



Homeopathy and EFT – a combined approach to effective treatment

Our bodies have a profound electrical nature. Any beginning course in anatomy covers this. Shuffle your feet across a carpet then touch an item made of metal. Sometimes you can see the static electricity that is discharged from your fingertip. This wouldn't be possible unless your body had an electrical nature to it. Homeopaths and EFT practitioners refer to this electrical nature as the body's energy system.

For homeopaths, symptoms, whether they be physical or emotional are indications that there is an imbalance in the body's energy system. Similarly for EFT practitioners all negative emotions are caused by a disruption in the body's energy system.

For homeopaths, in order to heal, and in so doing remove symptoms, a remedy is prescribed that will stimulate the body to rebalance this energy disturbance. Many things can throw a person's energy out of balance. Examples would be a car accident, the loss of a loved one, a particularly severe viral illness or being made redundant. If the body is unable to redress this imbalance the symptoms will remain and a chronic condition will develop. A chronic illness is defined as something that you have been suffering from for a lengthy period of time and/or a condition you have had at least once before e.g. recurring tonsillitis or cystitis.

For EFT practitioners any event that has given rise to negative emotions has done so because the original event has knocked the energy of the body out of balance. As a result these negative emotions become locked in the body's energy system and remain there many, many years later. This is EFT's version

of chronic dis-ease. Examples would be being bullied at school; abused by a parent or being ridiculed in front of an entire class by your teacher. Just because you do not think about these past memories on a daily basis doesn't mean that they are not still there and emotionally charged. If you were to focus your mind on something that happened to you, however many years ago, that really upset you in some way – you may find that it still creates an emotional response in you now.

Such imbalances in the body's energy system can, and often do, lead to chronic states of ill health or dis-ease. A good example would be high blood pressure or essential hypertension as it is often called. In 90% of cases there is no physical explanation for raised blood pressure. Homeopathy and EFT can be very effective in treating this common condition. This is because in most cases the raised blood pressure is linked to underlying emotional states such as anger, grief or anxiety.

EFT and homeopathy work extremely well together in the treatment of many states of ill health. They both work on the dynamics behind the dis-ease i.e. the imbalance in the energy of your body. They both work by stimulating your body to re-balance and heal itself. There are no negative side-effects but patients will often report increased energy and well-being as their energy begins to flow more freely once again.

Although drug therapy can provide you with relief from your symptoms and can contain the dis-ease – such medicines cannot always heal you. This is because they are working on a chemical and not an energetic level. If the illness came about because your energy system has been knocked out of balance you will need a form of treatment that will help to re-balance that energy system if you are to heal.

Sheilagh King RSHom MHMA