

Q & A

Emotional Freedom Technique

“It helps to separate the emotional content from the physiological.”

Q: Is the Emotional Freedom Technique (EFT) a good treatment for multiple chemical sensitivity (MCS)?

Emotional freedom technique (EFT) is a process by which a person taps specific points on their body to achieve freedom from the emotions that create problems in their life.

A well-informed colleague described it like this:

"EFT is a therapeutic tool to help people work through emotional issues. It can help you cope with health challenges in an emotionally healthier way. EFT will not cure MCS itself, or any other physical illness for that matter.

Some people meditate, pray, see therapists, read self help books, and more. Remember that just because something helps one person cope better, doesn't mean it's the right strategy for everyone.

A respected professional in the IAQ field said that "it helps to separate the emotional content from the physiological"."

Therefore, if emotional fallout from illness and disability is a concern, then EFT may be helpful. There are numerous free online downloads on EFT that provide a good starting place.

As with any type of therapy, if one is hiring a pro-

fessional to help, it is important to examine whether or not that individual is qualified to work with the issues at hand. Ask about their experience with people with MCS and get referrals.

If coping and emotional health is not an issue and a treatment or cure for MCS is being sought, EFT will not be very helpful.

It's important to remember that MCS is not an emotional disorder, therefore an emotional based therapy would not be appropriate.

There are many effective ways to treat and/or correct the physiological damage and toxic buildup caused by exposures that is characteristic of MCS. They include:

Avoidance of inciting chemicals.

Detoxification to reduce body burden and encourage proper elimination of xenobiotics (substances foreign to the body).

Supplementation to repair the biochemical pathways and nutritional deficiencies which are a result of toxic injury.

Additionally, if allergies are also present, allergy treatment through antigens, NAET, and other methods to manage the allergies will reduce overall illness and improve one's symptoms.

Being emotionally healthy always makes it easier to deal with chronic health and disability issues.

Being well informed and realistic about what different treatments, therapies, and a positive life attitude can accomplish makes sense any way we look at it.

