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New Discovery Alleviates Breathing Problems Without Drugs: From Asthma to Chronic Obstructive Pulmonary Disease

San Francisco, CA (PRWEB) -- Most people have experienced shortness of breath when under intense physical exertion. But excessive shortness of breath or dyspnea sends millions of Americans to the emergency room every year. Whether their breathing problems are attributed to asthma, allergies, or lung disease, most patients report feeling fearful and helpless when their breathing is jeopardized. Most use drugs to gain temporary relief.

EFT (Emotional Freedom Techniques) is a new non-drug discovery that has provided breathing improvement in 70 to 80 percent of the clinical cases evaluated over 9 years.

Stanford-trained engineer Gary Craig originally designed EFT to improve and accelerate the psychotherapy process. However, it was soon discovered that while EFT users worked on emotional issues, many reported an improvement in their breathing and perceived lung capacity. Further, this relief was reported across a wide variety of breathing problems ... from Asthma to Chronic Obstructive Pulmonary Disease.

According to Craig, "Mechanically, EFT is a form of acupressure that balances and clears blocks in the body's meridians; the same energy pathways charted thousands of years ago by Chinese acupuncturists. What we have learned after thousands of case studies is that when these vital energy pathways are balanced with EFT, emotional burdens are lifted and physical ailments subside. The alleviation of breathing problems is perhaps one of the most consistent successes of EFT.

When EFT is used to deliberately target the emotional aspects of breathing problems like

fear and helplessness, we get high success rates,” explains Craig. “EFT is a technique that anybody can learn to use for themselves and this one technique has consistently relieved breathing problems regardless of the medical diagnosis.”

EFT Practitioner Lindsay Kenny taught EFT to a group of retirees with various ailments. One woman reported that her lungs had been damaged during World War II; she’d had pneumonia and tuberculosis and had been using an oxygen tank for the past 10 years. Her diagnosis was COPD (Chronic Obstructive Pulmonary Disease) and she had 30% lung capacity that her doctors told her would never increase. When she spoke, she could only utter 2 or 3 words at a time and her breathing was extremely labored.

After Kenny demonstrated one round of EFT (about 5 minutes), this woman reported that her breathing was already much better. She explained that she was very fearful of leaving her home, afraid that she would drop her oxygen and be unable to breathe. Kenny focused EFT on the woman’s fear and reported, “I then asked her to take a deep breath if she could. She astounded us by taking a long deep breath and broke out into a bright wide smile.”

Kenny followed up with the woman days later and asked her what she estimated her lung capacity to be. She said, “Much, much better, at least 80%, maybe more.”

According to Craig, “It appears that conventional medicine is not adequately exploring this important link between emotions, the energy system and physical symptoms. We consistently receive reports from around the world where people are using this natural tool and averting costly trips to the hospital because they can calm their own breathing problems and associated anxieties. We have many physicians using EFT now and it is my hope that the broader medical profession will take a closer look at it soon.”

According to the American Lung Association, lung disease costs the American economy more than \$158 billion in direct and indirect healthcare costs every year. “I am sure that there would be considerable financial savings associated with people using EFT to manage their breathing problems,” says Craig. “I have chosen to provide the EFT Manual at no cost so that people who are suffering can have access to its benefits.”

Over 225,000 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/downloadeftmanual.asp>