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## **Fear of Flying, Public Speaking and All Phobias Gain Rapid Relief From New Meridian Based Procedure**

San Francisco, CA (PRWEB) -- Most people have experienced some level of fear when they encounter such things as snakes, heights, spiders, flying or public speaking. But, according to the National Institute of Mental Health, irrational phobias interfere with daily life for 10% of American adults. A new discovery makes it possible for people with phobias to gain relief without drugs, or traumatic therapy wherein patients are required to confront what frightens them. EFT addresses phobias at a deeper level by simply balancing the well-established energy meridians (chi) that become disrupted by intense emotional reactions.

Stanford-trained engineer Gary Craig, designed EFT to improve and accelerate the psychotherapy process. According to Craig, "EFT has been enormously successful in treating phobias because it balances and clears blocks in the body's meridians. At the same time, EFT clears any associated emotional issues. If someone is afraid of elevators because they were locked in a closet as a child, EFT will clear that association. In 70 to 80 percent of cases, the phobia clears quickly, completely and permanently."

The EFT process involves simple fingertip tapping on key acupressure points combined with focused thought. Craig explains, "most people with phobias can have an intense reaction just thinking about their feared object or situation. Using EFT calms that reaction and averts any future reactions."

According to the American Psychological Association, only about 25% of people with phobias seek treatment. But if left untreated, 80% of adult phobias never get resolved. Furthermore, phobic people may be more susceptible to other forms of mental illness like depression or generalized anxiety disorder. A study published in the Journal of Clinical Psychiatry states that people with agoraphobia may have a greater risk of developing Parkinson's disease.

Best-selling author Dr. Joseph Mercola recommends EFT for people with anxiety

disorders and phobias, which he describes as “an enormously crippling problem.” Mercola explains, “most people in this country suffer and do nothing, or they resort to drugs. Drugs do help, but it is obvious that they are no more than band-aids. Fortunately you don't have to rely on Paxil or Xanax for a solution. There are quick, simple and inexpensive solutions. EFT is one that seems to work profoundly well.”

Says Craig, “EFT is fast becoming a top treatment choice for psychologists and psychiatrists when working with phobic patients. Clinical cases evaluated over 9 years show that most patients respond to EFT and eliminate their phobias in one to three sessions as compared to a dozen sessions of conventional psychotherapy.”

Psychologist Dr. Joe Bavonese learned EFT and was impressed with the results. He offered EFT sessions to some phobic clients with whom he had previously only had partial success. One client had an intense elevator phobia that limited him in his job and on vacations.

Dr. Bavonese guided his client through EFT, focusing on his feelings of being closed in. After forty minutes of EFT, he rode the elevator several times with no phobic response whatsoever. The same feeling of being closed in was reflected in the man's intense flying phobia and tunnel phobia, both of which cleared after this EFT session.

A recent USA Today article reported “Fear of flying cripples -- or at least burdens -- the careers of millions of Americans.” People are turning down promotions and opportunities because they require air travel and those opportunities may be going to less qualified individuals, at great cost to employers. Says Craig, “when people clear a phobia with EFT, they often discover a world of opportunity that was previously denied them because of their fear and avoidance.”

Over 225,000 have downloaded Craig's free training manual and another 10,000 download it each month. It has been translated by volunteer practitioners into nine languages.

The EFT Manual explains the basics so that anyone can begin applying EFT right away. It can be freely downloaded at

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