



Completely Heal Past and Current Injuries

Question: Can you help athletes heal injuries quickly?

Answer: The technique I use, Emotional Freedom Technique (EFT), will speed up the healing time of injuries significantly. This is done through a series of taps on acupuncture points on your face and hands with your own fingers (no needles involved and you do the tapping on yourself). Whenever you are injured there are three areas that need to be addressed.

The first is the trauma to the body itself. Let's say you sprain your right ankle. That trauma immediately settles into the cell receptors and will just stay there unless you signal the cell receptors to release that trauma.

The second area is all the emotions that you experience as a result of the injury. I call it the "oh damn" moment where you realize what you've done and there is a cascade of thoughts and feelings about what this means to you. For example: pain, fear, anger, frustration, fear of death, fear of re-injury, and sadness are common emotions that get stuck in the cell receptors. It's critical to tap on each of these chemicals/emotions to release them from the cell receptor sites.

Finally, whenever you are injured the body immediately forms a memory of protection to keep that part of the body safe. You begin to hold yourself in a certain way and the body begins to adapt around the injury. Once that injury heals, nothing signals the body to release the memory of protection. Your body then never returns to a state of balance but remains in that adaptive state, and the chances of you re-injuring yourself because of this are high. Through the use of EFT, it's easy to signal the cell receptors to release this memory of protection.

Question: What about old injuries?

Answer: I have discovered that old injuries never fully heal because the trauma, emotions, and memory of protection have never been released from the cell receptor sites. Most athletes who have been injured have a deep fear of re-injury and this significantly affects their performance. They end up holding back to protect their body either unconsciously or consciously. Once the old trauma, emotions, and memory of protection are removed, they report an ability to give one hundred per cent to their performance. Many have reported that aches and pains they've had for years are completely gone once we release these three areas on the cellular level.

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