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July 9, 2020

Does EFT Really Work? Harvard Medical Studies Prove YES, IT DOES

Emotional Freedom Techniques or 'Tapping' has only been around in its current form for 20 years. It is a remarkably effective amalgamation of ancient Eastern medicine (Traditional Chinese Medicine meridian theories) and cutting edge modern Western science, resulting in a healing modality that 'taps into' the unseen energies of the body, mind and subconscious with psychology.

HOW DOES EFT WORK?

So how exactly does EFT work on our minds and in our brains? It's a surprisingly effective and simple technique. By stimulating pressure points on the body by

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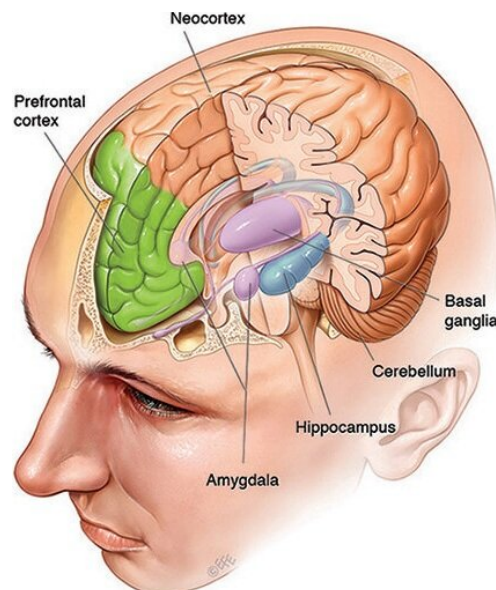
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a role in the decision making process to determine if something is, or isn't, a threat, and in the fight or flight response.

As with any relatively new (and in some ways unexplainable) healing process, EFT has been met with its fair share of skepticism. Some dismiss it as a placebo

effect. I say, even if that is the case, if something works so well and changes lives, take the placebo!

Nonetheless, researchers around the world have taken notice, including Harvard Medical School. They have determined that EFT can significantly reduce activity in the brain's stress centre - the amygdala.



STRESS REDUCTION IN THE AMYGDALA

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and your body is flooded with cortisol, commonly known as the “stress hormone.” This intricate chain reaction – your stress response – significantly influences and sometimes even causes whatever it is that troubles you, whether that’s an illness, injury or even an external, secondary

problem such as your finances or relationship.

These studies show that by stimulating these parts of your body – as we do in EFT tapping – you can drastically reduce or eliminate the distress that accompanies or gives rise to these problems you face. By doing so, you can often eliminate the problems themselves.

CORTISOL REDUCTION

EFT also seems to have the same calming effect on cortisol – the stress hormone. High cortisol levels can be caused by a variety of things, including biological stressors, and mood disorders such as depression and anxiety and psychological stress. One biological symptom of stress is a rise in cortisol - the body’s major stress hormone.

A significant study was conducted by Dr. Dawson Church, one of the world’s leading experts on energy psychology and an EFT master in his own right. His study set out to determine how long tapping

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therapy, as well as the cortisol levels of those who received no treatment at all.

The results were fascinating. The average cortisol reduction of those who experienced an EFT Tapping session was 24%, and even hit as high as 50% in some subjects. On the other hand, people who

experienced traditional talk therapy or no treatment at all didn't experience any significant cortisol reduction. In other words, they were just as stressed at the end of it all while those who tried tapping walked out with significantly less stress!

HAPPY GENE EXPRESSION

A 2016 study also revealed that EFT produces positive change in the expression of genes associated with stress, so that the body is better equipped to handle future stress as well as addressing the existing stress. Without getting too deep into the complex science of the human body, this essentially means that your DNA is not your destiny. Trauma and the behavioural changes that result from trauma can be positively altered at the level of gene expression.

This is a tiny example of the studies being

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brain processes information and how EFT works to rewire or reroute the brain's conditioned negative response. It's forcing skeptics to reconsider their doubt over an emerging science, thought rooted in experiential evidence. *What a powerful tool.*

If you'd like to know more about EFT research and studies, the leading researchers in this field are;

- Dr. Dawson Church
- Dr. David Feinstein
- Dr. Peta Stapleton
- Harvard Medical School

Have you experienced the amazing effect of EFT yourself?

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