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New Stress Management Tool Reduces Blood Pressure Without Drugs

San Francisco, CA (PRWEB) -- Conventional stress management protocols like meditation, relaxation exercises, deep breathing or anti-anxiety medication may help people cope with stress. But they do not address the cause of stress. A pioneering approach to stress management targets a person's disrupted energy meridian system as the real driver behind heightened stress levels. A simple technique balances the energy and eliminates the body and mind's stress response.

Gary Craig, the Stanford-trained engineer who developed EFT (Emotional Freedom Techniques) maintains "according to EFT theory, people who have a heightened stress response also have a disrupted energy meridian system. Conventional coping strategies tend to be ineffective because they fail to balance these vital pathways."

EFT is a do-it-yourself acupressure technique that anybody can learn. It combines focused thought with gentle fingertip tapping on key acupressure points. It is a portable tool that can be used during stressful situations. Even children can perform EFT for themselves when they are having a tough day at school.

The National Institute for Occupational Safety and Health (NIOSH) states that stress in the workplace is costing over \$300 billion as a result of absenteeism, accidents, employee turnover and diminished productivity as well as medical, insurance and workers compensation costs. More than 25 percent of employees view their jobs as the number one stressor in their lives.

According to www.webmd.com, stress causes both physical and emotional symptoms. Common physical symptoms like tension headaches, backache, stiff neck, upset stomach, rapid heartbeat and high blood pressure are caused by stress.

Stress also affects people's mood, their behavior, and ways of thinking. Stressed people may tend to feel irritable and intolerant of minor disturbances, jumpy and worrisome, exhausted and unfocused.

Gary Craig explains, “EFT has chronicled thousands of cases where both the physical and emotional symptoms of stress were eliminated within just a few minutes, or a few sessions. When the energy meridian system is balanced with EFT, people can return to a stressful environment, like the workplace, and not experience the same stress response. EFT has even chronicled cases of people lowering their blood pressure and reducing heart palpitations.”

Peggy Thiel was on leave from work due to a persistent and worsening irregular heartbeat combined with high blood pressure (160/105 when she left work). Having an aversion to taking medication, Peggy researched alternatives on the Internet, found the EFT website and downloaded the free manual which teaches the basics of performing EFT.

First, she spent about 3 minutes doing EFT for her heart palpitations. The palpitations subsided and stayed away all day. Then she took her own blood pressure reading (144/92) before performing one application of EFT. After a few minutes of EFT, her blood pressure was 121/86 (120/80 is considered normal). Thiel writes, “I am a rank beginner, having never even heard of this process until last night, I've only done it now a total of 3 times, and it's stabilized my heart rhythm and lowered my blood pressure over 20 points ... I have never seen anything work like this.”

Thiel didn't know the mechanics behind EFT; she simply followed the procedure and balanced her own energy meridian system. In doing so, she moved her blood pressure out of the danger zone of Stage 1 Hypertension. According to Craig, “not everybody can expect to have the same instant results, but if performed correctly and with persistence, EFT's clinical results show that people improve their condition in about 80% of cases”.

Craig believes that large corporations and small businesses could lower job-related stress and build staff morale by incorporating EFT into their Employee Assistance Programs. Says Craig, “EFT is like emotional first aid and it should be in every company's first aid kit.”

Over 225,000 people have downloaded Craig's free training manual and another 5,000 to 10,000 download it each month. Known as The EFT Manual, it has been translated by volunteer practitioners into nine languages. The EFT website is the sixth most actively visited natural health site in the world.

The EFT Manual gives anyone all the basics so they can apply it right away. It can be freely downloaded at...

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