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## **Release: MD Uses Tapping Technique to Treat Chronic Illness When Conventional Treatment Fails**

Los Angeles, CA (PRWEB)--Most patients who visit urologists recite their symptoms, undergo lab tests, and receive a prescription or two. Those visiting Los Angeles urologist Eric Robins, MD, often get something extra - a lesson in tapping key acupuncture points. To their surprise, this simple addition to conventional therapy clears up recurring infections, chronic pain, and other symptoms. The procedure is called Emotional Freedom Techniques, or EFT, and Dr. Robins says it strengthens his patients' immune systems, improves their overall health, and reduces stress and anxiety.

"Whenever someone has a chronic or recurring problem," he explains, "I ask about anything, including emotional issues, that might affect the condition. Most physicians shy away from asking personal questions because it's like opening a Pandora's box - suddenly you have several problems instead of just one. But I'm convinced that's where the answers are."

Not only do physicians avoid conversations about emotional matters, he laments, but so do most psychiatrists. "Psychiatrists are primarily interested in psychopharmacology these days. Most don't get involved with the patient's past traumas. Instead, they treat abnormalities in the patient's brain chemistry. I think that's treating the effect, not the cause."

In most health plans, says Dr. Robins, the largest single expense is the cost of prescription drugs. "We're not going to become a healthier nation by taking more drugs," he says. "I'm convinced that more than 80 or 85 percent of our illnesses are simply the result of how we store and process stress. It's a well-known fact that most patients going to a primary care physician's office have functional medical problems, which means they have genuine symptoms, but their exams, lab tests, and x-rays can't find anything wrong. These people aren't crazy, they're perfectly sane, but their symptoms are not the result of an external cause. They're the result of how they hold stress in their bodies, and stored stress interferes with their energy flow. This contributes to everything from back pain and

arthritis to bladder infections and susceptibility to colds and flu."

Dr. Robins encourages patients to look beyond their lab test results. "The best advice I can give any patient," he says, "is to go beyond the medical diagnosis and ask what stresses, traumas, and issues might be interfering with their health and well being."

He did this in January 2005 when a 53-year-old woman who underwent knee replacement surgery developed urinary retention requiring a Foley catheter. Despite numerous attempts to remove it in the three months that followed, the patient was unable to void urine on her own.

Because the catheter was beginning to erode her urethra, the patient was scheduled for surgery. But during her pre-op visit, Dr. Robins wondered if depression or other emotional factors might be interfering with the function of her bladder.

She answered that stress from the previous October, when her husband was hospitalized and almost died, might be a contributing factor. "Even though we were talking in a busy medical clinic with many distractions," says Dr. Robins, "I taught her EFT and guided her through 10 minutes of tapping. We then filled the patient's bladder with water, her catheter was removed, and she voided just fine. Five days later she was still doing well, making the surgery unnecessary. Her symptoms never returned."

Dr. Robins is convinced that almost all functional and chronic disorders - including infections, asthma, irritable bowel syndrome, migraine headaches, hypertension, and chronic fatigue syndrome - are caused by stress. "I've found EFT to be particularly effective in clearing the physical manifestations of stress and past traumas," he says. "It's the perfect complement to conventional medicine."

Because it's new, EFT is not yet familiar to most doctors and patients, but word is slowly spreading. Over 200,000 have downloaded the free training manual published by EFT founder Gary Craig at his [emofree.com](http://emofree.com) website, and another 5,000 to 10,000 download it each month.

Anyone can download this manual (it gives you all the basics) as part of Craig's free EFT Get Started Package at...

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

Craig's weekly online newsletter started with 20 subscribers in 1997 and has spread by word of mouth to 165,000. There are EFT practitioners in most countries, especially the United States, Canada, Europe, Australia, New Zealand, Japan, and South America. Many are health care practitioners. At least 35 books featuring EFT have been published in the last 10 years, and Craig's instruction manual has been translated by volunteer practitioners into nine languages. The [emofree.com](http://emofree.com) website has gone from obscurity to what is now the sixth most actively visited natural health site in the world.

