

Benefits of EFT

Some of the diseases, symptoms and conditions known to benefit from EFT:

- Addictions
- Abuse
- ADD-ADHD
- Agoraphobia
- Alcohol
- Allergies
- Anorexia/Bulimia
- Arthritis
- Asthma
- Bipolar Disorder
- Bulimia
- Blood pressure
- Carpal Tunnel
- Cataracts
- Chronic Pain
- CFS/ME
- Claustrophobia
- Conjunctivitis
- Crohns
- Depression
- Diabetes
- Digestive disorders
- Dyslexia
- Eating disorders
- Eczema
- Headache /migraine
- Heart Disease
- Hypothyroidism
- IBS
- Inflammation
- Glaucoma
- Lazy eye
- Lupus
- Autoimmune Diseases
- Neuropathy
- OCD
- Panic/Anxiety
- Phobias
- Post Natal Dep'n
- PTSD
- Relationships
- Smoking
- Sports perf'
- Trauma
- Type 2 Diabetes
- Weight issues
- Work issues
- and many more.....

**EFTAdv AAMET Practitioner,
NLP Master, Time-Line Therapy
Master Practitioner, Hypnotherapist &
Meta-Health Coach & Trainer**

~ relieves stress & anxiety ~

Prices

Prices	
First Session 1hr	£70
Follow up 1hr	£45

**Simply stated,
“EFT is an emotional
version of acupuncture,
except there are no needles.”**

CALL Now -

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**Member of: AAMET, AHA, NHS Register of
Complementary & Alternative Practitioners**

Physical Health Through Emotional Relief



John Howell

EFTAdv AAMET Practitioner
&
Meta-Health Coach & Trainer

EFT

Emotional Freedom Technique

Benefits:

- **Relieve stress**
- **Cancel fears**
- **Bring balance & calm**
- **Let go of disease**

and much more.....

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What is EFT?

What is EFT?

EFT stands for: Emotional Freedom Technique. EFT uses the fingertips of the hands to gently tap on points along meridian lines around your body, and is also a talk therapy.

EFT uses keywords, and negative and positive affirmations to release emotion, and provides thousands with relief from pain, disease and emotional issues.

“The cause of negative emotion is shock, caused by trauma or chemical imbalance, which can disturb the body’s system skewing our emotions.”

Testimonial

“I am a changed person. My relationship with my husband has improved, and I have started accepting my circumstances and the world around me. Only two sessions helped to resolve some issues deeply engrained and nurtured in my mind for so long, helping me regain harmony and balance in my life and avoid going through the same emotion of fear, breakdown in confidence, and isolation from the world.”

Source: Juliette Simmonds

Your Treatment

Your Treatment

EFT is patient friendly and can be easily done on patients who are in pain. It is not just about tapping with the fingertips, it is a talk therapy too. I use NLP or Neuro Linguistic Programming, which is a set of highly effective therapeutic tools which can assist with EFT in treatment and further increase the effectiveness.

What to expect?

- Introduction & Taking of History
- Introduction to EFT
- Breathing exercise to improve concentration and focus on issues

Face to Face Sessions

I sit opposite you and slightly to the side so that I can reach your head, neck and hands to tap on. I do a practice round of tapping so you know what to expect. A session lasts 1 hour.



Telephone Sessions

Telephone sessions are available. They give you flexibility, and excellent results.

History of EFT

EFT Background

EFT’s foundation is in TFT (Thought Field Therapy), which was developed in the 80’s by acupuncturist and psychologist Dr Roger Callahan.

Gary Craig studied with Callahan and 16 years ago started EFT. EFT is now in most countries of the world. EFT is a Meridian Energy Technique, and one of the easiest to use.

Proof Meridians Exist

In 1985 Vernejoul, a French acupuncturist injected a radioactive dye into acupuncture points and photographed the pattern left. Bulletin of the Academy of National Medicine (Paris), 169, 1071- 1075). Recently Korean scientists filmed the meridians and footage is on the internet.

About Me:

I have been treating patients with chronic illness and disease since 2005 and I am now working with patients at the Fountain Centre at the Royal Surrey.