



Free Report

Emotional Freedom Techniques

‘EFT Tapping Help for Allergies’

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Disclaimer: EFT tapping is a complementary healing aid, not a substitute for competent medical or psychiatric treatment. There is no guarantee you would get similar results to people mentioned in this article. If you are tapping, you need to take responsibility for your own emotional and physical welfare.

Allergies – are lifelong drugs the only answer?

Allergies are massively on the rise in the western world. They not only make life miserable from time to time for millions of people, but in many cases they can lead to emergency hospitalisation. They can also take lives.

Many people report reducing or even eliminating their allergies by applying EFT tapping – an evidence-based acupressure and mindfulness technique -- either in its simplest form, or more thoroughly.

EFT Tapping came into existence in the mid-1990s in the United States. It is rather like acupuncture without the needles. It acts to calm

the same body energy system that's used in acupuncture, called in Chinese medicine the meridian system -- a series of 14 major electromagnetic circuits in the body, which are disrupted by stress.

According to Harvard Medical School research, tapping on acupoints also calms the brain, in particular the *amygdala*, the centre responsible for our fight-flight-freeze response to danger (or merely to worry, anxiety).

And a research study at Bond University demonstrated that one hour of EFT tapping reduces the stress hormone cortisol by a whopping 43%.

Now internationally popular, EFT tapping is not only a simple relaxation strategy you can learn to do for yourself at a basic level. It can improve any part of life, as it relieves both overt and hidden stresses responsible for many emotional and/or physical blocks.

How does EFT tapping deal with allergies?

Allergic to what? (Or to whom?)



U.S. allergies expert, Sandi Radomski (www.allergyantidotes.com) is a naturopathic doctor, psychotherapist and Energy Psychology practitioner. She was the first to use EFT in treatment of allergies.

Sandi says, 'Many of your vague, undiagnosed and persistent symptoms may be from what you are eating, smelling or touching.'

Sandi tells us in her book 'Allergy Antidotes' that people can be allergic to a range of surprising things, other than the usual culprits of food, pollen, dust, mould:

- Water
- Oxygen
- Hydrogen
- Nitrogen
- Vitamins
- Minerals
- Lots of new chemicals (cosmetics, household cleaners)
- Detergent, fabric softeners (clothes, sheets)
- Metal in the body
- Animal hair
- Perfumes (including incense)
- Soaps
- Fabrics
- Medications (allergic reactions can kill)
- Other people (relatives, spouses)
- Thoughts
- Emotions
- Etc.

As an EFT practitioner myself, I see people with various allergies. A woman recently shamefacedly told me that she felt she was peculiar, because she had allergic reactions to the smell of new clothes or stationery. If she smelled them, she felt woozy and would have to hurry out of a shop. She hadn't been able to shop for clothes for eighteen months.

I told her we could address the allergies. But she decided that another life issue was more urgent, and we tapped through the session to clear that.

So I was surprised at her next session, when she told me excitedly about a new blouse she had just bought – from a shopping trip after our first session. The emotional pain we had been clearing from another issue had also, mysteriously, cleared the fabric allergy.

One of the leading EFT experts is science author Dawson Church Ph.D., who has been instrumental in achieving 'evidence-based' status for EFT tapping from the conservative American Psychological Association. From 2013 the A.P.A. has encouraged its members – doctors, psychologists, nurses, social workers -- to learn this innovative new modality as part of their continuing professional education.

One of Dawson's earliest experiences with tapping was when he tapped on his gardener, who was allergic to pollen. After three rounds, her symptoms left.

In the EFT Manual (4th edition) he writes that occasionally energy toxins and allergens stop EFT working. In such cases he suggests that possible offending substances be removed one at a time, to help identify what is responsible so it can be avoided.

How can we know if a symptom comes from an allergy?

We generally understand that some symptoms suggest allergy, such as a runny nose, coughing, sneezing, sinus discomfort, shortness of breath. We might even recognise more severe symptoms, such as face swelling, skin reactions, wooziness, streaming eyes.

But Sandi tells us that stomach pains and night coughs may be from a wheat allergy.

Irritability can signal allergy reaction, especially in people who are ill from other environmental causes.

With children, would we pick up clues such as red cheeks and ears, a mottled tongue, circles under the eyes, and 'a stupid look'?

(Rubbing your nose a lot is a classic allergy clue!)

Perhaps the strangest piece of wisdom from Sandi's many years of experience in this field is this: If you often indulge in a favourite food – you need to know that if you're addicted to a food or drink, you are allergic to it..

She says, 'Check for allergies with depression, anxiety states, vague tiredness, panic attacks, weight gain.

'Any symptom can be allergic !'

How do allergies develop?



Some people are born with allergies, many develop them in later life.

Sandi states that allergies are triggered by trauma. This can be 'big T trauma' (including accident trauma or birth trauma) or 'small t' trauma (such as crying in bed for a day).

For one of my clients, her allergies to dust and mould appeared suddenly in her twenties, after 11 hours of vomiting through food poisoning.

Infections can also trigger allergies.

Sandi says, 'Allergy is a mistake by the immune system, caused by trauma. The body does one-time learning.

'For example, autistic kids and their parents have lots of allergies.'

There is no guarantee that EFT will clear your allergies -- but so many people have reported success that surely it's worth a try.

Some cases of successful tapping away allergies

These examples come from the major EFT website www.eftuniverse.com

- **POISON IVY.** A marathon athlete interrupted an EFT session on clearing limiting beliefs about her performance, because she was itching all over from poison ivy. Her practitioner, Dr. Fred Feldstein, asked where the itching felt worst. She said on her leg. They tapped on the problem using these words: *'Even though I have this severe itching on my leg from poison ivy, I accept myself.'*
After only one EFT round, both were stunned when she said, 'I don't feel it.' Her whole body felt calm. He gave her information on how to do the same if the itching returned. It did once, and she tapped, and it went away totally.

- **SEVERE MSG REACTION.** In Honolulu, tapping practitioner Angela Treat Lyon dined with a friend whose MSG allergy was so bad that she would need a few days to get over an attack. They went to a Japanese restaurant claiming 'No MSG'. But during the meal her friend 'got short of breath, red in the face, puffy around the eyes, itching on her hands and feet'. Angela immediately tapped on her friend, using statements such as 'I'm so shocked, I'm so afraid of dying, I can't breathe, I'm so embarrassed.' The symptoms eased a little.
Angela asked if any emotional issue was going on in her life. Her friend named a new business venture in which she wasn't yet feeling 'like she could breathe'. After a few more minutes of tapping on these concerns she said, 'I'm fine! Wow!' Both problems had vanished. The friend needed no recuperation time.

- **SINUS PROBLEMS.** Sometimes EFT takes persistence. Dana Atnip had suffered sinus issues since childhood, and these interfered with her sleep. She had developed a sleep posture with one hand under her face, and had slept this way for 25 years. She decided to tap about the sinus issues. She tapped daily for weeks, seeing little improvement, going in and out of discouragement.
Then she tapped on all the emotional issues she could think of in her life. A few months later she awoke one morning realising that she could breathe normally, with only a little nasal congestion, which she then tapped away. She rated her

improvement at 75%, enough 'to fill me with happiness', and with resolve to keep tapping daily.

- HAY FEVER. Jamie had suffered miserably from summer hay fever for 20 years, with streaming eyes and other symptoms. This had begun at age 6, on a happy farm holiday. UK EFT Master Mair Llewellyn guided him gently to release stress and symptoms through two EFT sessions. By the third session, a forgotten memory surfaced, of a hay bale falling on the boy, with loose hay restricting his breathing. They gently tapped away the trauma with EFT's unique trauma-clearing processes.

Jamie then discovered that he had almost died from a breathing constriction when he was two days old, and needed medical treatment. Clearly the hay trauma had triggered the original trauma. Jamie, now a tapper, encouraged his mother to tap on her still emotional reactions to telling the incident. He discontinued sessions because he no longer had hay fever, and had also regained a lost sense of joy in his life.

❖ So let's look at EFT tapping in action for allergies



If you're already a tapper, you'll be familiar with the core EFT tapping process.

To learn how to tap in more detail, you can download the free tapping guide on my website, www.EFTemotionalhealing.com

Or you can order my book, the primer 'Tapping Your Troubles Away with EFT' from www.amazon.com via my website, above.

Fortunately, WHATEVER you are allergic to -- the EFT tapping remedy is basically the same as for any other problem.

EFT's all-purpose acupoints are on the head, body and side of hands.

You first create a Setup Statement and say it aloud three times while tapping on the fleshy side of either hand with the fingers of the other hand.

Then you tap on a sequence of acupoints on your head and upper body while saying a reminder word or phrase.

Monitor your intensity 0-10 after each round, repeat the process as necessary (say the Setup only once with repeats) until you reach zero.

Test by saying the original statement again.

The following is your basic game plan for clearing allergies. It is surprisingly simple.

There is no guarantee but it is well worth a try.

❖ Start with the physical manifestation of allergic symptoms

Hold a sample of the substance you're allergic to while you tap.

You could hold the sample against the front of your body with your wrist, leaving that hand free to tap.

If you don't have a sample – this sounds silly but try it -- write the name of the substance on a piece of paper and hold that while you tap, it does the job just as well. (Don't ask me why – it's all in the energetics.)

You probably can't hold a person you're allergic to, while you tap! Write his or her name on a piece of paper and hold that.

Specific Setup Statements might be:

'Even though I have a bad reaction to (eg. shellfish), I accept myself anyway, deeply and completely.' Reminder: *'this bad reaction to shellfish'*

'Even though I'm allergic to (eg. cat hair), I accept myself anyway, deeply and completely.' Reminder: *'allergic to cat hair'*

'Even though I have this (specific symptom) reaction to perfume, I accept myself anyway, deeply and completely.' Reminder: *'(This reaction) to perfume'*

❖ Tap on the emotional reactions ('How do you feel about having this allergy?')

If you don't get calming results after a few minutes of tapping rounds, move to the emotional components of the allergy attack.

Beginners may need EFT help with this.

'Even though I'm so angry about my allergic reactions to (whatever), I accept myself anyway, deeply and completely.' Reminder: *'So angry about this allergy'*

'Even though I'm scared because I feel woozy, I accept myself anyway, deeply and completely.' Reminder: *'Scared of feeling woozy'*

'Even though I feel guilty because I shouldn't have eaten/drunk this (specific food or drink), I accept myself anyway, deeply and completely' Reminder: *'Feeling guilty'*

Be on the lookout for related memories that may surface during tapping, including previous bad experiences from allergic attacks.

Experienced tappers will know how to gently neutralise such uncomfortable memories, through further EFT techniques

But if any memories are traumatic, do not address them by yourself, in case of retraumatisation. Go to a qualified EFT practitioner (see below).

If one application of EFT makes no difference, repeat several times a day for a day or two.

(And if you don't believe EFT can make a difference, first tap on 'Even though I don't believe tapping on myself can improve my allergy, I accept myself anyway.' Reminder: 'Tapping won't work'.)

Upwards of 20 million people worldwide use tapping for a huge range of problems, to feel better. Free up your life, now!



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