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Unique Acupressure Technique Alleviates Symptoms of Chronic Fatigue Syndrome and Chemical Sensitivities

San Francisco, CA (PRWEB) According to the Center for Disease Control (CDC), people with Chronic Fatigue Syndrome (CFS) must constantly monitor their condition in an effort to cope with “the severe, changing and unpredictable symptoms of varying severity.” However, an increasing number of patients are turning to Emotional Freedom Techniques (EFT) and getting remarkable results.

Conventional treatment for CFS is a complex combination of drug and non-drug therapies. EFT simply involves fingertip tapping on select acupressure points while focusing on the physical or emotional symptom in question. EFT claims an 80% success rate in calming symptoms associated with serious diseases like CFS and cancer. It can be learned without cost by downloading the free EFT Manual at <http://www.emofree.com/downloadeftmanual.asp>

EFT works because it addresses the unresolved negative emotions that may be contributing to the illness. When anger, guilt, shame and fear are repressed and unchecked, the stress of these issues weakens the immune system, thus making way for illnesses like CFS to develop. When EFT is used to collapse the negative issues, the body’s immune system is able to do its repair work. Symptoms typically subside, sometimes immediately and often permanently.

The Center for Disease Control maintains, “Unresolved emotions and stress can make symptoms (of CFS) worse, interfere with pharmacological therapies and make recovery harder.” But EFT theory goes one more step to say that the unresolved emotions and stress are the root cause of the symptoms.

Dr. Eric Robins, who uses EFT in his daily medical practice, agrees with this theory. He says, “At least 85% of medical problems are physical manifestations of how stress, anxiety, and past traumas are held in and processed by the body. I recommend that patients ask themselves questions like: a) what unresolved issues exist in my life that may be contributing to this disease and b) what kinds of things am I stressing myself out over. The best technique to address these

issues and to clear them out of the body is EFT.”

Chronic Fatigue Syndrome symptoms may include severe sleep problems marked by complete exhaustion but an inability to sleep well. CFS sufferers may also have physical aches and pains, cognitive dysfunction as well as depression and allergies. A recent study indicated that 14 months of Cognitive Behavioral Therapy reduced fatigue severity in CFS patients.

However, after just over two hours of on-camera EFT to treat her CFS, Annie Fisher reported, “I felt fantastic ... there was no pain, no heaviness and my energy was very high.” Two weeks after the treatment she claimed she was “a different person”; she slept like a baby every night; sometimes for ten hours. She no longer had allergic reactions to household cleaners and her persistently aching legs had cleared up.

EFT founder, Gary Craig recently released 40 hours of live seminars throughout which he demonstrates how this simple acupressure procedure alleviates symptoms associated with most serious diseases. To witness Annie’s on-camera EFT sessions, the combined set of DVD’s, which contains 40 hours of instruction and demonstrations, costs only \$72 at <https://www.emofree.com/Store/store.aspx> .

The Chronic Fatigue Association of America (CFIDS) is “dedicated to conquering chronic fatigue syndrome.” Craig says, “We have spent a decade chronicling cases where people use this simple procedure to gain complete relief from the symptoms of serious diseases such as CFS, MS, diabetes, arthritis and cancer. It is time for the associations representing people with these diseases to explore ways that EFT can be used to benefit their membership.”

Over 350,000 people have downloaded Craig’s free training manual and another 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 fifth 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>