

Emotional Freedom Techniques (EFTs)

WWW.DOCTORKALITENKO.COM

Emotional Freedom Techniques (EFTs) or Mental Field Therapy (MFT) is one of the most effective and simple techniques to that might help to:

- Reduce your pain.
- Improve your mood, reduce negative emotions.
- Reduce your sugar and other foods craving.
- Improve your physiologic status.

What is Emotional Freedom Technique?

The emotional freedom technique is a form of psychological acupuncture and builds on the idea that negative emotions can cause disturbances in the bodies' putative "life energy." It is very similar to the principles of acupuncture without the invasiveness of needles.

Instead of needles, simple tapping with your fingertips is used at specific locations on your body while you think about your specific problem (which could really be anything, i.e. a traumatic event, physical pain or discomfort, etc) while voicing positive affirmations.

Some people are initially wary of these principles that EFT is based on - the electromagnetic energy that flows through the body and regulates our health is only recently becoming recognized in the West. Others are initially taken aback by (and sometimes amused by) the EFT tapping and affirmation methodology, whose basics you will learn here.

In fact one of the major benefits of EFT is that you can try it at home, and certainly can be done by you without a therapist. It offers you a chance to release any pent up worries, stress or tension quickly. It is encourage to make it a regular daily practice and a way of releasing life's strains.

If you have any further questions, comments or would like to contact our practice for further guidance or additional treatments, please call us at (718) 382-9200.

How do you do the Emotional Freedom Technique (EFT)

Before you Begin

Before you being practicing, here's some basics you need to know. The EFT Sequences and the tapping point are pretty easy to learn and will probably take you only a few minutes to learn.

- Tap using both of your hands, using all of your fingers.
- Tapping should ideally be done with your **finger tips**. If you have longer nails, avoid injury by using your finger pads.
- Remove all rings, bracelets, watches and eyeglasses when you are going to perform EFT. These can get in the way and distract your focus.
- Tap firmly, but not so hard that you are hurting yourself or causing bruising.
- Tapping points start at the top of your head and proceed down your body.
- While it is important to tap the correct area, you need not worry about being absolutely precise, as tapping the general area is sufficient.

Selecting Tapping Points:

You can tap all the of the points beginning from the top of your head and progress down your body, but if you want to get maximum effectiveness from Emotional Freedom Techniques, it is highly recommended that you see a holistic physician to determine which tapping points are effective for you and to customize the therapy for your specific needs.

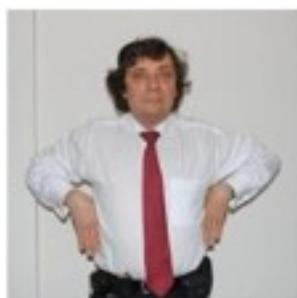
How to perform the Emotional Freedom Technique

1. Concentrate on something bothering you (something specific like pain, discomfort, a problem or you having, memories or anything troubling you). EFT can be used to treat almost anything including deep limiting beliefs, fears of the future, fear of success, fear of failure, and anxiety about expectations, poor body image and future relapse settings. You can try it on anything, just focus on one thing at a time.
2. Tap using both hands and all ten of your fingers at about 60 taps per minute or using a rhythm of a waltz (for example: 1, 2, 3... 1,2,3..., 1,2,3...).
3. Make sure to breathe deeply while tapping.
4. Make a low pitch hum while tapping or repeat affirmations, for example:
 - o **“Even though I... (pain or negative emotions, that bothers you, like “have back pain”),I completely and fully accept and love myself the way I am.”**
 - o **“I’m willing to get well.”**
 - o **“I love and accept myself even though I have this (pain or negative emotions, that bothers you, like “have back pain”)**
5. You can either keep your eyes closed while tapping, or move your eyes from side to side, or put on glasses of specific color, chosen based on your autonomic response testing.
6. Tap each point for about 20 seconds three times daily for two weeks.
7. The best way to choose tapping points is by using alternate response testing. If you can't do that, you can use all 10 points.

Learn EFTs/MFTs tapping points which are:



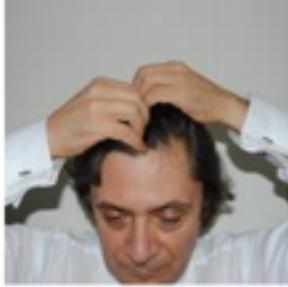
Lower jaw line: one of the small fingers in the middle of the jaw, and the rest of the fingers just below your lower lip.



Under your armpits (chicken wings) : tap the vertical lines going through the middle of your armpits at the level just below your nipples with the outer parts of your hands (index fingers) as shown on the picture.



Breastbone line or thymus/kidney 27 point: small fingers are at the junction of breastbone (sternum) and clavicle, the rest of the fingers make letter V: see the picture.



Crown line, which is along sagittal suture from the crown of the head towards the nose.



Eyebrow line: fingers around both eyebrows with one of the small fingers over the beginning of the nose.



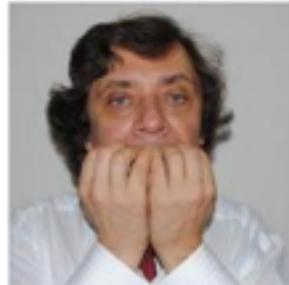
Temple line: feel the ridge of the bone from the lateral angle of the eye, going towards the occipital area. Put your fingers along that line starting just behind the lateral angle of the eye.



Nuchal line: starts just behind the ear/mastoid and goes up and the angle of about 30° towards the midline.



Stomach line goes vertical at the level of your pupils. Put your fingers vertical just lateral to be angle of your mouth.



Upper jaw line: put your fingers just above your upper lip with one of the small fingers in the spot between your nose and upper lip.

"Tapping techniques are one of the most effective treatments I have ever seen" says Dr. Kalitenko. "Basically they use the same principles and work like acupuncture, but without needles. They are very simple to do. Just be persistent and use tapping techniques in the ways they are designed to."

Good luck!