

'Why am I ill? Why me?'

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'Why?' is a painful question people often ask when they are suffering with a significant illness. Illness or disability often seems so unfair.

Evidence is mounting that much physical and mental illness is partly or wholly caused by unresolved trauma and/or unfinished emotional situations, often from early in life.

Research repeatedly shows that children who experience unresolved trauma and adversity are likely to become adults with compromised physical and emotional health.

What does this mean for YOU – whether you're healthy or unwell?

It's actually good news. It opens a way for you to help yourself. You can heal your emotional past, as countless people have already done since Louise Hay first popularised mind-body healing several decades ago (and is still doing), with her seminal book 'You Can Heal Your Life'.

The next good news is – now we have available a choice of Energy Psychology Therapies, developed as recently as the 'Nineties. These techniques address ill health in a revolutionary way, and their results raise expectations of both practitioners and clients in the healing field. The methods are often fast, typically gentle, and some are self help.

A recent major scientific study into ultimate causes of illness is the [Adverse Childhood Experiences \(ACE\) study](#). This has compared 17,400 adults' health status with decades-old childhood experiences.

According to the Study's co-author, Vincent J. Felitti, MD, 'The ACE Study reveals a powerful relation between our emotional experiences as children and our adult emotional health, physical health, and major causes of mortality in the United States.'

The ACE Study findings categorize adverse childhood experiences: physical, emotional or sexual abuse, dysfunctional households with family issues like violence, alcoholism, mental illness and depression.

A person who had four of these adverse childhood experiences (ACE score of 4) was 390 % more likely to have chronic obstructive pulmonary disease than someone reporting no adverse childhood experiences.

A person with an ACE score of more than 4 was 460% more likely to be a depressed adult than someone with an ACE score of zero.

Preventive medicine – a new approach

Conventional medicine appears unprepared to supply solutions to prevent childhood trauma from translating into adult illness.

'Unfortunately,' says medico Dr. Felitti to his medico colleagues, 'these (emotional) problems are both painful to recognize and difficult to cope with... Why would one

want to leave the relative comfort of traditional organic disease and enter this area of threatening uncertainty that none of us has been trained to deal with?’

A more effective approach exists in the energy healing field. The fastest-growing of the new modalities is EFT (Emotional Freedom Techniques). This is an acupressure tapping technique with a high success rate.

EFT founder Gary Craig developed this self help healing aid to shorten the time taken for therapy from years and months to hours and minutes.

Craig says, ‘The ACE Study and similar research is finally coming to the conclusion that unresolved childhood emotional issues affect adult health.

‘However, practitioners of EFT have known this since 1995.

‘Furthermore, EFT practitioners all over the world have been erasing traumas associated with adverse childhood experiences for more than a decade.

‘Thousands of EFT practitioners are currently working with children and adults, teaching them EFT and helping them to resolve complex emotional traumas.’

While most conventional physicians have yet to learn about EFT, this simple technique fills a void that cannot be filled by prescription medications or traditional psychotherapy.

According to the theory behind EFT, childhood trauma causes a severe disruption in the body’s energy meridian system (utilised by acupuncture, and now studied by Western doctors visiting China).

Unless this disruption is corrected, physical and emotional symptoms and coping behaviours are likely to erupt as the traumatized child ages.

EFT corrects that energy disruption and its accompanying physical and emotional symptoms. Many hundreds of case reports are accessible on the Internet on the world EFT centre website www.eftuniverse.com . The basic EFT Manual and some handbooks by Craig are also available from www.amazon.com

Nowadays adults, adolescents and even children can take charge and improve both their present and their future health by using EFT (with or without EFT practitioner help) to erase traumatic and other adverse effects.

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Author’s Bio

I’m a Certified EFT practitioner, specialising in stress release – *and stress of some sort underlies just about any human difficulty!*

I have more than twenty years of experience with the public (individuals and groups) and in training practitioners in effective holistic methods.

Five years ago I found EFT and was riveted by its efficiency, speed and accessibility. I love spreading self help methods around, and this has to be the greatest available at present. Even children use it. You can read about some of my cases on my website (soon in a book).

