



Using EFT to help with adverse cancer medication reactions.

There are a number of ways in which you can do this, working with the different aspects and allowing your body to accept the medication and work with it.

Medication is often viewed as the enemy, but an enemy we have to embrace. The language of medicine can be combative, as if the body is a battlefield and is under attack. Nothing thrives in a war zone! If instead we approach the medication from a place of communication and co-operation, it frees up our energy to focus on the job of healing, working with the medication as a team. When we accept our medication and feel positive about it the adverse reactions are considerably reduced.

In my work with cancer patients undergoing chemotherapy, where side effects can be severe, I often find that the client is seeing the treatment as an invader, something they do not want in their body, a toxin (which, in reality, it is). The more resistant they are to the drugs, the stronger the adverse reactions seem to be. I see this time and time again.

1. Work with the medication itself and the adverse reactions you are having to it, rating them on the SUDS scale of 1 - 10:

Even though X makes me feel sick

Even though I am having this reaction (be specific, if there

*are many side effects work through each one in turn,
beginning with the most intense)*

As you tap through this you may be surprised to find yourself Chasing the Pain. Be persistent, stick with it until you are at a zero.

2. Notice any emotions that arise as you tap, and work through them.

How do you feel about the medication?
How do you feel about having to take it?
Do you trust it to do its job?

Even though I am frightened of the side effects

Even though I have this medication anger

Even though I resent having to take these drugs

Even though I don't want to put this into my body

Even though I hate being ill

Even though I don't trust it

3. Look at your expectations around the medication.

What have you been told about it?
When, who by?
Have you read the instructions that come with it, what leapt out at you? What are your beliefs around it?
Do you **have** to experience side effects?

Tap through anything that comes up from these questions, using the Movie Technique to go back to the specific memories when these expectations were formed, perhaps a conversation with the doctor or nurse.

Even though he/she said that...

Even though everyone feels x with this

Even though I know I am going to feel x

Even though this always creates x

4. Visualise.

Einstein said *'Imagination is more important than knowledge'*

Close your eyes and vividly imagine the medication as something that you would welcome in your body, something positive and healing. Imagine taking it and allowing it to flow to every cell that can benefit from it.

Some visualisation examples might include:

The silver elixir of life

This white light

This healing liquid

This vibrant flow of health

This rejuvenating life force

5. Choices.

When you have a clear image or feeling of this occurring include it in your tapping protocol as a Choice.

Even though I don't want to put this into my body I choose to accept this healing liquid

Even though I am afraid of the side effects I choose to embrace this silver elixir of life

6. Finally, tap as you actually take your medication, working with a positive affirmation such as:

I choose to allow X to do what it needs to do easily

I accept X and choose to experience its healing properties

I choose for my body to accept X effortlessly

If you are in hospital, or somewhere else where you find it difficult to tap, either tap on the finger points continuously, or imagine tapping the points as you take the medication.

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