



Emotional Freedom Technique

Dee McCall – EFT Practitioner

Registered member of the AMT

Emotional Freedom Technique (EFT) is a revolutionary non-invasive, painless therapy which works effectively on stress, weight loss, fears, phobias, allergies, headaches, insomnia, cravings, pain management, depression, sadness, post traumatic stress disorder etc.

Background and effectiveness

EFT has its roots in the merging of acupuncture, kinesiology and psychology. It is known to have a high success rate and often works where all else has failed.

EFT is one of the most gentle and effective approaches for providing relief for psychological, physical and emotional upsets.

How the technique works

EFT is based on the notion that negative thoughts and emotions cause a disruption in the subtle energy body (ie: the meridian system) and that, by 'tapping' the meridian points, these memories and emotions can be released, bringing you back to a peaceful state.

Subtle energies flow continuously throughout our body which is important for good health, so it makes sense to work on restoring balance and harmony by correcting any disruption to this flow.

What happens during a session

You are asked to tune your mind into the issue you've come in with while gently 'tapping' on certain acupuncture points (found on the top part of the body and the hand).

As certain memories come to the surface, the disruption ceases and often disappears along with the underlying issue.

It is not uncommon for long-standing problems to be relieved entirely within a short time.

You are taught the EFT technique during the session which helps with on-going issues like food cravings, phobias and weight loss which can be worked on at your leisure between appointments.

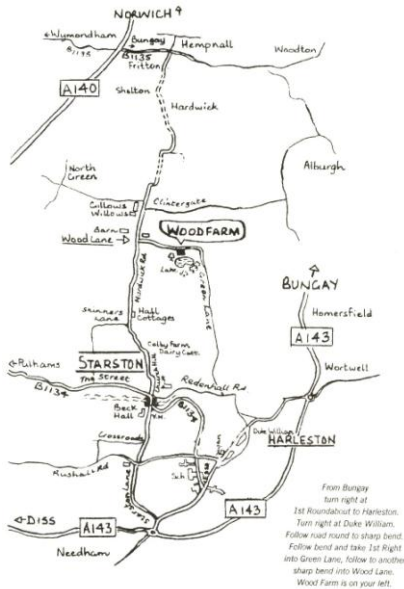
Sessions take approx an hour and a half .

Appointments available at
Wood Farm Complementary
Therapy & Healing Centre
Wood Lane, Starston Harleston
Norfolk IP20 9PP

Tel: 01379 854 295

email: crystals@healingandrelaxation.com

For testimonials and map see over



"From being someone who disliked myself intensely - with the belief that no-one wanted me, EFT therapy has given me the confidence to know who I am and to feel good about myself. From feeling hopeless I now feel I've got the ammunition to help myself."

Dominic S.
Ipswich

"Without being able to pinpoint quite what happened during the EFT sessions, I found it took the intensity from the feelings of anger and frustration I'd been feeling towards a chronic problem.

After the shift, I was able to step back and look at the situation in an entirely different way and respond more positively and compassionately."

Deirdre Partridge
Reflexologist
Norwich

Testimonials

"After years of counselling, EFT has enabled me to pull off the layers of negative behaviour patterns to reach the core issues. It's making me a happier, more centered person."

Maggie.
Long Stratton