

## Emotional Freedom Technique (EFT)/Tapping

As I note in my book, “The Common Sense Guide to Healthy Living,” true health entails achieving physical, nutritional, emotional, and spiritual balance. If any of these areas are out of balance, you will never attain optimal health. There are many stress relieving techniques that I discuss that deal with the emotional component of our lives. These include breathing, meditation, and exercise to name but a few. But one that has attracted my attention lately is known as the Emotional Freedom Technique (EFT) or Tapping.

EFT works via the acupuncture meridian system. Instead of using needles, a sequence of specific points are stimulated by tapping (hence the name) while repeating out loud the issue with which you are struggling. I must admit, it certainly sounded far-fetched when I first heard about it. However, seeing some of the amazing results I’ve encountered using acupuncture for patients dealing with emotional stresses over the years made me take a second look.

For many of us, the internally generated stress response is triggered by a negative memory or thought that has its roots in past trauma or conditioned learning from childhood. The stress response in the body takes the same form, whether the trigger is the tiger (external) or a negative memory (internal). Either way, the body reacts the same—adrenaline flows, the heart races, palms sweat, and breathing quickens. What tapping does, with amazing efficiency, is halt the fight-or-flight response and reprogram the brain and body to act—and react—differently.

To have a tool that is both safe and effective while dealing with emotional stress is phenomenal. By simply using the tips of your fingers, EFT can effectively help a wide variety of issues. It can be learned and implemented very quickly through a wide range of resources (a few are listed below). The points are easy to memorize, allowing you to tap away anywhere/anytime. If you are looking for a safe and effective way to optimize your emotional health, I recommend you try out Emotional Freedom Technique for yourself.

As effective as this technique may be, if you feel that EFT is not addressing your problems sufficiently, please seek professional help such as a certified counselor. Sometimes we just need a little extra assistance to get us over the hump.

✨ **The Tapping Solution:** [www.thetappingsolution.com](http://www.thetappingsolution.com)

✨ **Emotional Freedom Technique:** [eft.mercola.com](http://eft.mercola.com)