

# What Really Causes Disease? Experts Blame Stored Emotions and Recommend New Acupressure Technique

Medical experts agree that no one knows what causes rheumatoid arthritis, other autoimmune disorders, or chronic pain. They say there is no known cure or way to prevent cancer, Parkinson's disease, ulcerative colitis, multiple sclerosis, osteoarthritis, or dozens of other illnesses. Modern medicine doesn't attempt to cure these conditions. Instead, it manages them for as long as possible with symptom-suppressing procedures and drugs.

But a growing number of physicians, medical experts, and health care practitioners believe they know how these illnesses begin and progress. It's not all in your head, they say – but it is in the muscles and organs that store past traumas. Releasing stored traumas releases the illness's underlying cause and helps the body heal from the inside out. The method they use is EFT (Emotional Freedom Techniques), a do-it-yourself acupressure technique described in a free manual from the [Breast Cancer Recovery Coach website](http://www.emofree.com/downloadeftmanual.asp?ref=prw-diseasecj). <http://www.emofree.com/downloadeftmanual.asp?ref=prw-diseasecj>

Los Angeles physician Eric Robins, MD, explains, “Stress and negative emotions are often stored in the body's smooth muscles, which function automatically, without our conscious control. Stress stored in smooth muscles of blood vessels going to the head might produce a migraine headache, while stress stored in smooth muscles of air passages of the lungs can produce asthma, and stress stored in smooth muscles of the digestive tract can produce Irritable Bowel Syndrome. Stored emotions also affect our immune systems.”

Dr. Robins teaches his patients how to tap on key EFT acupressure points while focusing on past traumas or stress, and in most cases, he says, symptoms of chronic diseases improve significantly.

Dr. Talia Miller, the Cancer Recovery Coach, has been successfully using EFT on the phone, with her cancer recovery clients for 5 years. Tapping away the overwhelming aspects of emotions such as anger, fear, resentment, worry, confusion, sadness, grief, and *chemo brain* helps her clients heal more quickly and prevent recurrence. She also uses EFT on the phone to eliminate pain and discomforts. Another use of EFT as a healing modality is to change beliefs that are in the way of complete healing. Old beliefs about being powerless, having low self-esteem, undesirable relationships, and communication difficulties are replaced by reframes which the body-mind accepts as new beliefs and values- all designed to enhance and support immune system functioning and heal cancer while helping to prevent recurrence..

North Carolina radiologist Larry Burk, MD, is another EFT practitioner. “It is instructive to note that many ailments which seem to have an underlying anatomical cause may also have a deeper emotional root,” he says. “There are many scientific studies indicating that a surprising number of people with no symptoms whatsoever have dramatic abnormalities on MRI scans obtained on a volunteer basis for research purposes. Equally puzzling, many patients with severe debilitating pain from conditions such as fibromyalgia have no abnormalities. These findings support the concept that deep emotional issues are at the root of the illness. As soon as you address these emotional issues with EFT, the physical condition improves.”

Gary Craig, the Stanford-trained engineer who developed EFT, has collected thousands of reports documenting its health benefits from practitioners around the world. “We make no specific medical claims for EFT,” he explains, “but we agree with medical experts who say that by relieving past traumas and improving the body’s flow of energy, EFT can help most patients improve their health.”

EFT is a new procedure, but already over 300,000 – including thousands of health care practitioners – have downloaded its free manual from [Breast Cancer Recovery Coach website](#). and an additional 10,000 download it every month. The manual is available in nine languages.

If you are challenged with diagnosis, treatment decisions, overwhelm, fear, anger, confusion, etc., contact Dr. Talia Miller, the Breast Cancer Recovery Coach to schedule your complimentary phone coaching session. Create abundant health; fulfilling, conscious, relationships; spiritual transformation. Chronic illness issues resolved powerfully and effectively from the privacy of your home. Eliminate all obstacles to total wellness. Heal your body, mind and spirit.

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Dr. Talia Miller is a certified hypnotherapist and award-winning educator with over thirty-five years professional experience. A Holistic Wellness Coach, speaker, published author and trainer, her inspiring and empowering workshops, seminars and phone coaching, have helped numerous clients to heal and thrive.

She can be reached through her website at [www.BreastCancerCoach.com](http://www.BreastCancerCoach.com) by email , [T@BreastCancerCoach.com](mailto:T@BreastCancerCoach.com) or by phone at 530-271-0747 in California

She specializes in coaching women breast cancer survivors, by phone, who are ready to embrace and celebrate life, so they no longer worry about recurring cancer. Utilizing her on-going research and skill in alternative and complementary healing techniques such as EFT, she is able to offer a great deal of knowledge and support regarding physical, mental, emotional and spiritual healing.

She empowers survivors to become thrivers!