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Surgeon Uses New Acupressure Technique to Lower Surgery Risk

San Francisco, CA (PRWEB) -- Almost everyone who's scheduled for surgery experiences at least a few symptoms of anxiety. But while some stress is normal, patients who experience severe anxiety actually increase their need for sedating drugs and subsequent complications such as severe pain, slower wound healing, and increased risk of infection, adverse drug reactions, cognitive impairment, and longer hospital stays.

According to Los Angeles surgeon Eric Robins, MD, there's a simple way to reduce these risks by reducing the anxiety that causes them. His prescription is EFT (Emotional Freedom Techniques), a simple do-it-yourself procedure that combines gentle fingertip tapping on key acupuncture points with focused thought.

"Stress is a real problem in health and healing," says Dr. Robins. "but it doesn't just complicate surgery, it actually contributes to disease. Most of the problems that send people to surgeons are themselves linked to stress, anxiety, or past traumas. I like EFT because it's easy to demonstrate, easy to learn, works fast, and addresses an illness's underlying factors. In some cases, it works so well that we have to cancel the operation."

One of Dr. Robins' patients was scheduled for surgery because she wasn't able to void urine after a knee replacement. During her pre-op exam, Dr. Robins wondered whether emotional factors might be interfering with the function of her bladder.

She answered that stress from her husband's recent illness might be a 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. After we filled the patient's bladder with water and removed her catheter, she voided just fine. Five days later she was still doing well, making the surgery unnecessary. Her symptoms never returned."

When surgery is needed, he says, EFT can reduce or eliminate pre-op nerves, reduce the patient's need for anesthetics, speed recovery, and improve the procedure's outcome.

Reducing a patient's need for sedating drugs is important not only to those with drug sensitivities but to America's aging population. According to the American Society of Anesthesiologists, over half of patients age 60 and older experience confusion and other symptoms of cognitive

impairment when discharged after surgery, and three months later, over a third continue to be adversely affected. Patients undergoing heart surgery, joint replacement, or fracture repair are at greatest risk of anesthesia-related mental decline.

Gary Craig, the Stanford-trained engineer who developed EFT, has collected thousands of reports from EFT practitioners around the world. “Several describe how by reducing their anxiety, patients reduced and in some cases eliminated their need for epidurals and other drugs or procedures,” he says. “Others demonstrate how EFT speeds recovery and helps patients regain their full range of motion and resume their normal activities.”

“EFT is one of my favorite healing tools,” says Dr. Robins. “It’s the perfect complement to conventional medicine, and I strongly recommend it for anyone getting ready for surgery.”

Complete instructions for using EFT are provided in the free EFT Manual, which over 300,000 have downloaded from the EFT website. Another 10,000 download it each month. The manual, which has been translated by volunteer practitioners into nine languages, explains the basics so that anyone can begin applying EFT right away. It can be freely downloaded at

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