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Low Cost Solution to the Diabetes Epidemic

San Francisco, CA (PRWEB) -- The American Diabetes Association (ADA) president challenged medical doctors to improve type 2 diabetes care. Recent findings show that incidence of diabetes has doubled in the past 30 years and researchers blame unhealthy lifestyle factors for this epidemic and warn that diabetes increases the risk of heart disease and stroke.

Gary Craig, the Stanford-trained engineer who developed Emotional Freedom Techniques (EFT) agrees that diseases like diabetes are a result of unhealthy lifestyle choices. "However, conventional medicine does not address the reasons why people become trapped in a cycle of making unhealthy choices," says Craig. "According to EFT theory, people overindulge in junk food, soft drinks and the like in an effort to tranquilize unresolved stress and negative emotions." EFT claims an 80% success rate in reducing these emotional issues and improved physical symptoms are the frequent result. It can be learned freely by downloading the EFT Manual at <http://www.emofree.com/downloadeftmanual.asp>

Robert Rizza, MD, ADA President of Medicine and Science calls for optimal care of diabetes patients which would include maintaining stable blood glucose, blood pressure, and cholesterol levels, reducing body fat and not smoking. In order to achieve these healthier levels, Dr. Rizza proposes that diabetic patients take a once-daily "polypill", a compound that would contain drugs to lower blood glucose, cholesterol, blood pressure, and aspirin to reduce risk of heart attack and stroke.

Los Angeles physician Eric Robins, MD, uses EFT in his medical practice. Dr. Robins issues his own challenge to medical doctors. "While the medical establishment sounds an alarm about the billion dollar implications of diseases like diabetes, I invite other medical doctors to look at treating the cause of the problem rather than the effect. The main lifestyle contributors to diabetes include, 1) eating too much of the wrong types of foods, 2) not exercising enough, 3) stress. EFT can be effectively used on all of these types of problems, and will empower those patients who want to take a more active role in their healthcare."

This one simple technique helps people conquer food cravings and increase their motivation to exercise. According to Gary Craig, "EFT may be the world's fastest-growing self-help technique because people are getting results where nothing else has worked. It is a first-rate stress reduction technique that often lowers blood sugar and blood pressure levels, and addresses unhealthy cholesterol levels."

EFT involves fingertip tapping on select acupressure points while focusing on the issue in question. Based on the principles of acupuncture, EFT balances the body's disrupted energy meridian system (Chi or Qi). Following EFT, the body's stress response no longer manifests as abnormal blood sugar levels.

ADA President Dr. Rizza is distressed by the epidemic incidence of diabetes. "Our health-care system and our nation's economy cannot tolerate one in three people having diabetes. It requires a concerted effort by our health-care system, by our government, by all parts of society to realize that this epidemic is endangering not only all the people alive, but our children and our children's children," said Rizza.

Gary Craig says, "My EFT Practitioners and I represent a part of society that is focused on improving access to a low cost self help technique that has no known side effects and has an 80% success rate. I believe that the nation's economy and health care system would be well served by treating the true cause of disease with EFT. Nearly 21 million Americans have diabetes and my conservative estimate is that EFT could materially improve symptoms and risk factors for 60% of those patients."

Over 300,000 have downloaded Craig's free training manual and another 10,000 download it each month. The official EFT Manual 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>