

# Transform Your Pain with Energy Tapping EFT: Working with Your Body to Find Relief

Pain is a common experience that can affect people of all ages and backgrounds. While some pain is temporary and goes away on its own, other pain can be chronic and debilitating, interfering with daily life and overall well-being.



## Transform Your Pain with Energy Tapping (EFT) - Working WITH Your Body To Find Relief by Cathy Vartuli

★★★★☆ 4.4 out of 5

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Traditional pain management approaches often focus on suppressing symptoms with medication or surgery. While these approaches can be effective in some cases, they can also have side effects and may not address the underlying causes of pain.

Energy Tapping EFT (Emotional Freedom Techniques) is a groundbreaking mind-body technique that offers a natural and effective way to transform pain and find lasting relief. EFT works by tapping on specific acupressure

points on the body while focusing on negative thoughts, emotions, or physical sensations associated with pain.

## **The Science Behind EFT**

EFT is based on the principles of Traditional Chinese Medicine (TCM) and modern neuroscience. TCM believes that the body has an energy system that flows through specific pathways called meridians. When the energy flow is blocked or disrupted, it can lead to pain and other health issues.

EFT works by stimulating these meridians and releasing blocked energy. This helps to restore balance to the body's energy system and promote healing.

Modern neuroscience research has shown that EFT can have a number of physiological effects, including:

- Reducing levels of stress hormones
- Increasing levels of endorphins, which are the body's natural pain relievers
- Improving circulation and oxygenation to tissues
- Activating the body's parasympathetic nervous system, which promotes relaxation

## **How to Apply EFT for Pain Relief**

EFT is a simple and easy-to-learn technique that can be applied to any type of pain. Here are the basic steps:

1. **Identify the pain.** Specifically describe the location, intensity, and quality of the pain.
2. **Set up.** Find a comfortable place to sit or stand. Close your eyes and take a few deep breaths to relax.
3. **Tapping points.** Use your fingertips to tap on the following acupressure points in sequence:
  - a. Karate Chop Point: The outside edge of your hand, just below the base of your little finger.
  - b. Eyebrow Point: The innermost point of your eyebrow.
  - c. Side of the Eye Point: The bony area just outside your eye.
  - d. Under the Eye Point: The area just below your eye, on the bone.
  - e. Under the Nose Point: The area just below your nose.
  - f. Chin Point: The center of your chin.
  - g. Collarbone Point: The hollow area just below your collarbone.
  - h. Under the Arm Point: The center of the soft area under your armpit.
  - i. Top of the Head Point: The highest point on your head.
4. **Repeat.** Tap on each point 5-10 times while saying a brief reminder phrase that describes the pain, such as "This pain in my back" or "This headache."
5. **Evaluate.** After tapping on all the points, take a moment to evaluate how the pain has changed. If the pain has decreased, continue tapping until it is gone or significantly reduced.

You can repeat the EFT process as often as needed to manage pain. It is also helpful to practice EFT regularly to prevent pain from recurring.

## **Benefits of EFT for Pain Relief**

EFT has been shown to be effective in reducing pain from a variety of conditions, including:

- Chronic pain
- Acute pain
- Headaches
- Back pain
- Neck pain
- Fibromyalgia
- Arthritis
- Carpal Tunnel Syndrome
- TMJ
- Painful periods

In addition to reducing pain, EFT can also help to improve sleep, reduce stress, and promote emotional healing. EFT is a safe and effective technique that can be used by anyone to manage pain and improve overall well-being.

If you are struggling with pain, EFT is a powerful tool that can help you find relief. EFT is a simple, safe, and effective technique that can be used to

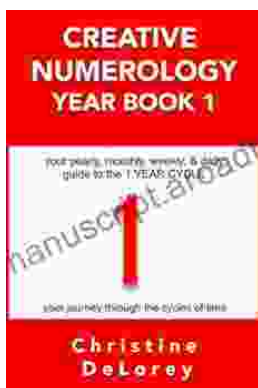
address a variety of pain conditions. Give EFT a try and see for yourself how it can transform your pain and improve your quality of life.



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