

Doctors speak out on new medical research into

how your emotions literally affect your health - daily

by Annie O'Grady, Certified EFT Life Coach

Since at least the 1960s, we in the Western world have been hearing theories about mind-body medicine, introduced through ancient healing systems from Asia and India. Our alternative healing methods have explored and demonstrated connections. Now Western science is starting to catch up

Following the lead of psychoneuroimmunology – which explores how stress emotions inhibit our immune system -- scientific researchers in various disciplines are discovering exactly how our uncomfortable emotions physically contribute to ill health on cellular and molecular levels.

This information enables us to find ways to prevent health outcomes we don't want, as well as to massively support health improvement.

Many well known doctors and researchers are recommending – also using -- EFT as a revolutionary major tool for maintaining emotional and physical health. (*Dr. Deepak Chopra: 'EFT offers great healing benefits.'*)

EFT is short for Emotional Freedom techniques. It is a psychological version of acupuncture. Instead of using needles, it combines fingertapping on key release points with focused thought. It is an easy self help technique, supported by EFT practitioners where desired.

Ongoing scientific studies on EFT are trying to discover exactly how this Energy Psychology therapy achieves a great many healing results that Western medicine cannot explain.

EFT, and some of the new medical research findings mentioned here (e.g. German New Medicine), have yet to be widely accepted by traditional medical authorities.

Here are some comments on mind-body medicine from leading-edge medical doctors.

How emotions are not just 'in the head'

U.S. physician/surgeon Dr. Eric Robins (who writes for the world centre EFT website www.eftuniverse.com) began looking for better ways than he had learned at medical school to understand and treat chronic and functional body problems.

As he studied several types of alternative healing, this urologist saw a common thread. Whether found in acupuncture or acupressure or homeopathy or energy healing, the common approach was *that the body tends to heal itself, and there is a healing energy that flows through the body that allows this to happen.*

These modalities claimed that if this energy gets blocked – producing either a congestion of stagnant energy, or a depletion of energy – this predisposes the body to disease. All these systems, he found, try to re-establish flow of energy.

Dr. Robins' researches showed him that stress and negative emotions aren't in the head, they are stored as tensions in the body, frequently stored in the smooth muscles, which are those muscles that function without our conscious control.

In the head, he says, we might call this a migraine headache. In the air passages of the lungs, we might call it asthma. In the intestinal tract, Irritable Bowel Syndrome (the second leading cause of missed work in the U.S.).

Looking at physical long-term effects of unresolved trauma, he realized that in order to keep these memories from coming to conscious awareness, the body has to clamp down internally. This causes tension in the smooth muscles or skeletal muscles.

Dr. Robins says, 'This is responsible for many of the functional diseases people present with, ranging from hypertension to migraine headaches to chronic back pain to IBS. Many times the initial traumas are so deeply buried inside the body that they cannot be easily accessed by the conscious mind.'

'When I was going through therapy it took me six months to get in touch with my deeper emotional pain and with the early memories that caused it. Before that time, anytime I got close to the pain I'd either fall asleep or "check out" and disassociate.'

'I tell patients, "If you were consciously aware of the stress or emotions, you wouldn't have the disease. Your body is doing such a good job of keeping the emotions or traumatic memories deeply buried. But the presence of the disease presupposes the existence of these emotional issues stored in your body, preventing the flow of healing energy.'"

Nowadays, along with his medical procedures, Dr. Robins uses EFT with many of his patients. On occasion this has resulted in a scheduled operation becoming unnecessary.

He says, 'Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools – as it is for me.'

How a 'territory conflict' can give you a heart attack

Dr. David Holt, the leading U.S. physician in German New Medicine research and practice, believes that the conventional explanation for heart attacks may not be accurate at all.

He explains from new research that conflicts involving territorial issues affect the heart in all animals, including humans.

For people the loss may be losing a family member, your home, or your financial stability. These changes frequently lead to heart attacks.

(Perhaps we instinctively know this. In an earlier study, a psychologist went into the relevant wards in a large hospital and asked each patient, 'Why did you have your heart attack?' Most patients immediately cited a personal loss -- 'Because my wife left me,' or 'Because I lost my job'.)

Dr. Holt says, 'Your physical health is a direct manifestation of the various conflicts you've faced throughout your lifetime, along with your reaction to them.'

'Even the conservative Centers for Disease Control and Prevention say that 85% of diseases have an emotional element.

'This is not a theory, or something to be discounted as 'New Agey'.

'This is the result of decades of focussed, scientific work by some of the sharpest minds in the business: e.g. Dr. Bruce Lipton (www.brucelipton.com) and Dr. Ryke Geerd Hamer (www.newmedicine.ca) Their work has taken the widespread notion that your emotions influence your health to a much higher, more specific level.'

This level is now known to involve brain changes that, according to Drs. Hamer and Holt, can clearly be seen on a CT scan. The brain then signals particular parts of the body to initiate biochemical stress responses.

Dr. Joseph Mercola (www.mercola.com) comments, 'The research shows that if you go longer than nine months with a moderate to severe territorial conflict, it is likely you won't survive the heart attack that follows.

'Stop dwelling on, and start resolving, your emotional conflicts! It is imperative that you tend to all of them as soon as possible.

'A classic example is an executive who has felt his 'territory' at work threatened by a younger workforce for many months or even years. Then, upon retirement – when the conflict has finally been resolved – he experiences a massive heart attack.

'Or suppose the recent mortgage crisis has caused you to lose your home, or you recently lost a close family member. Both of these territorial losses have signalled your body that you're under stress and to 'get ready for a fight'.

'The severity of your heart attack will be directly related to the length of time that your territorial conflict festered.'

Dr. Mercola adds, 'Sometimes a conflict is so extreme that you know you've been emotionally impacted immediately.

'But oftentimes, you may have no idea. In many cultures, we are taught to suppress our emotions, and to "grin and bear it." Well, little did you know but those underlying resentments, arguments, regrets and guilty feelings can all manifest into disease in time.

'So please, find a method of real stress relief and use it regularly, whether you think you need it or not.

'My particular favorite is the psychological acupressure technique Emotional Freedom Techniques (EFT) as it's simple to use and extremely effective.'

Shock -- and cancer, diabetes, loss of hearing or vision

Dr. Hamer's extensive medical research with thousands of patients brought him to the conclusion that **disease is only brought about by a shock, distress or trauma for which we were totally unprepared.** If we were at all prepared, we would not become ill, he says. (He includes the shock effect of a cancer diagnosis or a terminal diagnosis.)

For example, he found that in every case of breast cancer he studied, there was a separation issue in the woman's life. In particular cases he found that a tumor would begin growing after the conflict was resolved, and would grow only for the exact period of time she had been in conflict.

Dr. Mercola comments: 'A traumatic emotional experience, whether it's the loss of a loved one, a severe worry or any other threat or panic, causes you stress on a physical and emotional level, as well as a brain lesion.'

'This lesion is confirmation to your brain of the shock you have experienced. It then transmits a biochemical signal to the corresponding body cells that can result in tumor growth, visual or hearing impairment, paralysis, diabetes or any other disease, depending on the area of your brain affected.'

Dr. Mercola recommends, rather than relying on only treating the physical symptoms: 'Get to the bottom of the emotional conflict and heal yourself emotionally.'

'If you listen to these fundamental laws of Nature – eat healthy foods, exercise, and deal with your emotional hurdles – it will go a long way toward keeping you out of the doctor's office and helping you prevent cancer altogether.'

How traumas affect your health: the ACE Study

The Adverse Childhood Experiences (ACE) Study is a recent research project which is possibly the largest scientific research study of its kind. Its purpose was to analyze the relationship between multiple categories of childhood trauma, and health and behavioural outcomes later in life.

Its first findings were published about 10 years ago in the ***American Journal of Preventive Medicine***. It found that as the number of childhood exposures to trauma increased, both the prevalence and risk increased for severe obesity, physical inactivity, depressed mood and suicide attempts.

It also found a strong relationship between the number of childhood traumas and the number of health risk factors for leading causes of death in adults.

In particular, it found a significant relationship between the number of childhood trauma exposures and the following disease conditions: cancer, (ischemic) heart disease, chronic bronchitis or emphysema, history of hepatitis or jaundice, skeletal fractures, poor self-rated health.

As we have noted – German New Medicine, developed by Dr. Ryde Geerd Hamer M.D. during 30 years of extensive and painstaking scientific research, operates under the premise that **every disease, including cancer, originates from an unexpected shock experience**. The conservative ACE study indicates what some of those experiences might be, such as physical abuse.

Dr. Mercola: '... Dr. Hamer's research indicates that the experience that affected you does not necessarily have to appear traumatic to others. And it doesn't have to be a repeated event. It's more about how you react to an unexpected, and to you, shocking experience. Someone else may not react or deal with it in the same way.'

'If your emotions play such a significant role in your health, and I'm convinced they do, treating your emotions becomes an essential part of optimal health.'

'In severe cases you might not be able to perform EFT satisfactorily on yourself, in which case I would highly recommend you seek out a trained EFT professional.'

More books by science writers on mind-body health (and they all endorse EFT):

- 'Molecules of Emotion' by Dr. Candace Pert
- 'The Promise of Energy Psychology' by Donna Eden and Dr. David Feinstein
- 'The Genie in Your Genes' by Dr. Dawson Church
- 'The Biology of Belief' by Dr. Bruce Lipton

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