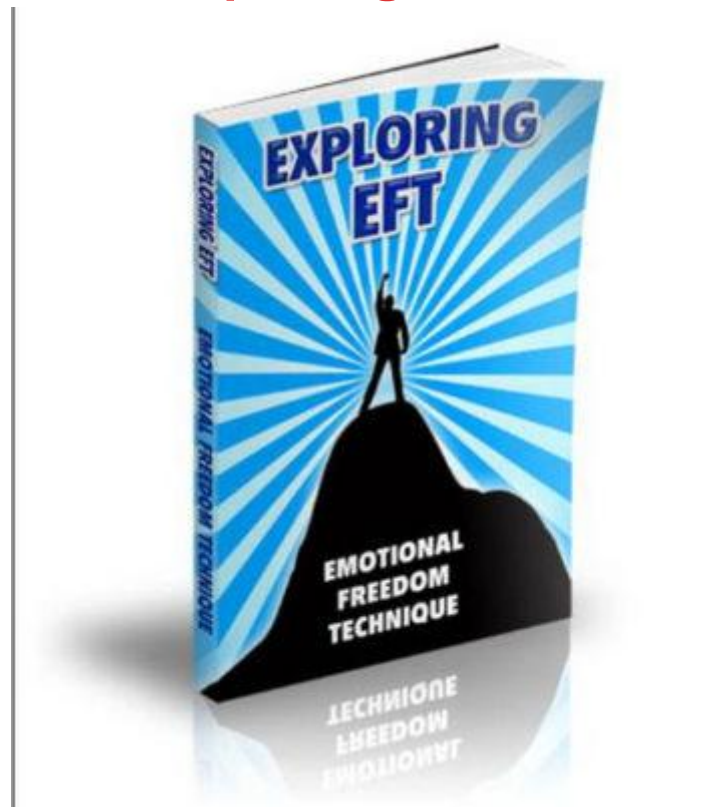


## Exploring Eft Plr



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Emotional Freedom Technique. It works to free the user of both physical and emotional pain and relieve chronic conditions by healing the physical responses our bodies make after weve been hurt or experienced pain. While some people do not carry the effects of these experiences, others have bodies that hold onto these memories, which affect the way the body works. Because it is a free and fast technique, even if you are not one hundred percent committed to whether it works or not, it is still worth giving it a shot and seeing if there is any improvement. Its about physical connections rather than trying to alter your subconscious or similar so even if it is applied with less enthusiasm than is optimal it still should show results. EFT uses finger taps on certain parts of the body to reboot your body and get it working better. Its a combination of both the science of Acupuncture and of Mind Body Medicine. Whereas Acupuncturists need needles, this can be done with nothing more than your own hand. It is easiest to deal with thought patterns first, but as they are sorted and catered to, and your ability to better zero in on the root causes evolve, it is a simple step to start combating physical problems as well. While some people require several sessions, others find one session of EFT can permanently eliminate an issue they

have struggled with for years.

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