



Jane McDermott,
33, used **Emotional Freedom
Techniques** to relieve painful
rheumatoid arthritis.

I became curious about Emotional Freedom Techniques (EFT) after reading a blog. During a sleepless night suffering an intense flare-up of arthritis, I tried it out while watching an online video. It relieved the pain enough so that I could sleep. A few days later I came across a business card for Sydney EFT therapist Alison Monaghan. It felt like a sign so I called and explained that I'd been mostly bedridden for a month, unable to work, and that I was physically and emotionally depleted.

My first session with Alison involved EFT to work through my emotions. Alison started tapping her fingers on her meridian points and I copied. Next, she guided me back to childhood memories and examined belief systems I'd set up. Through tapping and visualisation, my adult self talked to my childhood self and we set up new beliefs. I now use my tapping sequences at home.

I get great emotional and physical relief through working with Alison. After an EFT session, I feel lighter, pain-free and more aware of myself. When I first saw Alison my pain was above



10. I've now been in remission for 10 months. In my last tests my blood markers for autoimmunity were down by 60 per cent.

Rheumatoid arthritis can be debilitating and I've no illusions about miracle cures. I've made drastic changes in my life in addition to EFT, including nutritional changes. Alison's

work has helped me lose the baggage and enjoy life from a clean canvas. For others suffering from rheumatoid arthritis I suggest working through the physical and emotional triggers for your condition. Don't listen to doctors who say there's no cure. There's a way to heal and live with this condition – I'm proof.

WHAT THE EXPERT SAYS...

Alison Monaghan, EFT practitioner

"Some types of pain are caused or increased by past emotional trauma. I worked with Jane over five weeks, gently guiding her back to past traumas to clear emotions stored in the body and introduce new positive emotions. Emotional Freedom Techniques, known as tapping, work with the energy system of the body and mind, much like an electrical circuit. We isolate an issue, like pain, while gently tapping on meridian points. This releases blocks and improves energy flow, creating a good environment for healing."