

# How can ENERGY TAPPING (EFT) help with BREAST CANCER?

by Annie O'Grady, Certified EFT Life Coach

**Your emotional state can affect your susceptibility to breast cancer, according to one of the world's most popular medical doctors.**

And energy tapping, he claims, can calm and heal your emotional wounds, fast.

Dr. Joseph Mercola conducts the world's No. 1 natural health online newsletter. ([www.mercola.com](http://www.mercola.com)). He offers access to 'alternatives to the toxic solutions being offered by traditional medical channels.'

The tapping technique is EFT (Emotional Freedom Techniques, developed by Gary Craig). Dr. Mercola uses this in his U.S. clinic. EFT is an acupressure technique involving tapping on key release points while you briefly focus on a specific problem.

Dr. Mercola's views are based on his experience of treating tens of thousands of patients during the past twenty years, and reviewing tens of thousands of articles on natural medicines.

After discussing alternatives to the mammogram – which, he says, exposes the body to one thousand times more ionic radiation than does a chest X-ray, itself a known cancer risk – Dr. Mercola adds, '**Emotions almost always seem to be a factor in cancer.**'

He suggests energy tapping as a preventive measure – also for those who have been diagnosed with breast cancer – as well as for those recovering from treatment.

Women concerned about breast cancer who have successfully learned and used EFT for themselves, or with EFT practitioners, report their experiences on the world centre EFT website [www.eftuniverse.com](http://www.eftuniverse.com). These are not scientific studies, but they are meaningful to the women involved, and to other women who can benefit from their experiences.

- After an EFT session clearing fear going back to her childhood, a woman who had lost one breast and was afraid of sensations in the other, experienced a clear radiograph.
- A woman diagnosed with a complex breast cancer began regular EFT sessions with a friend, and puzzled her doctors because her cancerous cells decreased to the point where the operation needed to be less severe.

## How can tapping on oneself achieve such results, and more?

EFT balances the body's meridian energy system, which acupuncture works on. The surprising result is – all kinds of difficulties melt away.

In 2004 EFT founder Gary Craig worked with seven cancer patients 'to see what help EFT might provide.' Four reported impressive improvements afterwards.

Craig says, 'Although we spent nine days doing this, we achieved only "a good start" on the imposing list of unresolved emotional issues these clients brought with them. We could have doubled or tripled our time together and still not gotten to them all.

'Thus, the main lesson here is that ongoing and consistent daily tapping is essential if one wants to get the most use from EFT.

'In fact, it appears that whether these people continue to improve, or relapse, may well depend on the consistency of their tapping. We have much to learn.'

***Annie O'Grady is an Adelaide-based Certified EFT professional who also conducts EFT sessions by phone anywhere.***

***She holds workshops, classes, EFT Country Weekend Retreats, demonstrations.***

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