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New Drug-Free Treatment for Menopause Reduces Frequency and Intensity of Hot Flashes

San Francisco, CA (PRWEB) -- What was once simply “the change of life” has been labeled a medical issue and many women turn to prescription medication to help them combat their menopausal symptoms. Drugs may give some women temporary relief from hot flashes, night sweats and mood swings but they do not address the cause of excessive menopausal symptoms. EFT is a groundbreaking form of acupressure that targets a woman’s disrupted energy meridian system (chi) as being responsible for much of the discomfort associated with menopause.

Gary Craig, the Stanford-trained engineer who developed EFT (Emotional Freedom Techniques) explains “EFT is a natural treatment for the symptoms associated with this natural life process. I suggest that women consult physicians regarding its use. Chances are, they won’t have to trade night sweats and hot flashes for the increased risk of disease and other side effects that have shown to come from HRT.”

According to the National Institutes of Health, “it is important that menopause not be viewed as a disease.” What has resulted from the “medicalization” of menopause is that women and healthcare providers may be overusing treatments that may carry high risks. In fact, the use of HRT has dropped since 2002 after studies reported links between HRT and increased risk for breast cancer, heart disease, stroke, gall bladder disease and blood clots.

In addition to the risk of disease, the side effects associated with HRT include mood changes, nausea, vaginal bleeding and bloating. But many women are willing to take the risk in an attempt to find relief from their symptoms. EFT provides a safe, effective alternative to women whose symptoms are causing discomfort and distress.

“Hot flashes can have very serious health complications and should not be lightly dismissed.” says bestselling author, Dr. Joseph Mercola. “If they interfere with a woman's sleep they can devastate a woman's health. From a hot flash perspective, I have

seen EFT work for many women where estrogen did not even seem to help.”

Craig says, “conventional medicine may not have adequately explored the link between physical symptoms and the energy meridian system. I have witnessed thousands of cases where EFT has cleared energy blocks, and as a result, physical symptoms and discomfort have subsided or disappeared. EFT has provided relief for women with debilitating hot flashes and night sweats; it has resolved sleep disorders, mood swings and other symptoms linked to menopause.”

EFT is a do-it-yourself acupressure technique that anybody can learn. It combines focused thought with gentle fingertip tapping on key acupressure points. According to Craig, “EFT practitioners all over the world are helping women relieve the discomfort associated with menopausal symptoms, and when applied correctly and persistently, EFT works 70 – 80% of the time. This is a tool that women have at their fingertips and they can address the hot flash with EFT as it is happening.”

Nancy O’Hanna described her hot flashes and night sweats as “horrible, annoying, exhausting, tiring, and embarrassing”. Unwilling to take medication, but needing relief, O’Hanna tried EFT for her hot flashes and night sweats.

After a single EFT session, her hot flashes diminished in every way, including frequency, duration and intensity. When they eventually re-appeared, they were less intense and rapidly subsided after a few more applications of EFT (a few minutes). One brief session of EFT also significantly reduced her night sweats and the chills that would often follow them. Two months after her EFT work, O’Hanna reported “I am basically without hot flashes or chills. If I do get a “flare-up” I simply do a round or two of EFT and they are history.”

“Women can easily balance their energy meridians with EFT and positively affect their menopausal symptoms”, Craig explains. “But they can also use EFT to address typical yet unwanted signs of aging like decrease in energy, changing libido and memory loss.”

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>