

# THE EVIDENCE FOR EFT

By Dr Rangana Chodhuri

## **Positive emotions have a positive effect on our cells and internal make-up**

Evidence for energy medicine like EFT is based on ground-breaking work from Dr Candace Pert and Dr Deepak Chopra. Research has shown that when we suppress our emotions, our DNA mutates and these mutations can then lead to disease. Conversely, when we welcome and free our negative emotions, our body, mind and spirit naturally heal on its own accord. Emotional healing like EFT can help us to gain freedom from our emotions, creating a foundation for health, healing and vitality.

Dr Candace Pert, Research Professor at Georgetown University School of Medicine Washington DC, demonstrated that the mind is not confined to the brain. Instead, the mind is a "flow of information" moving between all cells, organs and systems of the body. This in turn implies the body is not separate from the mind – rather, the body *is* the mind.

Furthermore, research has shown that within the body is a class of tiny proteins called neuropeptides, which are responsible for our

emotions. These neuropeptides are found within the body and the nervous system where they regulate our mood, behaviour and our health. In other words, emotions and neuropeptides influence the body-mind and are critical to our health, vitality and well being.

A study conducted by the Heartmath Institute ([www.heartmath.org](http://www.heartmath.org)) demonstrated that when study participants evoked strong positive emotions like love and appreciation, their DNA unwound and increased in length. When these same individuals experienced strong negative emotions, their DNA became shorter. In some cases their DNA codes were terminated. Interestingly, this process was reversed when the individuals switched back to experiencing strong positive emotions. This shows that as our emotions change, so does our DNA.

Dr Bruce Lipton, author of “the Biology of Belief” expounded on this concept of changing our DNA with our emotions. In his book he described the process by which we can change our DNA and hence cells. In conclusion, by changing our beliefs, we can change our genetic make-up and live the life we want.

### **Energy treatment VS CBT**

Dr Feinstein conducted a study over a 5.5 year period with 500 patients with anxiety disorders

([www.energypsychologyinteractive.com](http://www.energypsychologyinteractive.com)). The study compared an energy treatment that used acupressure points with cognitive behaviour therapy (CBT). After the study, Dr Feinstein's team concluded that the acupressure point treatment was more effective than CBT in improving the patients' condition as well as demonstrating remission of symptoms.

### **Use of EFT on phobias**

Steve Wells published a controlled study in 2003 in the Journal of Clinical Psychology on the use of EFT on phobias. The study participants had been clinically diagnosed as having phobias to small animals such as bats, spiders, rats and snakes. The participants received one 30 minute explanation of EFT and one session. After the session, all subjects experienced a dramatic drop in fear which was measured by questionnaires, pulse rate and walking toward the animal they feared. The study also found that after 6 months the subjects had a much lower phobia reaction to the animal they feared.

### **Conclusion**

There is a body of evidence for energy medicine and its positive effects on people, cells and DNA. Science aside, the best way to convince people about the benefits of energy medicine is to

give them a direct experience. As I came from a scientific background, I was very sceptical of energy medicine. I only “converted” when I experienced my own transformation. So try it out for yourself and as Gary says “try it on everything”!

## **References**

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## **About the writer**

Dr Rangana Choudhuri has a PhD from Oxford University in Biochemistry & Molecular Biology and has worked in the Medical field in commercial roles for over 12 years. She can be contacted at [rdchoudhuri@gmail.com](mailto:rdchoudhuri@gmail.com). For more information about Rangana, visit her websites: [www.deeperlifecoaching.com](http://www.deeperlifecoaching.com) and [www.vitality-leadership.com](http://www.vitality-leadership.com)