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Attention, Doctors: Drug-Free Acupressure Technique Relieves Insomnia

San Francisco, CA (PRWEB) Thirty-two million Americans suffer from chronic insomnia and sleep deprivation. Their search for sleep has made prescription drugs, special mattresses, aromatherapy products, herbs, nutritional supplements, and other strategies popular -- but for most, a good night's sleep followed by an alert, productive day remains elusive.

Now a simple acupressure technique called EFT (Emotional Freedom Techniques) is relieving insomnia without drugs or special equipment by addressing its underlying cause. The process can be learned free by downloading the EFT Manual at <http://www.emofree.com/downloadeftmanual.asp>

“All of the discoveries of modern physics, from Einstein on, support the ancient theory that a universal energy flows through everything in nature,” says Gary Craig, the Stanford-trained engineer who developed EFT. “This energy, called Qi or Chi, flows through the body along paths called meridians. Anything that stimulates points along these meridians helps the energy flow freely. Acupuncture uses needles, acupressure uses massage, and EFT uses fingertip tapping. By combining the tapping with focused thought, you can release energy blocks that interfere with a good night's sleep. In countless clinical cases, EFT has helped people fall asleep and stay asleep, even in times of stress and adversity.”

A growing number of health care practitioners agree. “Most doctors treat insomnia with drugs,” says Los Angeles physician Eric Robins, MD. “I'm convinced that more than 80 or 85 percent of our illnesses, including insomnia and other sleep problems, result from how we store and process stress. Stress contributes not only to insomnia but to back pain, arthritis, bladder infections, and susceptibility to colds and flu.”

Dr. Robins encourages insomnia patients to tap on their meridians while thinking about their sleepless nights. “The best advice I can give,” he says, “is to go beyond the medical diagnosis and ask what stresses, traumas, and issues might be interfering with their ability to fall asleep and stay asleep. By combining these insights with tapping, they can

neutralize emotional issues, release stress, relieve physical symptoms, and get a good night's sleep.”

Nearly 60 percent of America's adults report trouble sleeping at some time in their lives. Chronic sleep disruption can affect learning skills, memory, stamina, health, and safety – and it's the single most important trigger for depression. Insomnia goes hand in hand with irritability, headaches, and muscle pain. Job injury rates increase 400 percent in sleep-deprived workers, and 16 percent of absenteeism at work can be linked to insomnia. Sleep deprivation contributes to automobile accidents, household accidents, and a compromised immune system.

Thanks to EFT tapping, people of all ages, including children and the elderly, can fall asleep more easily, sleep more soundly, and stay asleep longer. In some cases relief is instantaneous, while in others it comes after repeated treatments. Craig, who has collected reports from EFT practitioners for over a decade, estimates that between 70 and 80 percent of those who try EFT for insomnia experience significant improvement.

EFT has become known as a Universal Healing Aid because it provides relief not only for insomnia but also for trauma, phobias, grief, anger, depression and pain management.

Because it's new, EFT is not yet familiar to most doctors and patients, but word is spreading. Over 300,000 have downloaded Craig's free training manual, which provides all the information needed to try this do-it-yourself technique, from <http://www.emofree.com/downloadeftmanual.asp>