

WolfStone
107 Fairway Dr.
Black Mountain, NC 28711

828-669-2933

Doctors Use Acupressure Technique Instead of Drugs to Combat Emotional Eating

San Francisco, CA (PRWEB) -- Stanford Engineer Gary Craig introduces a new approach to help turn the epidemic tide of childhood obesity. While many blame this problem solely on fast food and a lack of exercise, Craig maintains that there are also important emotional and anxiety factors that propel children (and adults) toward overeating.

Craig's solution is a self-help procedure called EFT (Emotional Freedom Techniques), which combines fingertip tapping of key acupuncture points with focused thought. This simple procedure has helped thousands to quell the cravings that cause them to raid the refrigerator when they aren't even hungry.

"In EFT workshops around the world," says Craig, "people are amazed when their out-of-control cravings disappear after a minute of tapping. It has nothing to do with will power. It's all a matter of energy."

The energy Craig refers to is qi or chi, which flows through the body along paths called meridians, mapped thousands of years ago by Chinese physicians. According to Traditional Chinese Medicine, disruptions of qi can trigger overeating, unhealthy food choices, and physical inactivity.

EFT stimulates these meridians so that the disruptions subside. The result is a lessening of the anxiety states in many children and, accordingly, a lowered need to tranquilize those states by overeating.

Researchers using World Health Organization data announced this week that if trends continue, half of America's children will be overweight in less than five years. Public health officials predict that increased heart disease and diabetes will lower this generation's life expectancy and overwhelm the public health-care system.

"This is truly a preventable tragedy," says Craig. "EFT is a new technique, but it already has a phenomenal track record in helping people lose weight, get in shape, stay active, and improve

their overall health. It actually neutralizes emotional factors that trigger overeating, and it's easy for kids of all ages to learn and use."

Hundreds of reports and case studies from EFT practitioners, including licensed health care professionals, testify to the procedure's effectiveness. Craig's EFT Manual provides the basics for free and has been translated by volunteer practitioners into nine languages. His EFT website is the sixth most actively visited natural health site in the world.

The EFT Manual can be freely downloaded at

<http://www.emofree.com/downloadeftmanual.asp>