



Family Naturopathic Care

Natural Health Care for the Family

Emotional Freedom Technique

As a naturopathic physician I am always seeking to find the root cause of a person's disease. In many cases this turns out to be an emotional event or state that never completely resolved. A well matched homeopathic remedy can resonate with this inner disturbance and promote its healing. However the research is time consuming and it may take a few tries to get a good match. Counselling is also helpful but is a long process.

I now have a new tool with which to rapidly treat these emotional states that is showing very good results. It is a method called Emotional Freedom Technique (EFT), which is a combination of counselling and traditional Chinese medicine. This very simple technique is spreading rapidly around the world as people discover its benefits.

The core principle of EFT is that all negative emotions are a disturbance of the body's energy systems. The energy system refers to the channels or meridians of energy (or chi) of Chinese medicine used in acupuncture. Instead of needles, the significant points are tapped on with the fingers inputting kinetic energy while the person focuses on the problem emotion. This seems to balance the disturbed energy patterns and bring lasting relief. This not only works well in the office but is a tool the patient can take with them to meet daily challenges.

EFT can also be beneficial in the treatment of pain by similarly focusing on the area of pain and tapping the same points.



Psychological Reversal

Have you ever wondered why addictions are so hard to overcome; depression is so hard to correct and we sometime tend to self-sabotage our own progress towards health?

The basic principles of EFT explain this as psychological reversal, or a switching of the body's polarity. It literally stops any movement towards healing. It is caused sub-consciously by negative thought patterns and can be reversed using the methods of EFT. Basically by repeating positive affirmations and tapping acupuncture points. This is a very powerful tool as most people who have long standing chronic illness are "reversed" against getting well.



Family Naturopathic Care is a seasonal newsletter published by **Dr. Janice Potter, B.Sc., N.D.**, a naturopathic physician practicing in Kelowna. To receive free copies register at www.drpotter.net

We're Moving!

After May 1st our office will be located at #230-1855 Kirschner Road in Kelowna. The new phone number will be **762-5100**. We will be located above the Kelowna Naturopathic Clinic and our patients will have access to their dispensary and testing facilities as required.