

How can EFT Tapping help with fear of the dentist?

by Annie O'Grady

A woman's dentist twice asked her if she had taken Valium, because usually she was very nervous in the chair. She hadn't. Instead, she had previously tapped away her excessive dentistry fears through a guided session with me on the self-help acupressure stress relief method, Emotional Freedom Techniques.

EFT tapping has demonstrated lots of ways to help people with dental problems, including:

- 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 going to the dentist can make people postpone or avoid having necessary work done, for months, even years. Unhealed dental problems contribute to serious illness, including heart disease.

Since the 1990s, when EFT was developed, people have been reporting stunning EFT results in reducing or eliminating fears and phobias, including dental anxiety.

Ten minutes' tapping before appointments

A study conducted by an English dentist, Dr. Graham Temple, demonstrated that 30 of his patients who used EFT tapping 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 beforehand, as a form of 'psychological acupressure'.

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

After 6 minutes of acupressure 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.

The reduction in anxiety for patients 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 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, fancifully, also talked 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 leading us?

EFT founder Gary Craig has often said 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 coming decades:

- 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.
-
- 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.)

Annie O'Grady is an EFT practitioner and trainer, author of the DIY book ['Tapping Your Troubles Away with EFT'](#).

She consults on Skype around the world, works in person with individuals and groups in Adelaide, South Australia

Telephone:

Within Australia 0448 338 289

Outside Australia +61 448 338 289

annie@EFTemotionalhealing.com

www.EFTemotionalhealing.com