



How EFT Works

When you perceive a shocking threat, your brain holds the emotionally charged memory to protect you in the future. These unprocessed emotionally charged memories can remain for decades in the mind. They are stored in the deep limbic system and from there trigger the stress or “fight or flight or freeze” response when activated again.

Within the conscious and sub-conscious levels of the brain these emotionally charged thoughts and images from the past can create a disturbance in the meridian systems of acupuncture. For example:

