFT’s success rate at above 85 percent.

“The great thing about EFT,” she says, “is that it works regardless of age, and it can be done anywhere. I’ve gotten used to results that are unheard of in conventional therapy. It’s not unusual for someone who can’t climb a flight of stairs because of knee pain to be completely free of pain and climbing 12-inch stairs, or for an athlete with dangerously tight hamstrings to improve his range of motion by 25 to 30 degrees, all within a half-hour session.”

EFT has been a consistently effective healing tool for hundreds of physical, mental and emotional ailments. To learn more, explore the EFT website at <http://www.emofree.com> and its numerous success stories regarding fears, phobias, emotional traumas, and physical ailments as well as sports performance.