

# EFT For Fibromyalgia

## The Tapping Technique EFT Can Ease Fibro Pain

EFT Emotional Freedom Technique is an energy therapy and has been proved highly effective when used to deal with pain and depression which are both common symptoms of Fibromyalgia.

When you are in pain or depressed or both your body's energy system is completely blocked, nothing's moving as your curl in on yourself in an attempt to control the the physical and emotional pain. EFT for Fibromyalgia can address problems.

EFT helps with both kinds of pain. It's dubbed Acupuncture for the emotions and the techniques we can use can have an amazing affect on all Fibromyalgia problems. The mind body connection is an established medical fact and EFT can help to raise your level of energy to the point where your body can begin the process of healing naturally.

### **EFT for Fybromyalgia:**

When changes happen in the mind the body automatically changes in accordance with new ways of feeling. When trauma happens it is registered within the body as cellular memory and because the mind is habitual the pain, phobia or block perpetuates itself. EFT can release pain, and blockages that have been held within cellular memory for many years.



### *Emotional Freedom Technique is:*

- The Tapping Technique that has been proven to relive pain in 90% of cases
- A method of healing that often works where nothing else will
- Easy to learn and use. After a session or two you can use it on yourself to relieve symptoms
- A way of actively programming your mind and nervous system to adopt a different attitude to your problem
- Highly effective

One of the worst thing about Fibromyalgia is the despondency of knowing or believing the pain is permanent and incurable. EFT can be used to see your situation in a different light and to feel more in control of what has seemed to be the uncontrollable.

EFT has taken the world by storm since it's conception and more and more therapists are learning it and using it alongside their regular therapies with clients. It's so easy and so effective that those who don't know it or use it are behind the times

