

## HOW CAN EFT HELP WITH DENTAL PROBLEMS?

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by Annie O'Grady (EFT CERT-1)

EFT has demonstrated lots of ways to help people with dental problems. These include:

- reducing or eliminating fear of going to the dentist, and
- easing or eliminating tooth pain and swelling.

***EFT does NOT recommend tapping instead of going to a dentist! But often it can help in emergency.***

**FEAR OF DENTISTRY** can make people postpone or avoid having necessary work done – and unhealed dental problems contribute to serious illness, including heart disease.

For years people have reported stunning EFT results for fears and phobias, including dental anxiety.

Now a study conducted by an English dentist, Dr. Graham Temple, shows that 30 of his patients using EFT for the first time just before appointments experienced a significant reduction in dental anxiety.

Patients whose examinations showed that they required treatment such as fillings, extractions, crown and bridgework were asked whether the thought of the proposed treatment caused them any anxiety. If 'Yes', they were invited to try EFT, as a form of 'psychological acupuncture'.

All the patients who agreed to try EFT were given appointments that included an extra ten minutes to learn the procedure. Only patients who rated their anxiety at 6 or more were used for the study.

After 6 minutes of acupuncture tapping, they were again asked to rate their anxiety. Dental treatment immediately followed. All patients were informed that they could tap on points on their hands, if necessary, during the dental procedure

All participants reported reduced anxiety. More than 72% experienced a level of comfort and feeling of control that allowed them to cope well as the dental work was carried out.

Patients' reduced anxiety also benefited the dentist and his staff.

Dr. Temple said, 'As an EFT practitioner and trainer I use EFT consistently, not only for my dental patients, but for myself and other clients who attend my therapy centre. I hope this study will encourage other dentists and their staff to learn about EFT and its effectiveness in dentistry.'

**DENTAL PAIN, SWELLING** Among cases reported on [www.eftuniverse.com](http://www.eftuniverse.com) is one from a newcomer to EFT. She was in such pain after dental surgeries, extractions, root canals, etc. that she was taking 6 aspirin a day, and double at night to sleep. She tried tapping instead – and added talking reassuringly to her teeth. The pain subsided that

night, and was not present for 2 days, until it flared up when she made her next dental appointment.

Another woman was in such pain from sore, swollen gums from a badly fitting denture that she couldn't sleep. Tapping relieved the swelling and most of the pain in minutes.

**WHERE IS EFT GOING?** Gary Craig often says that this Energy Psychology Therapy is 'on the ground floor of a new healing high rise.' Isolated cases of success with tapping do make us wonder where EFT might go in the next fifty years or so –

- in at least one case, initial tapping not only relieved the pain of a loose tooth, but also, some time later the tapper realized much to her surprise that the tooth was no longer even loose.
- In another case, as a result of a month's daily tapping on a 7-year-old boy by his mother, dental cavities repaired themselves. (The shocked dentist said his X-ray machine must have been faulty.)

YOU CAN CHECK OUT SUCH CASES on the world centre website,

[www.eftuniverse.com](http://www.eftuniverse.com)

Anyone who doesn't have the Internet can easily use a computer free, with staff help to browse the website, at a public library.

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