



ABOUT EFT/TAPPING AND EFT UNIVERSE

What is EFT Tapping?

Tapping, also known as EFT (Emotional Freedom Techniques), is a powerful healing technique that has been proven to effectively resolve a range of issues, including stress, anxiety, phobias, emotional disorders, chronic pain, addiction, weight control, and limiting beliefs, just to name a few.

Tapping therapy is based on the combined principles of ancient Chinese acupuncture and modern psychology. Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.

EFTs Limitation

Like any stress-reduction method, EFT is not perfect. It is not a panacea, and it does not have a 100% success rate. But it usually works reliably for reducing stress, which is evident by the research. The case histories on the EFT Universe website show that the results can be profound.

EFT can often achieve substantial relief with little or no pain. This is not true for everyone, however. Some people's issues are so intense that the mere mention of them causes severe emotional or physical pain. If you have such emotional or physical issues, it is essential that you consult your physician or licensed mental health practitioner, since EFT is not a substitute for medical or mental health treatment.

EFT Universe

EFT Universe is one of the largest alternative medicine sites on the web. It contains or links to approximately 10,000 pages in 15 languages, and hosts millions of visitors per year. EFT Universe is the leader in EFT research and training, offering an excellent certification in Clinical EFT, a vibrant practitioner community, a strong affiliate program, and many free health resources. On the EFT universe website (www.eftuniverse.com) you can learn EFT for free, subscribe to the free weekly health report, join the affiliate program, and find a workshop or practitioner near you.

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