



The Science of EFT

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Your DNA is Not Your Destiny

- The old view was that genes determined not just physical characteristics, but many aspects of health and longevity.
- Today, we are realizing that the genome is a set of potentials, and our choices influence which of those potentials get expressed.





Identical Genes, Different Health Span



92 year old identical twins. Exactly the same genome.
Completely different health outcomes.





New York Times

Josephine Tesauro never thought she would live so long. At 92, she is straight backed, firm jawed and vibrantly healthy, living alone in an immaculate brick ranch house high on a hill near McKeesport, a Pittsburgh suburb. She works part time in a hospital gift shop and drives her 1995 white Oldsmobile Cutlass Ciera to meetings of her four bridge groups, to church and to the grocery store.

Mrs. Tesauro does, however, have a living sister, an identical twin. But she and her twin are not so identical anymore. Her sister is incontinent, she has had a hip replacement, and she has a degenerative disorder that destroyed most of her vision. She also has dementia. 'She just does not comprehend,' Mrs. Tesauro says.

Even researchers who study aging are fascinated by such stories. How could it be that two people with the same genes, growing up in the same family, living all their lives in the same place, could age so differently?





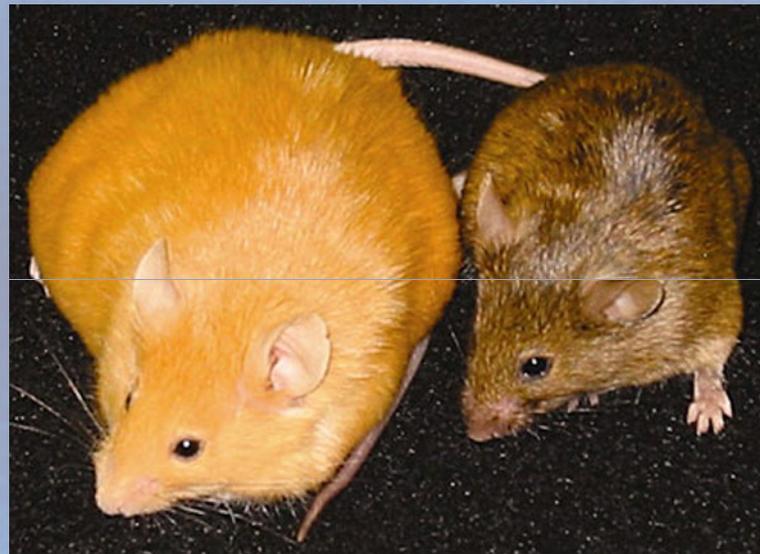
How Indeed?

- James Vaupel, Director, Longevity lab at Max Planck Institute, “Identical twins die, on average, more than ten years apart.”
- Genome of twins cannot be distinguished apart at 3 years old, but is very different by 50.
- Cataloging the human genome was like cataloging the instruments of a 24,000 member orchestra. It tells us nothing about how they work, how they interact, or the sound of the music they play.
- Answers from Randy Jirtle’s mice.





Answers from Epigenetics



These mice are genetically identical. But the one on the left is obese, has half the life expectancy, and a much higher incidence of cancer and diabetes. Despite the same genes! In the yellow mouse, a single gene, the Agouti gene, has been suppressed.





From Epi to Energy

- Put epigenetics on hold for a moment, and do a quick Cook's Tour of electromagnetic energy in healing.
- Then show the epigenetic characteristics of energy healing, how quick it is, its mechanisms of action, and which therapies spark these changes.





Science Behind Today's Presentation

Over 200 Studies Reviewed

Comprehensive Review of:

- Medical Records of Miraculous Cures
- Healing Modalities that Employ Consciousness
- Humans are Energy Beings FIRST
- Therapies that employ intention and consciousness

"Future generations, looking back, will regard conventional medicine during the twentieth century as being as limited as five-finger arithmetic. A new medicine is arising—one which embraces spirituality and consciousness as emphatically as conventional medicine has dismissed them. For a look at this medicine of the future, *Soul Medicine* is invaluable."

—Larry Dossey, M.D.

Author of The Extraordinary Healing Power of Ordinary Things

SOUL MEDICINE

AWAKENING YOUR
INNER BLUEPRINT *for*
ABUNDANT HEALTH
and ENERGY

NORMAN SHEALY, M.D., PH.D.
& DAWSON CHURCH, PH.D.

Foreword by
CAROLINE MYSS, PH.D.

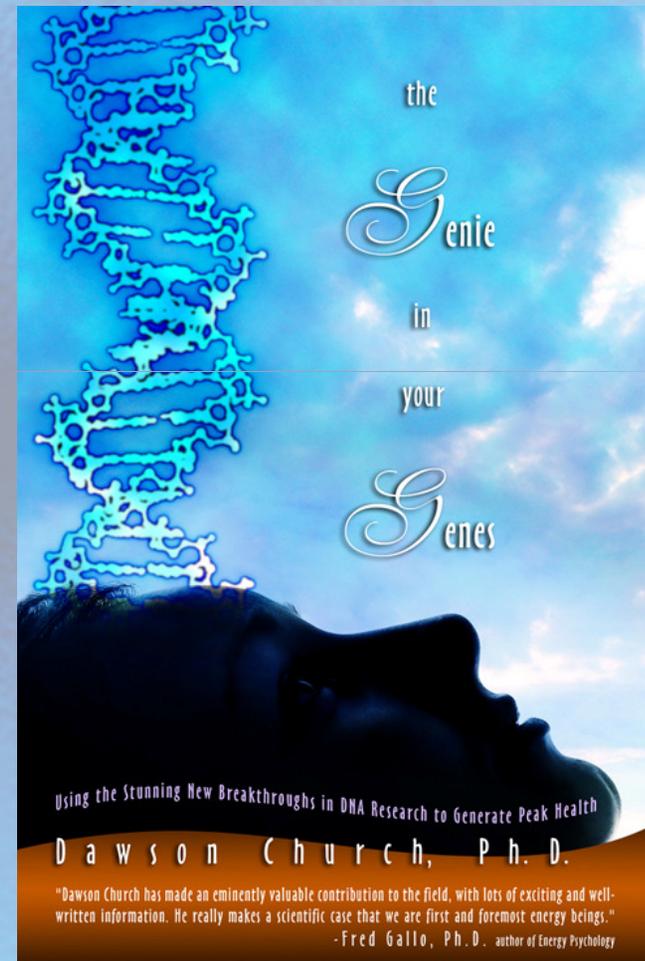


The Genie in Your Genes

Epigenetic Medicine

- How Genes Express
- Epigenetic Mechanisms
- Energy Signaling Mechanisms
- Principles for Epigenetic Medicine

Over 300 studies reviewed





Exercise 1

- Enlightenment Breathing
- Over energy

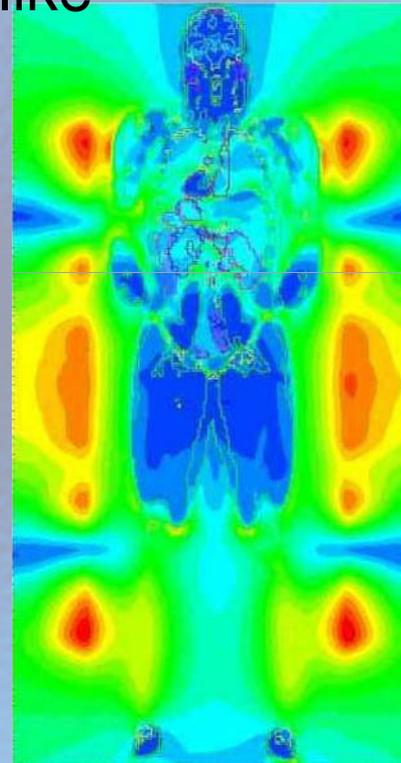




Electromagnetic Signaling

This is what *your* energy body looks like

- Electrical and magnetic fields influence cells epigenetically.
- Each cell, organ & system has a field.
- Cells use electromagnetic signals to communicate.
- Emotional traumas are stored in the tissues.
- Diseased organs and tissues have a different charge to healthy ones. Electromagnetic signature is an indicator of potential health-span.
- Energy therapies focus on healing at the level of the electromagnetic field.



University of Nottingham
Helicolar fMRI Image





Your Heart's Field

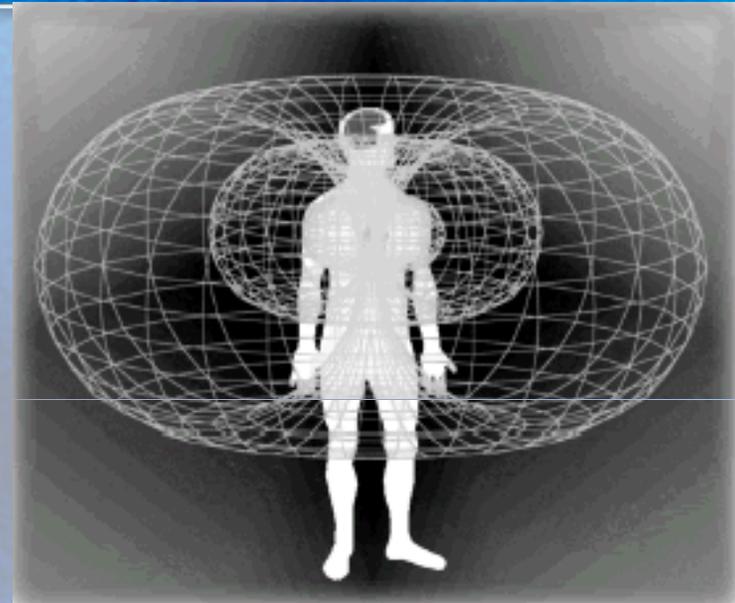
Our heart has the strongest electromagnetic field of any organ of our body.

It extends about 15 feet out. It is shaped like a torus. Other people within range are affected by the field, the way that iron filings are affected between two magnets.

Willem Einthoven won the Nobel Prize in 1924 for discovering it.

More sensitive instruments allowed the brain's field, and the fields of other organs, to be mapped from the 1920s

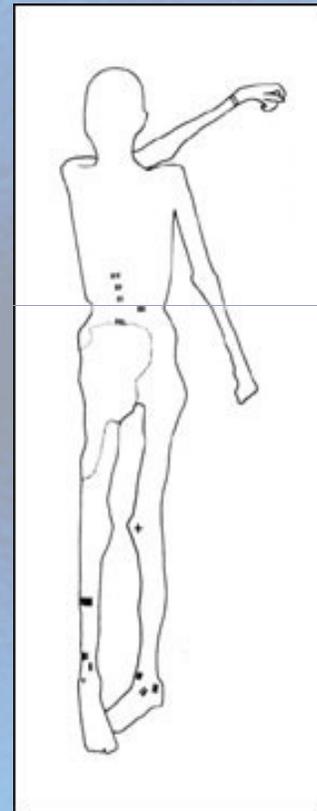
on.



Ancient Energy Portraits



China
2200 years ago

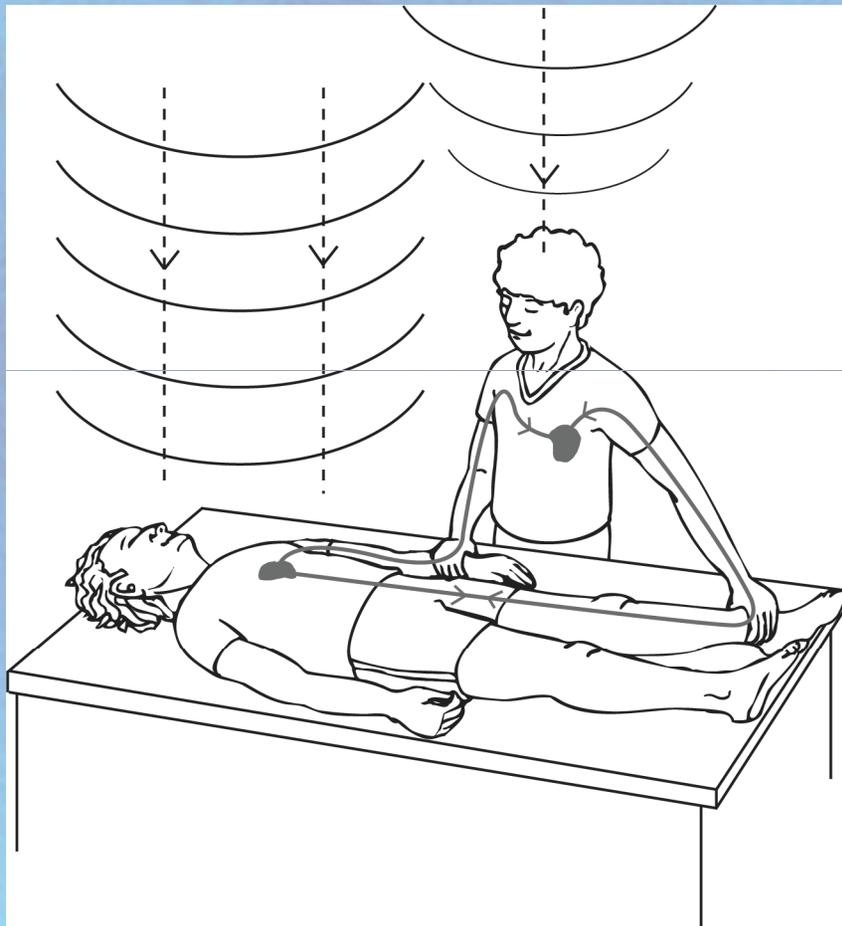


Europe
5300 years ago





Your Energy System Interacts



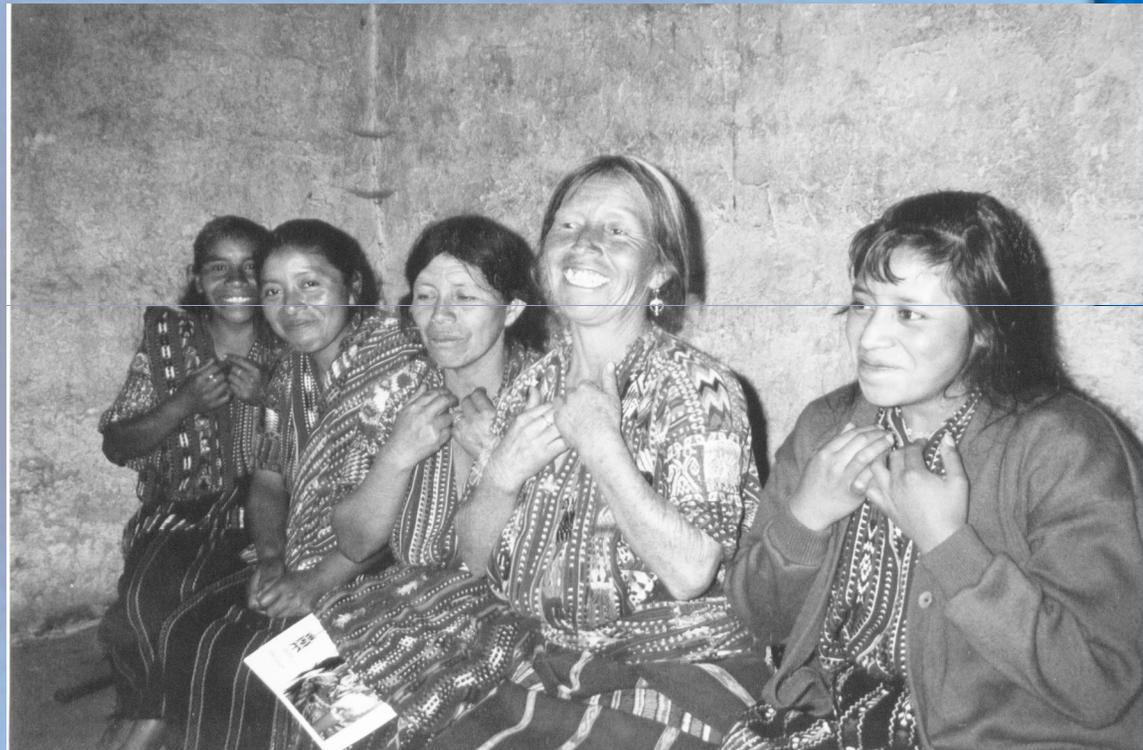
Your energy system interacts with that of a patient, and with the other fields around you





Why Use Energy in Healing ?

- 4.1 Speed. Energy Med (EM) can resolve symptoms in much less time than conventional medicine expects.
- 4.2 Effectiveness. EM can resolve problems that have been intractable to other methods.
- 4.3 Low Knowledge Threshold. People don't need a diploma to figure out how to use EM



Mayan women in the village of Solola, Guatemala, tapping the 27th point on the Kidney meridian, often used to release stress



Energy Medicine

- 4.4 Portable. Can be done on the spot during crises, rather than waiting for a trip to the doctor or psychotherapist.
- 4.5 Long Reach. EM can reach diverse populations. Some that can't be reached with other therapies, or for whom the client-therapist model is inappropriate.
- 4.6 Low Tech. EP and EM don't require hospitals, a developed medical system, drugs, or invasive surgery.
- 4.7 Systemic. Drug approach seeks great specificity, drug research looks for a specific molecule that targets another molecule. EM can affect whole body systems.
- 4.8 High Touch. Using hands and human bodies, EM and EP provide a hands-on experience of healing, rather than artifacts.
- 4.9 Self-Care. Gives individuals tools they can use for their own wellbeing.
- 4.10 Personal Power. Shifts the center of power over wellness away from an impersonal system and toward the affected individual.
- 4.11 Raises Baseline Health. EM and EP have the potential to resolve so many issues so quickly that an individual's baseline health expectation is re-set to a higher level.
- 4.12 Ancient Roots. It gives us a fresh connection with some of the earliest forms of healing, over five thousand years old.
- 4.13. Epigenetic Medicine methods, working on energy fields, allow us to influence genetic expression that the old model considered beyond conscious control.





Energy is Epigenetic

Conditions show up in the electromagnetic field before they show up in the body.

- Harold Saxton Burr, Harvard, 1930s
- Robert Becker, Bone Healing studies 1980s

Therapies that affect the electromagnetic field may be hi-tech....

- Devices, Pulsed Electromagnetic Field (PEMS) therapy for depression
- Transcutaneous Electrodermal Neurological Stimulation (TENS) machines, affect pain, and also the production of DHEA

... Or hi-touch

- Faith healing, therapeutic touch, energy medicine, Energy Psychology, shamanism, belief, placebo, visualization, massage, prayer, altruism

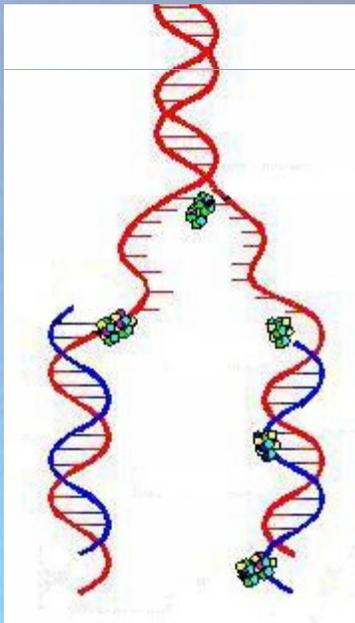
Both affect the formation of proteins in our cells



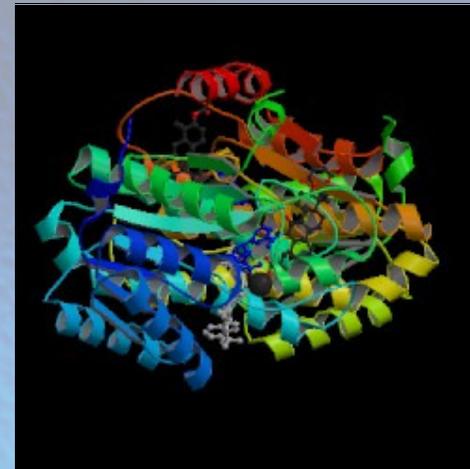
DNA > RNA > Protein

The Central Dogma of Molecular Biology

RNA (Blue) makes temporary copies of
DNA (red)
And each strand of DNA (Gene) has
Instructions to build a specific protein



>





Protein Formation

DNA = blueprint for building protein

- Information required to construct protein

RNA = working drawings at site

- Temporary working copy

Protein = both structure and function

- The building's structure (beams and walls) plus function (repair, temperature regulation, energy generation)

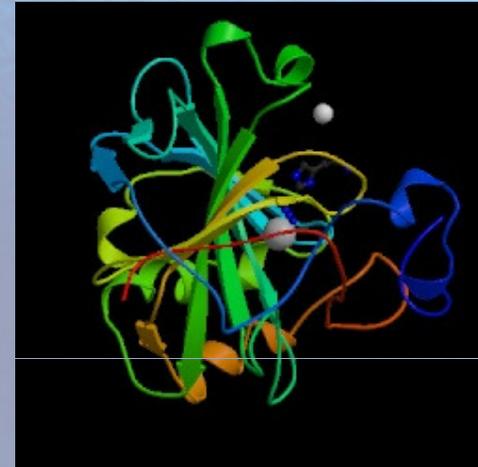




Fun With Proteins 1

Protein Molecule 1:

- Histamine
- Heart Rate Increase



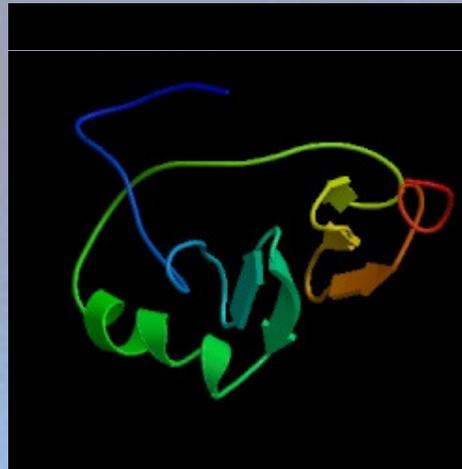
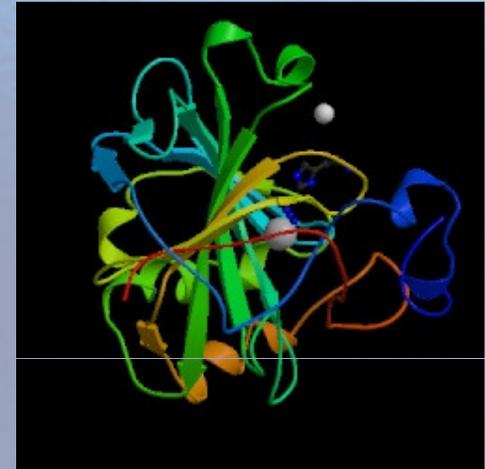


Fun With Proteins 2

Protein Molecule

1:

- Histamine
- Heart Rate Increase



Protein Molecule

2:

- Growth Hormone
- Cell Repair

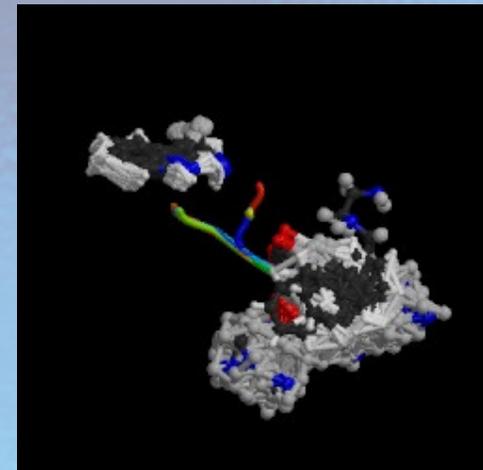
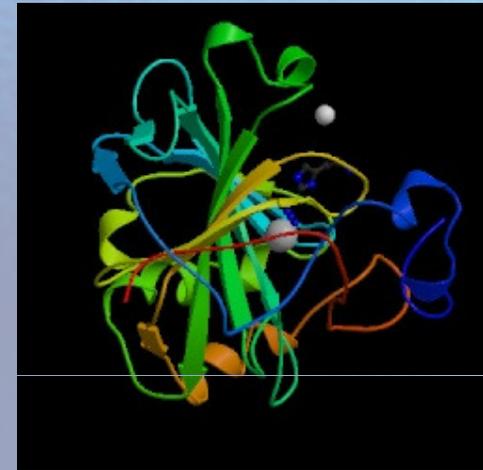
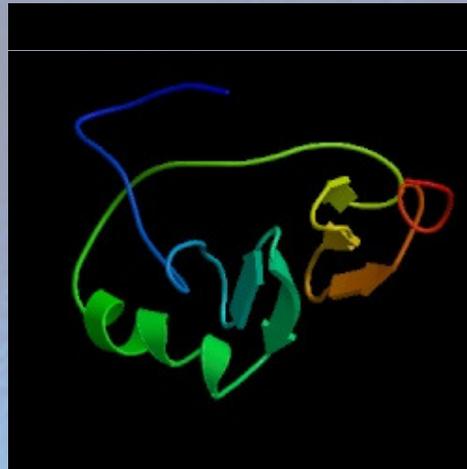
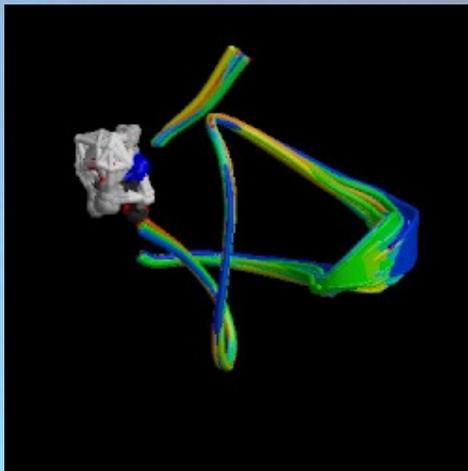




Fun With Proteins 3

Protein Molecules:

- Histamine (Top)
- Growth Hormone (Below)
- Beta Blocker (Left)
- Neuropeptide (Right)





Protein Formation

About 100,000 proteins
Coded by the blueprint in genes
Regulate virtually all the processes of life

- Information transfer between cells
- Structure of cells
- Metabolism
- Energy production

Greek “protas” — of primary importance





Biological Adaptations

- Adaptive changes in an organism help it cope better with the environment. Evolutionary biology.
- The process of gene mutation over many generations, thousands of years.
- Random mutations are either adaptive or maladaptive. Sandpiper beaks. Diatoms.
- Adaptation to the environment is what counts.
- Humans have adapted quickly, a successful species. But when you reach the limits of the environment to sustain the species, you're in trouble.
- An adaptive mutation might become maladaptive. Sugar and fat

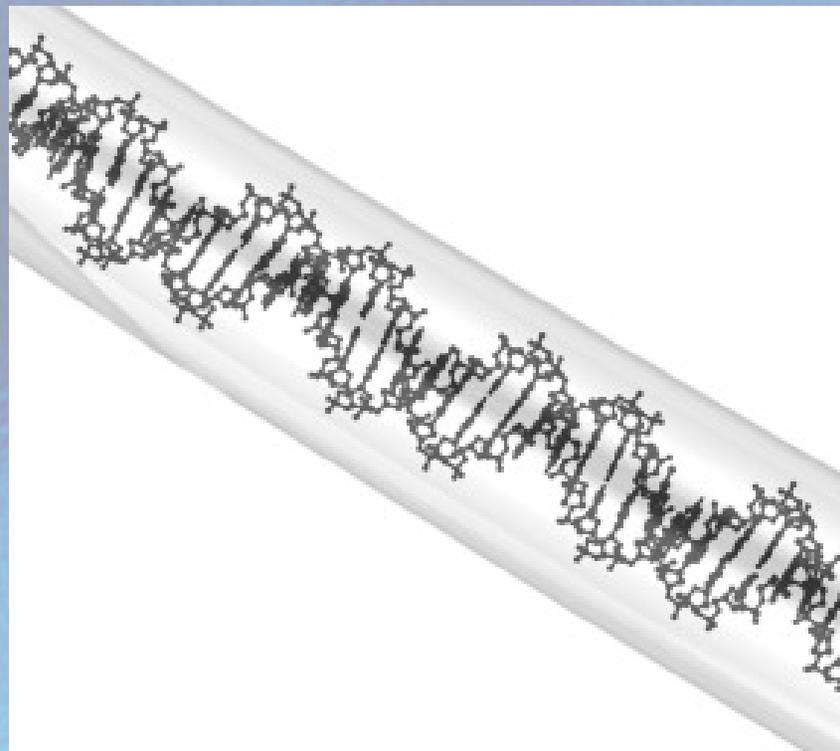




When We Say a Gene *Expresses*...

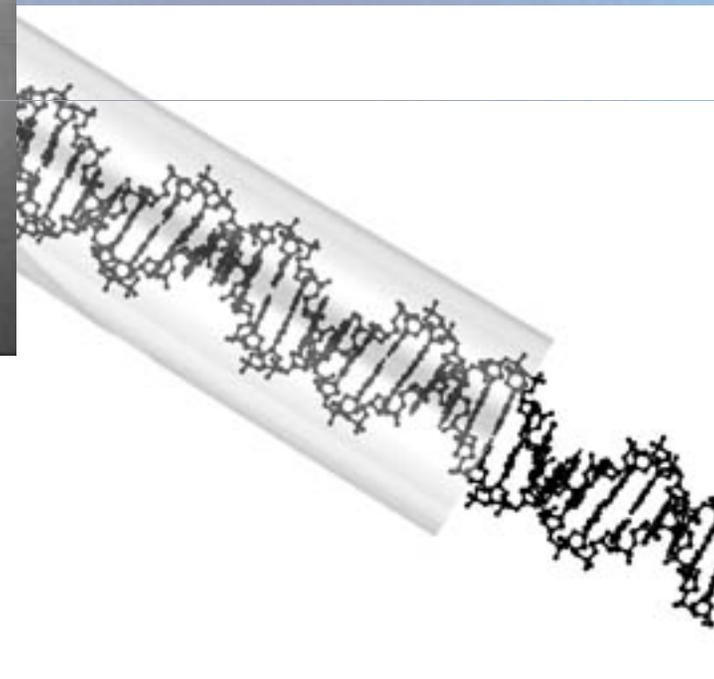
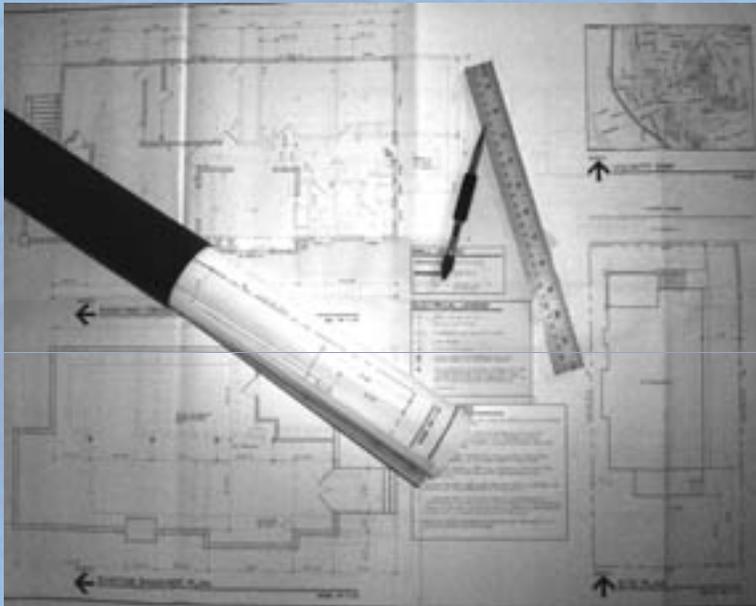
DNA is wrapped in a sleeve

- Gene cannot be “read” or *expressed* while encased in protein sleeve.





The Tube Must Unwrap



DNA Unwraps for

- blueprint to be “read” and a protein constructed.



Unwrapping Requires a Signal...

The signal comes from outside the cell

- *Epi* = above the gene
- *Epigenetic* = genetic expression triggered from outside
- Signal comes from the environment
- Environment *inside* the body
- Environment *outside* the body
- Epigenetic stimuli trigger gene expression

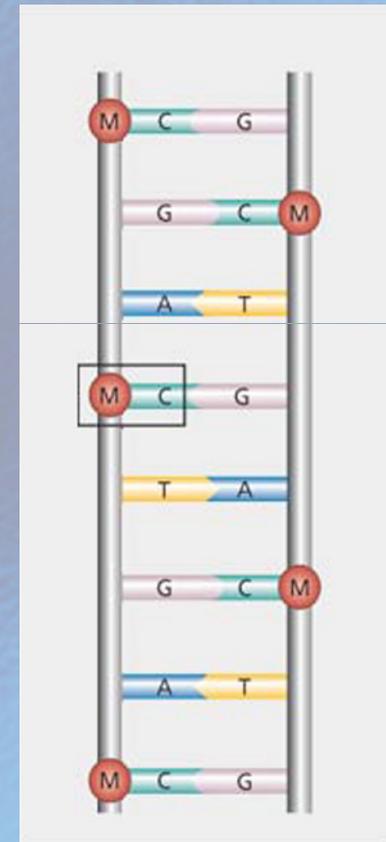
Evolution has given us excellent mechanisms for translating *external environmental* signals (objective threats) into *internal environmental* signals (cellular communication via genes, hormones & electromagnetic flux)





Methylation, Acetylation & Other Mechanisms

Expression of genes can be inhibited by the adhesion or absence of other molecules on the DNA and/or protein sheath.





Methylation of Agouti Gene

- Mice in which Agouti gene is expressed
- Have yellow coats
- Higher incidence of cancer & diabetes
- Die early
- All these are *epigenetically inhibited* by suppression of a *single gene*, the Agouti gene by methylation (mouse on right)





Nurturing Affects Stress Genes

- A gene in the portion of the brain known as the hippocampus dampens our response to stress
- Greater degree of expression of this gene in nurtured rats (Acetylation)
- Expression facilitated by acetyls on protein sheath (Moshe Szyf)
- Inhibited by methyls (Randy Jirtle)





It's Not Just Rats & Mice!

- Brains of schizophrenics show methylation/acetylation of their stress-dampening genes.
- Delinquent teenagers also show reduced expression of genes that inhibit stress
- Kaiser's massive ACE study (Adverse Childhood Experiences, 17,400 subjects) showed that *50 years later*, people not nurtured as children had a higher incidence of
 - Hypertension
 - Heart Disease
 - Cancer
 - Bone Fractures
 - Smoking
 - Diabetes
 - Suicide
 - Drug Use





Signal can be Actual Event

Nurturing





Objective Stress



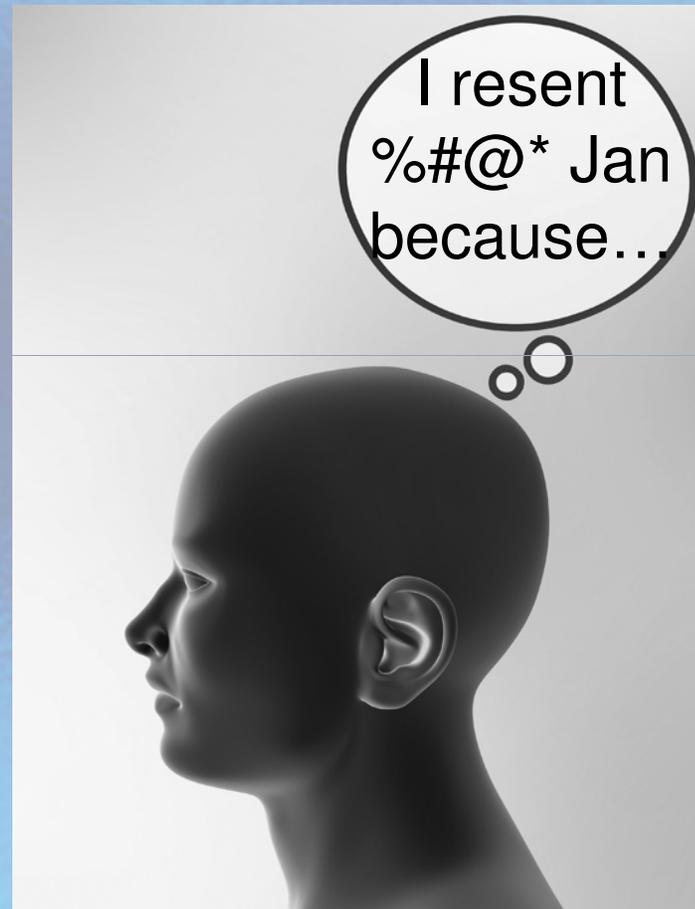
Objective Threats
Faced by Your
Ancestors





Or a Subjective Perception

Our body converts
either to a molecular
signal





Translate to Cellular Environment

Evolution required us to make VERY quick changes in our bodies to react to threats

Two seconds or less

Triggers a cascade of rapid physiological changes

External environmental cues change interior environment of body

Such responses were adaptive for our ancestors, allowing them to survive





Immediate Early Genes (IEGs)

Speed at which protein sleeve comes off and genes express varies from gene to gene.

IEGs, as little as one second to peak expression

Intermediate Genes: roughly 2 hours

Late Genes: up to 8 hours

We have about 100 IEGs

Main function is to regulate the expression of other genes, including the immune system



What Fight or Flight Looks Like 1

Health

Tracking Fear in The BRAIN ...

When threatened, the brain shoots first and asks questions later. Fear kicks in at the first signs of danger, then a complex system analyzes the real risk.

THALAMUS: Routes information from the eyes and ears to other parts of the brain for processing.

FIRST RESPONSE: The senses pick up a threatening sensation, like a loud noise, and send it directly from the thalamus to the amygdala, which initiates the body's fight-or-flight response.

SENSORY CORTEX: Separates threats from false alarms. Was that loud noise a gunshot or just a car backfiring?

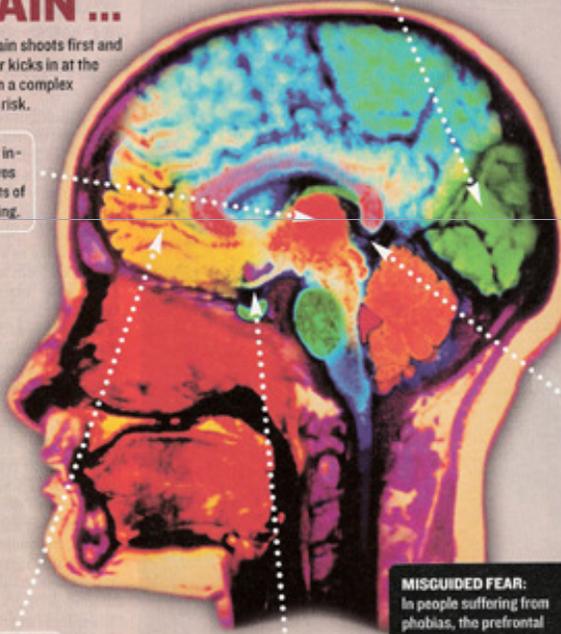
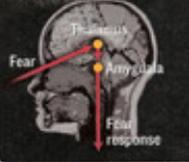
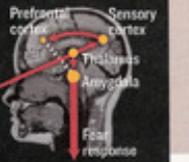
HIGHER REASONING: Information also gets sent to the sensory cortex, which gives a more careful appraisal of the threat. If the loud noise turns out to be harmless, the prefrontal cortex will dampen the amygdala's fear reaction, calming the body.

AMYGDALA: The brain's rapid-response system. Sends the body into high alert if triggered.

PREFRONTAL CORTEX: Reins in the amygdala if an initial threat is deemed insignificant.

HIPPOCAMPUS: Helps evaluate threats by placing them in context of previous experiences. A frightening noise heard in a place you consider safe is less likely to scare you.

MISGUIDED FEAR: In people suffering from phobias, the prefrontal cortex may lose its ability to control the amygdala, allowing it to act unheeded and arouse fear in non-threatening situations.

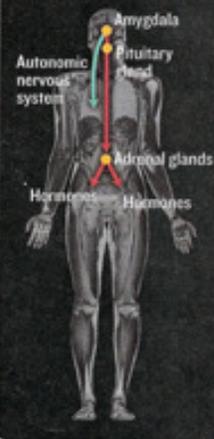





What Fight or Flight Looks Like 2

... And Through The **BODY**

Fear sends the body into a hypervigilant state by honing the senses and allocating energy for quickened responses. A look at how defenses are mobilized.

SIGNALING THE BODY:
The amygdala prompts the autonomic nervous system to increase heart rate and breathing. It also tells the adrenal glands to release hormones such as cortisol, which increase energy.



BREATHING
quickness to take in more oxygen

PERSPIRATION
increases to regulate body temperature

STOMACH
vessels constrict to force blood elsewhere

ARMS AND LEGS
receive extra blood for energy

HEART
beats faster

LIVER
releases sugar into blood for added energy

BLOOD PRESSURE
rises

LONG-TERM EFFECTS:
While well adapted for passing threats, fight-or-flight reactions can wear the body down after years of responding to constant stresses. Some symptoms:



CHRONIC ANXIETY: Unlike fear, anxiety is not aroused by predictable threats. It also arises from a different part of the brain.



FEAR:

- Short-term
- Involves specific phobias
- Activated by central nucleus of amygdala

ANXIETY:

- Long-term
- Generalized
- Activated by the basal nucleus of striatum

—JOSH ULICK

SOURCES: MICHAEL DAVIS, M.D., DORIS UNIVERSITY; JOSEPH LEDOUX, PH.D., NEW YORK UNIVERSITY; STEPHEN WAXER, PH.D., UNIVERSITY OF MICHIGAN; GRAPHIC BY BONNIE SCHWARTZ





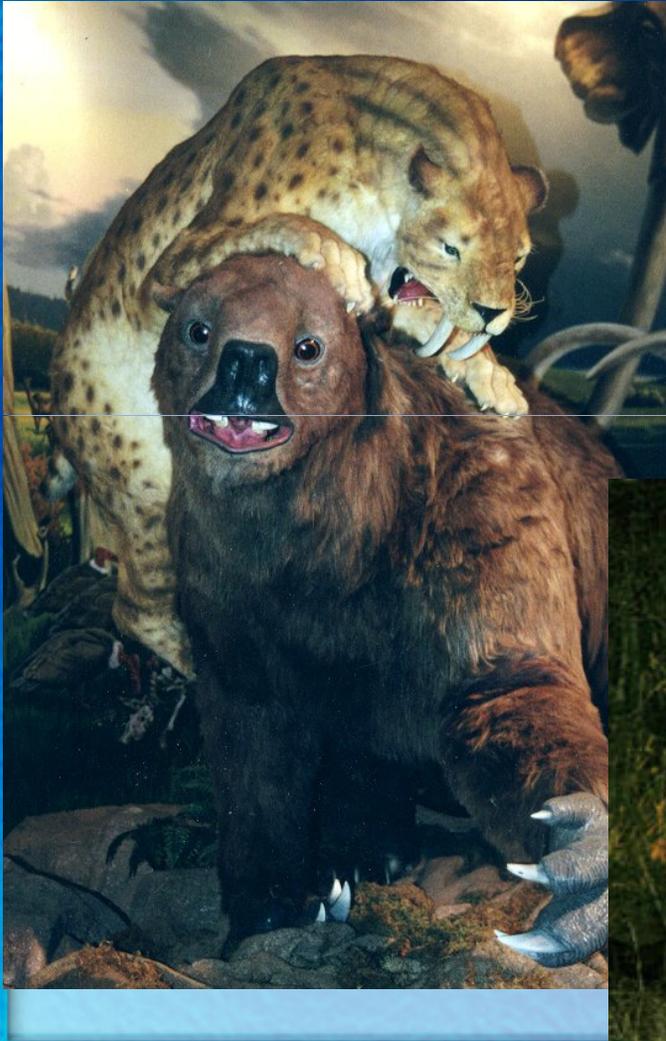
Massive Shift in Resources

- Away from non essential systems (digestion, reproduction, immunity, cell regeneration, memory)
- To essential FF systems (increased heart rate & blood pressure, increased respiration, peripheral muscles, sweating, release of glucose by liver into bloodstream)
- Highly adaptive for responding to immediate short term objective threats like being chased by a predator





What Happens to Slow FF DNA?



W



It's Weeded from the Gene Pool



The fact that you're here means your ancestors had
fast acting Immediate Early Genes.

Without a Paddle

You're the result of 4 million years of selective
breeding

Then = Threat assessment

Now = Worry





Exercise 2

- What stands between you and your greatness? What tragic stories do you tell yourself about yourself that hold you back? What do you worry about that keeps you from what you want?

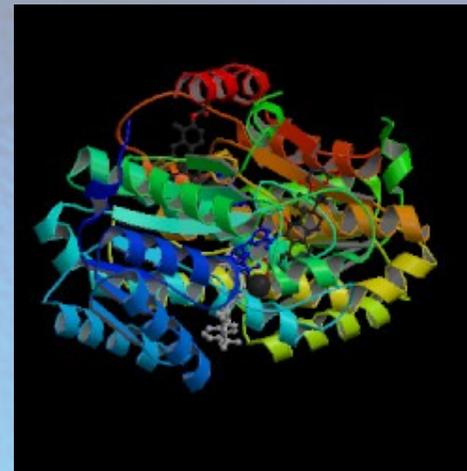




Hormone Synthesis/Reuptake

Your body is very efficient

- Adrenal glands, cortisol, DHEA, adrenaline
- DHEA is the most ubiquitous hormone in the body, used for cell repair, anti-aging
- DHEA deficiency is present in virtually every major illness
- Breaks down DHEA (left) to make Cortisol (right), vice versa, in a few minutes

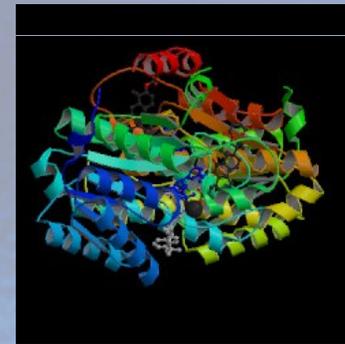
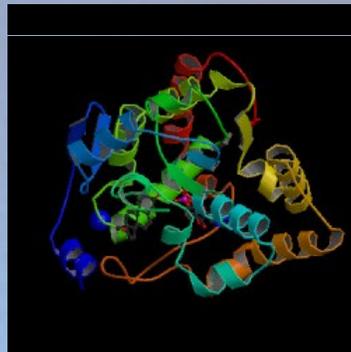




Cell Repair or Breakdown

Your body is very efficient, synthesizing and breaking down billions of protein molecules every second.

- Either you're stressing, in fight or flight, engaging those 100 IEGs to signal body to make cortisol, OR
- You're using one of those epigenetic stress reduction techniques like EP or visualization to signal your IEGs to break down cortisol and make DHEA for cell repair.





DHEA - Cortisol Homeostasis

Cortisol

DHEA



Our body is constantly shifting the usage of resources in one direction or another, depending on the signals being received





Hitting the Panic Button Daily

- While this hair-trigger stress response was highly adaptive for your ancestors, allowing them to survive objective external threats, it's
- Highly maladaptive for you and the people you treat. When's the last time you were chased by a tiger?
- So this FF mechanism is now stimulated daily by thoughts and memories. What does your cat do when it's chased by a big dog? What do you do?
- FF is not adaptive when it's triggered by a stream of subjective emotions and thoughts, worry, anxiety, traumatic memories.





Long Term Effects of Stress

Chronic Cortisol Elevation Contributes To:

- High blood pressure
- Reduced memory & learning
- High blood sugar
- Heart disease
- Diminished cell repair
- Accelerated aging
- Slower wound healing
- Reduced bone repair
- Decreased circulating immune cells
- Diminished immune antibodies
- Death of brain cells
- Reduced muscle mass
- Decreased skin cell repair
- Increased fat deposits around waist/hips
- Osteoporosis





Health-Span and Epigenetics

- Bottom line: The body wears out more quickly if resources are continually diverted to stress.
- Health-span is the part of our life span spent in health.
- If we release our stresses many times a day, we lower cortisol, and all the aging effects it indicates.





Wound Healing Studies

Kiecolt-Glaser Studies

- Spouses had neutral discussion, suction blisters
- Later, disagreement, three cytokines that mediate wound healing
- Up to 40% immune suppression
- Could make life-or-death difference



Meta-analysis of wound healing studies showed similar effects





Beliefs Affect Cells Dramatically

Annals of Behavioral Medicine, G. Ironson

- HIV patient's **belief** in a loving God was the most important indicator of disease progression (viral load and T Cell count).
- Those HIV patients who believed that God was punishing them, lost T cells "three times faster than those who believed God loved them." (Ironson)

Beliefs Provide an Epigenetic Signal

- NIMH est: 25% of adults have depression at some point; 13% have an anxiety disorder. ACE study, physical diseases correlate with unresolved emotional trauma.





Psych States are Epigenetic

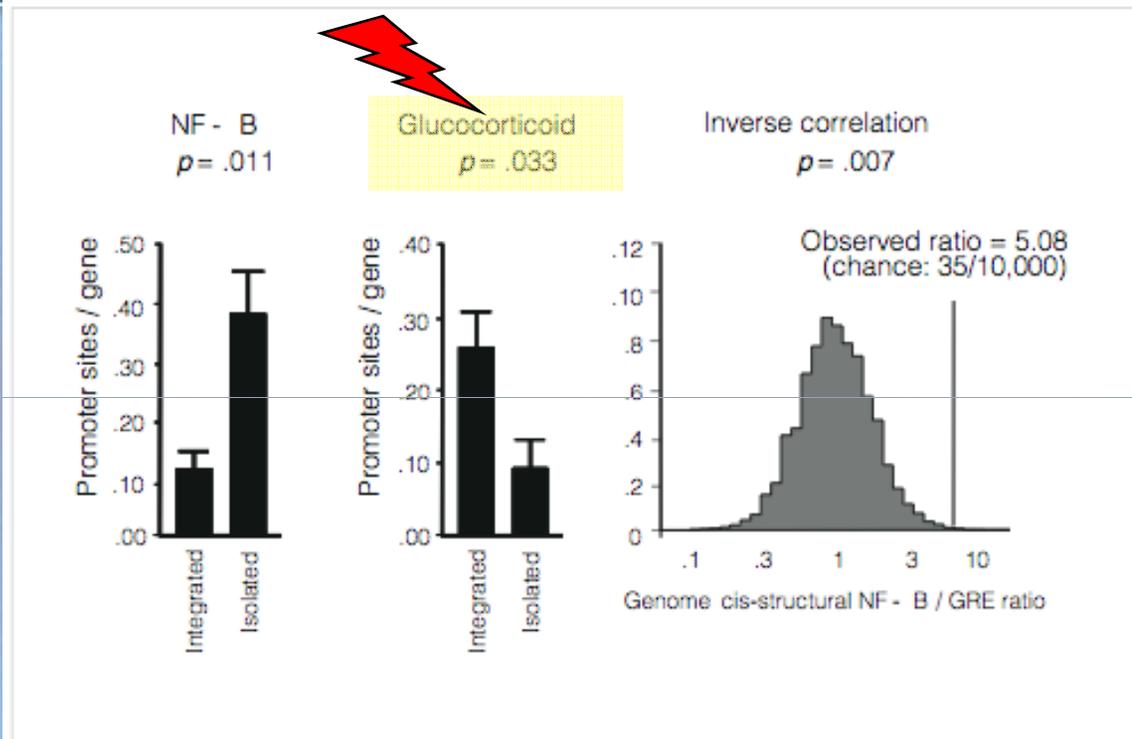


Figure 2
Transcriptional activity of GR and NF-κB signaling pathways. TELIS bioinformatics analysis assessed trans-activational activity based on the relative prevalence of GR and NF-κB response elements in the promoters of all 209 transcripts over-expressed in high- versus low-lonely individuals (data represent mean ± standard error prevalence of response elements within promoters from each group). Contributions of in-trans regulatory influences to the observed inverse skew of NF-κB and GR response elements within differentially expressing promoters was tested by comparison to a null distribution of genome-wide DNA cis-structural associations generated by 10,000 random samples of 209 transcripts assayed by Affymetrix U133A arrays.

Cole study, depressed & lonely patients, 209 genes differentially expressed, including those that code for cortisol. Cortisol is a marker for this gene expression linked to psychological state





Stress & Gene Expression

DNA Microarray Studies

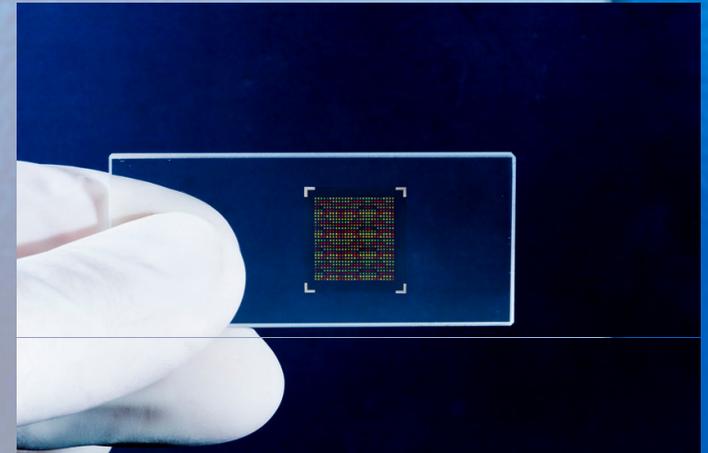
Cole (Genome Biology, 2007) found that depressed and socially isolated patients had 209 genes differentially expressed in circulating leucocytes.

Smoller (Biological Psychiatry, 2003), found that offspring of parents with panic disorder had higher expression of cortisol producing genes.

Reyes (J of Neuroscience, 2003) found that genes in the hypothalamus changed with stress, and that genes that coded for immune function also shifted under stress.

Kawai (Biological Psychology, 2007) found that 24 genes become differentially expressed as medical students approach licensing examinations, compared to 9 months before, correlating with their scores on anxiety tests.

Karszen (Molecular Psychiatry, 2007), found that depression and elevated cortisol correlates with changes in expression in many genes in the limbic system.





Relaxation Response Study

- Benson (Plos One, 2008) showed that the Relaxation Response alters the expression of stress genes.
- Healthy individuals. Compared gene expression between long term RR practitioners with non-practitioners.
- Phase 2: non-practitioners went through 8 week training to see if gene expression changed.
- Replication showed statistically similar results.
- Found that RR altered the expression of genes involved with inflammation, programmed cell death, and the scavenging of free radicals.





What Constitutes an Epigenetic Intervention?

Studies show that all of these have effects that might reasonably be expected to produce DNA modulation and protein synthesis

- Belief
- Energy Medicine
- Visualization
- Heart Coherence
- Energy Psychology
- Spirituality
- Attitude
- Prayer
- Meditation
- Altruism





Control Systems, Fast Changes

Besides immediate early genes, and the stress hormones, there are several other body systems that change very fast in response to either relaxation or fight/flight:

Balance between sympathetic (FF) system and parasympathetic (RR) branches of autonomic nervous system. Speed: under one second

Ratio of excitatory neurotransmitters like dopamine (FF) to inhibitory neurotransmitters like serotonin (RR) Speed: minutes

Hyperarousal of the amygdala, hypothalamus, and other FF structures in the brain. Speed: under one second.

Semiconduction of soliton wave signals through the connective tissue. Speed: light speed

Neuroplastic neural nets. Kandel (Nobel Medicine 2000) showed that within one hour of a repeated stimulus, the number of synaptic connections doubles. As we react, we're literally rebuilding our neural networks. Speed: immediate.

Heart Rate Variability. HRV changes dynamically according to the ratio of FF / RR activity in our emotions. Speed: immediate





Energy Psychology

Energy Psychology (EP) is a family of therapies that use meridians and the electromagnetic system to change the energy body to reduce emotional trauma

- EFT (Emotional Freedom Techniques)
- TAT (Tapas Acupressure Technique)
- TFT (Thought Field Therapy)
- WHEE (Wholistic Hybrid of EMDR and EFT)

Energy Psychology interventions typically take just a few minutes. Even when working with an old traumatic incident, that has been bothering a patient for years, and contributing to stress, EP interventions usually result in a complete discharge of the stress response surrounding the memory in a few minutes.





Energy Psychology Research

There are over 30 studies either published, underway, or scheduled for publication. Several are RCTs. Carried out or funded by:

- Britain's National Health Service (NHS)
- US National Institutes of Health (NIH)
- Soul Medicine Institute (SMI)
- Kaiser Permanente (did ACE study, 9 million members)

Show large effect sizes for pain, PTSD, phobias, anxiety, depression. Clinical reports show immediate change. Premise is, if emotional trauma can be laid down quickly by an adverse event, it can be released quickly.

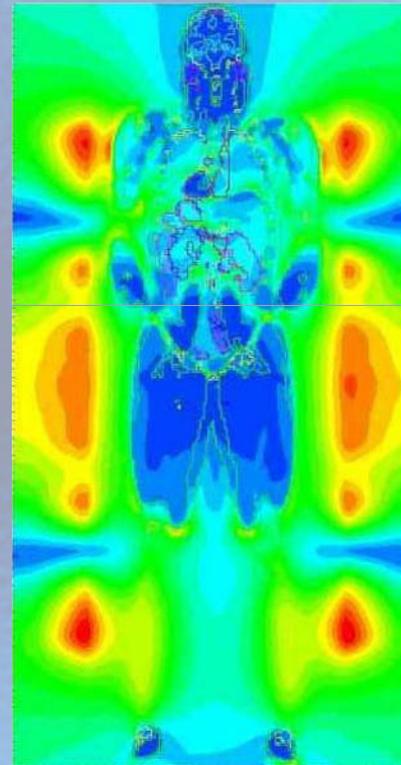




Energy Psychology Affects Fields

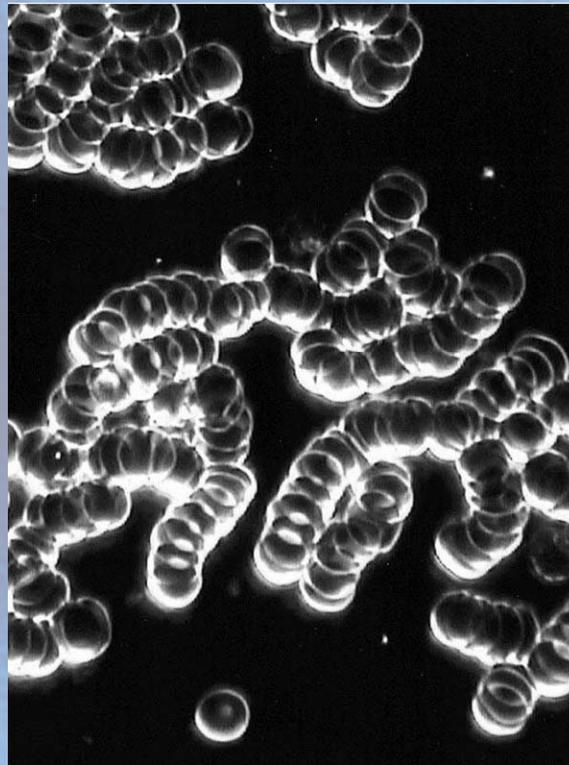
When old traumas are recalled,
then discharged:

- Psychological: Scores on anxiety and depression tests improve
- Hormonal: Cortisol, and other stress proteins decrease
- Electromagnetic: Charge and Frequency of signals
- Neural: Synaptic Pathways of Trauma
- Genetic: IEG stress genes
- Brain: Amygdala, hippocampus, stress structures
- Connective Tissue: Soliton waves
- Quantum: Microtubules receive signals





Red Blood Cell Clumping

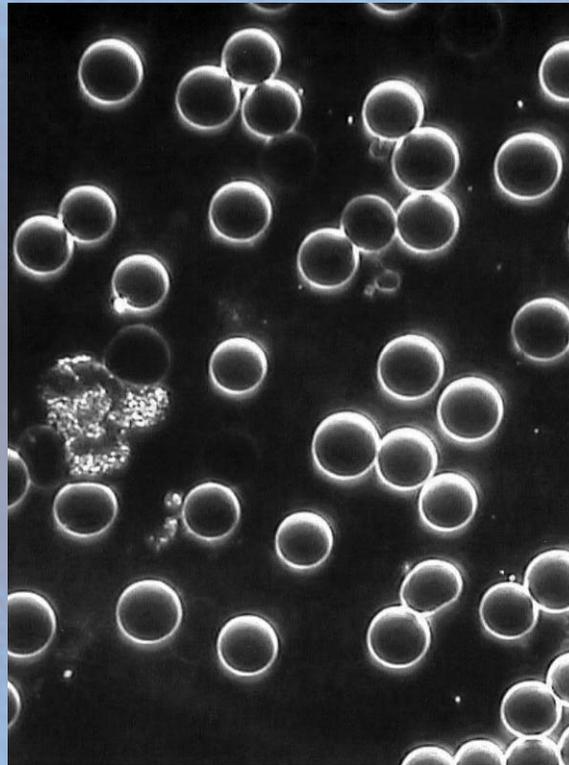


Almost all the cells are touching. This reduces the surface area available for oxygen uptake, and the oxygen getting to the cells from the lungs via the blood.





Effect of EFT on Blood Clumping

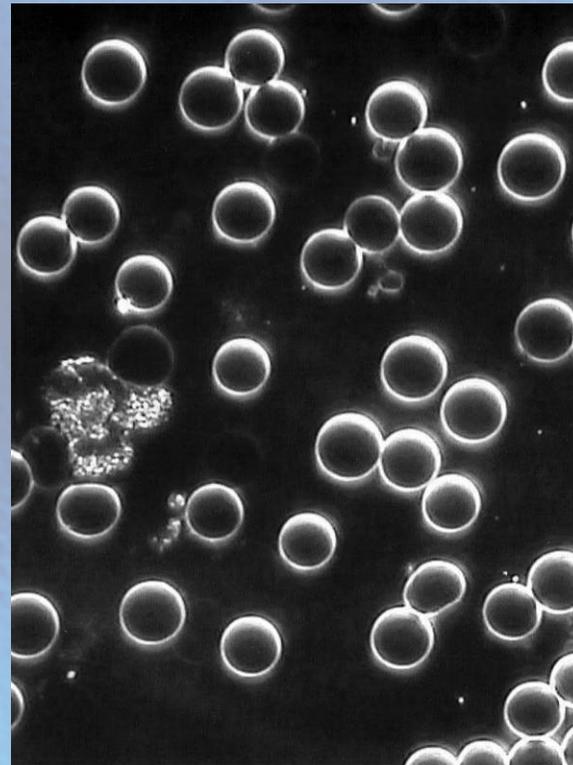
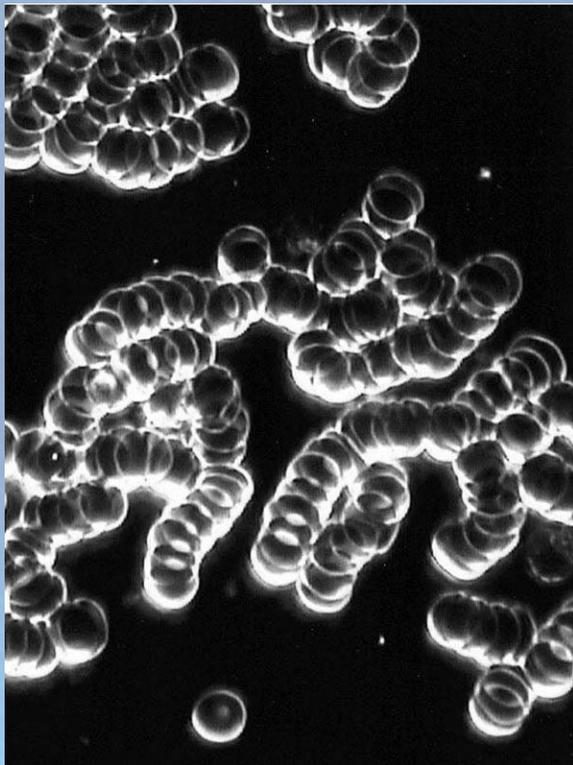


Same subject, 12 minutes later, the live red blood cell scan shows little or no clumping. This effect is not possible with any known therapy in this time frame.





Physiology Responds Fast to Energy





EEG & EP

Brain Scans over 12 Energy Treatment Sessions

Before Treatment of a Severe Anxiety Disorder



After 4 Sessions



After 8 Sessions



After 12 Sessions



- Blue.....normal ratio of wave frequencies (according to databases)
- Turquoise.....slightly dysfunctional ratio
- Pink.....moderately dysfunctional ratio
- Red.....highly dysfunctional ratio

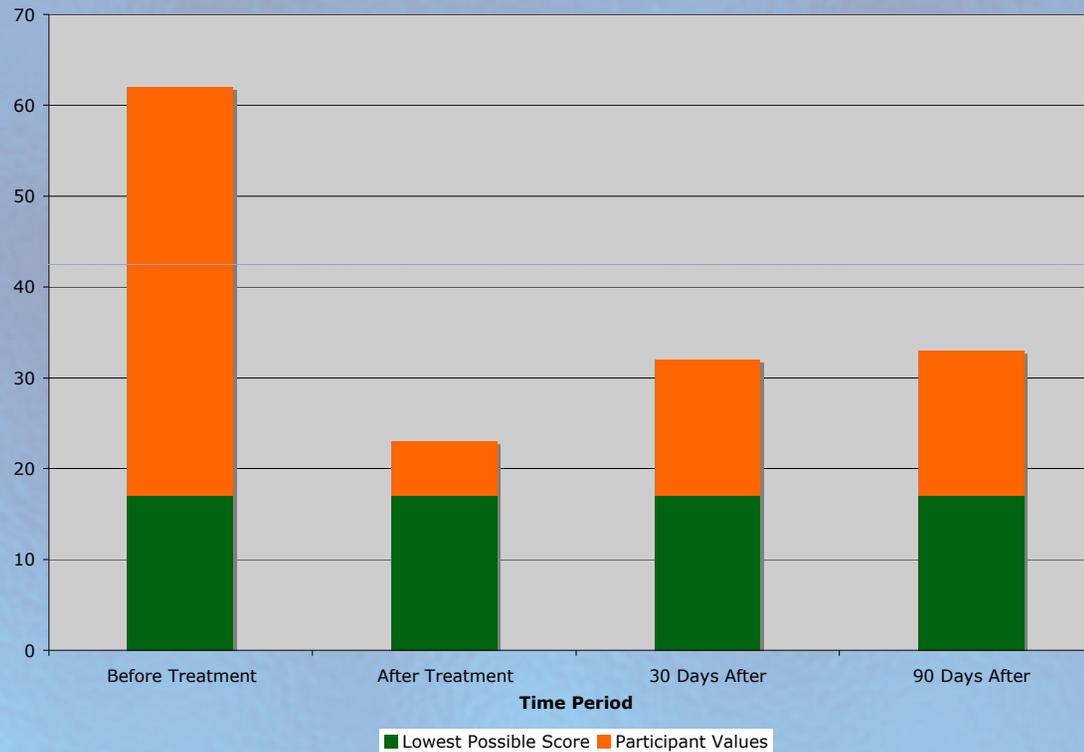
Severe Anxiety EEG
Averages after 12
sessions of Energy
Psychology





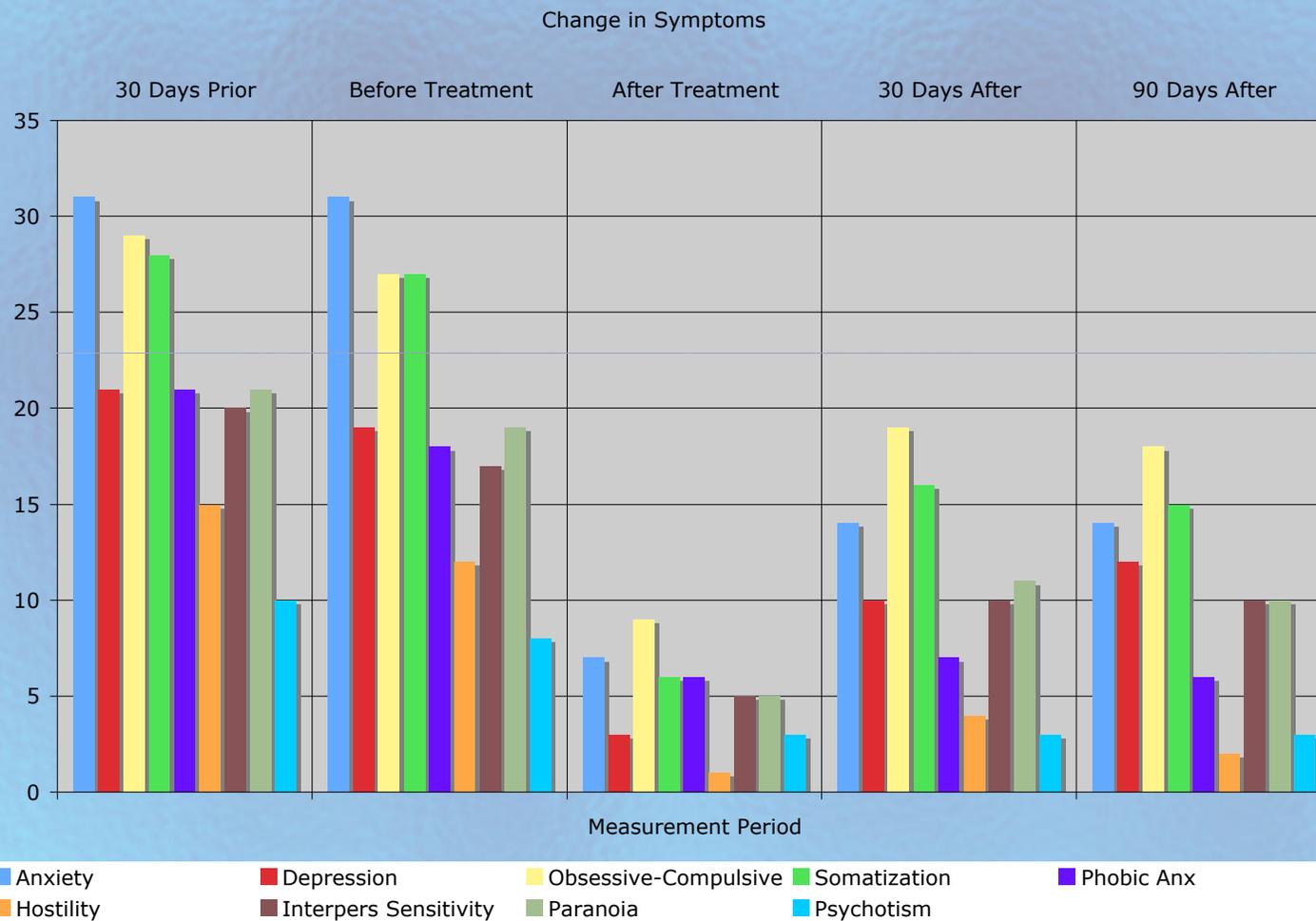
PTSD Results after Energy Tx

Post Traumatic Stress Disorder (PTSD)





Depression & Anxiety in Vets





We're Rewiring Ourselves Constantly

- Conditioning to deactivate high sympathetic mode while recalling traumatic memories that activate it rebuilds neural pathways.
- PSYCHOLOGY: Joseph Wolpe's (defined SUD in 1950s) great insight: systematic desensitization and "counterconditioning" by recalling traumas after inducing the relaxation response.
- NEUROLOGY: When we recall a memory, it is not a fixed image. It is recombined with bits of information from the present (Rossi, 2003, Debiec, 2006). Plastic neural pathways integrate new information, resulting in a different physiological structure.
- By combining recall of trauma (FF) with incongruent physical information of tapping (you wouldn't be tapping if you were running from a tiger), you simultaneously present the body with the triggering trauma and a counterconditioning input.
- Breaks the looping patterns of FF reinforcement memory > body > memory > body ad infinitum (Mollon, 2007).





For New Worldviews

- Result= different worldview
- NEUROLOGY: There are on average ten times the number of neural connections going TO our senses that there are coming FROM them.
- PHILOSOPHY: Blaise Pascal: “We perceive the world not as it is, but as we are.”
- What’s happening to the cortisol levels, sympathetic hyperarousal, excitatory neurotransmitter levels of those vets? They’re all going down, along with the psychological symptoms.





The Iraq Vets Stress Project 1



Photo by Luis Sinco, Los Angeles Times

Letter to Dawson Church from
2LT Olli Toukolehto

I deployed with 10th Mountain Division, 2nd BCT, to Baghdad through September 2006 – June 2007. I performed a variety of jobs including guard, medical lab, medic, and pharmacy work. My experience was a typical mosaic of long days, stress, and a variety of emotionally powerful events. In short, I was exposed to the following experiences (some face-to-face and others indirectly through my comrades): IED explosions, small arms fire, rocket attacks, sniper attacks, wounded and dead Americans, allies, and Iraqis (military, enemy, and civilians – including women and children.), mass casualty, suicide, self-mutilation, divorce, infidelity, fist fights, rape, captured and beheaded U.S. soldiers, imprisoned terrorists, smell and sights of bloody, decomposing, and burnt tissues, booby traps, destroyed vehicles, and a persistent fear of being attacked.





The Iraq Vets Stress Project 2

Upon my return from deployment, I no longer laughed much and felt burdened by my past. About a month ago I had a powerful experience. I met an old acquaintance who knew me before I deployed to Iraq. Nancy asked if I was open to letting her try something called EFT. The results were immediate. I could feel my body again and could not stop crying and laughing. I also became less reactive to whistle sounds and sirens that used to initiate in me a flight or flight response, as incoming rockets had done in Iraq. Overall, I regained the quality of life that I had prior to deployment.

It was truly an “emotional freedom technique.” Since then, I have been on a constant upward spiral and have been able to transform my past into a great strength. We worked through every single memory and emotion that I was not in peace with and “tapped them out.” I also learned how to “self-administer” EFT and have been practicing it on myself whenever something new has emerged from my past.





From Female Vet, 37

Enrolled in Iraq Vets Stress Study using EFT

I had already tried group counseling; PTSD awareness training; Veteran's Administration individual counseling for many years; Transcendental Meditation; metaphysical training (including candle magic, crystal and gemstone magic, and numerology); herbology and herbal remedies; Vimala Handwriting by Vimala Rogers; astrology; Native American healing beliefs; prescribed pharmaceuticals; Western medicine; chiropractic care; New Age healing techniques such as pendulum dowsing and chakra cleansing; the University of New Mexico PTSD Sleep Study and Nightmare Reduction; Veteran's Administration Group therapy many times; nutritional education; self-help books; and almost any other suggestion by any health care worker.





Continued, 1

Yet even after these attempts, she reports, “I still couldn’t fall asleep. I couldn’t remain asleep without waking up repeatedly during the night. And I was plagued by repeated traumatic nightmares every night. Sleep was my enemy and I fought it every night, waking up exhausted and tired. I obsessed about sleep because I was always in sleep deficit. I would get very distressed if I stayed up late, yet couldn’t seem to go to bed until late because I dreaded the nightmares. I wouldn’t take naps during the day because it would make getting to sleep more difficult at night. The things that I tried helped very little.”





Continued, 2

“I gave EFT a chance and I was thrilled with the results. Within two sessions, I felt myself release all the associated trauma, emotions, and obsessions that interfered with my sleep. Sleep became an easy and gentle activity free from worry and fretting. No longer am I afraid of going to sleep or of even how much sleep I receive. Today I let my body tell me when to sleep instead of rigorously following a clock. Sleep today is a joy that refreshes my body and rejuvenates my soul. Sometimes the associated old beliefs about sleep come up but now I utilize EFT to release them. Quick. Easy. Gentle. No more nightmares. No more fighting sleep.”





Typical Results

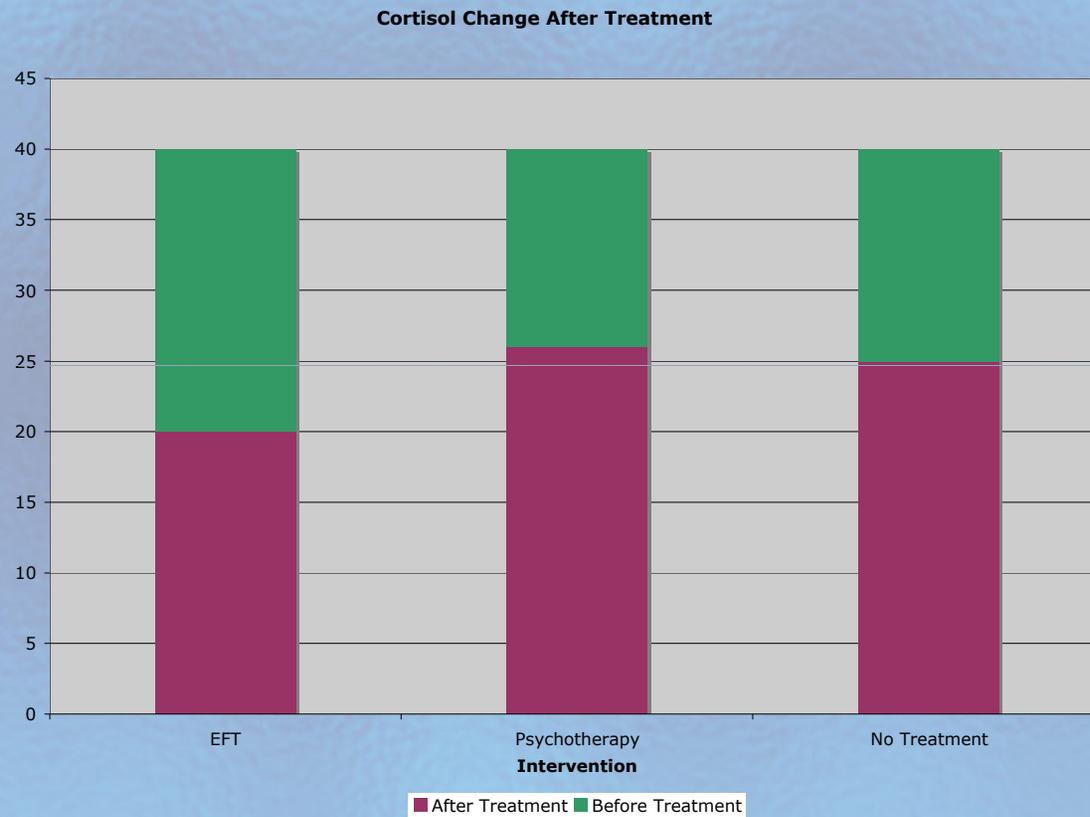
- Improved sleep
- Lower reported stress levels
- Lower levels of anxiety, depression, PTSD
- Improvement of digestive difficulties
- Better immune response
- Improved social functioning
- Improved sexual functioning
- Greater mental clarity

All these are indicators of anti-aging effects, and some are predictive of increased health-span.





Cortisol Changes with EFT

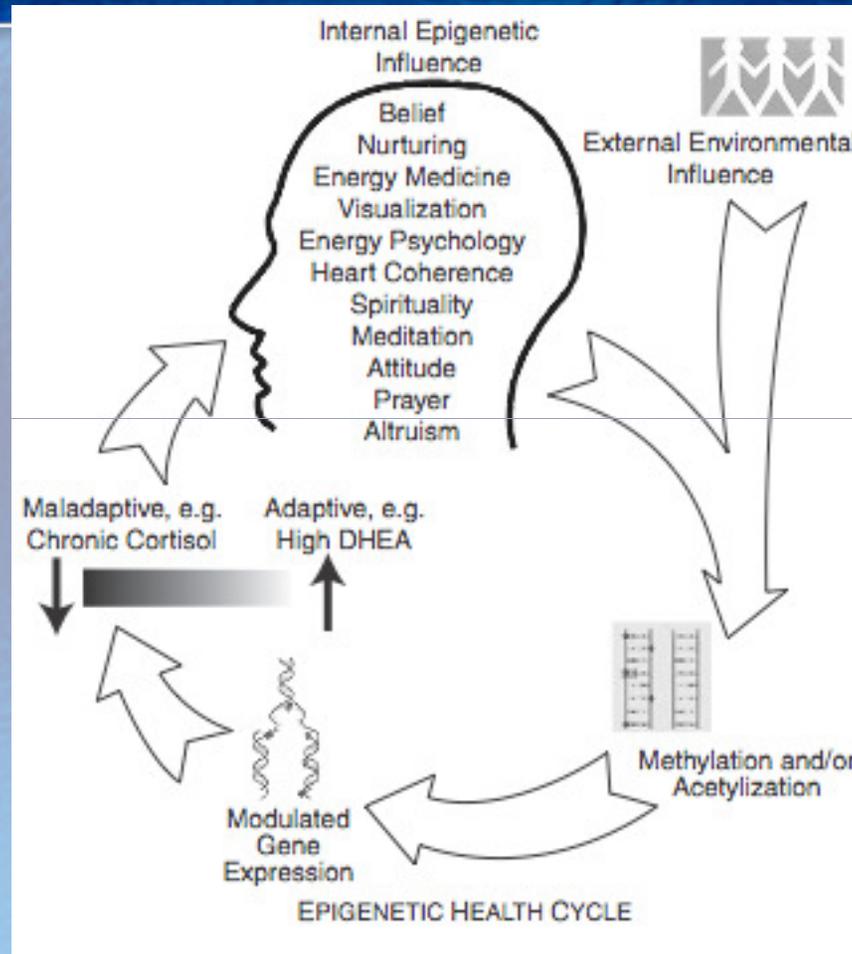


This is preliminary data from a pilot trial of 34 subjects and is suggestive only.





Epigenetic Health Cycle



The virtuous cycle of epigenetic influence on health-span

www.SoulMedicineInstitute.org



www.StressProject.org

- America cannot afford to repeat the mistakes of the Vietnam war, which saw a million troops brought back home without any good therapy to reintegrate them, or deal with the estimated 250,000 with PTSD.
- The Iraq Vets Stress Project joins researchers and clinicians with vets in need of counseling and treatment. www.StressProject.org
- Also offers SIX FREE TREATMENTS to vets if they qualify for study by Soul Medicine Institute.
- The number of vets returning from Iraq with PTSD is estimated at 320,000.





Research At Soul Medicine Institute

Current Studies at Soul Medicine Institute:

- The Effect of a Brief EFT (Emotional Freedom Techniques) Self-Intervention on Anxiety, Depression, Pain and Cravings in Healthcare Workers (Church, 2008).

“On the two general scales... {Psychological Symptom Total and General Severity Index} symptom severity dropped by 34%, and symptom breadth by 40% relative to normal baselines (both $p < .001$). Pain scores dropped by 68%, the intensity of traumatic memories by 83%, and cravings by 83% (all $p < .001$).





Other SMI Research

Current Studies at Soul Medicine Institute:

- Evaluating Physiological Markers of Emotional Trauma: A RCT of Mind-Body Therapies (Range of Motion & Pain)
- The Effect of Energy Psychology on Athletic Performance
- The Effect of Therapy on Stress Biochemistry: A Randomized Blind Trial of Psychotherapy and Emotional Freedom Techniques (EFT)
- The Effect of Two Psychophysiological Techniques (PMR and EFT) on Test Anxiety: A Randomized Blind Comparative Study
- The Effect of EFT (Emotional Freedom Techniques) on Psychological Symptoms in Addiction Treatment
- Psychological Symptom Change in Veterans after Six Sessions of EFT (Emotional Freedom Techniques): An Observational Study





Sports Performance

- Randomized Controlled Trial of male and female basketball teams at Oregon State University (Church 2008).
- Measured free throws and jump height before and after EFT and a placebo treatment.
- Difference in free throws between control and experimental groups after tx was 38%.
- Length of intervention was only 15 minutes! (Simulation of a basketball game).
- www.EFTPowerTraining.com has reports from championship athletes using EFT for sports performance.





EP Can Also Change Societies





PTSD Research in Rwanda





Energy can Change Societies



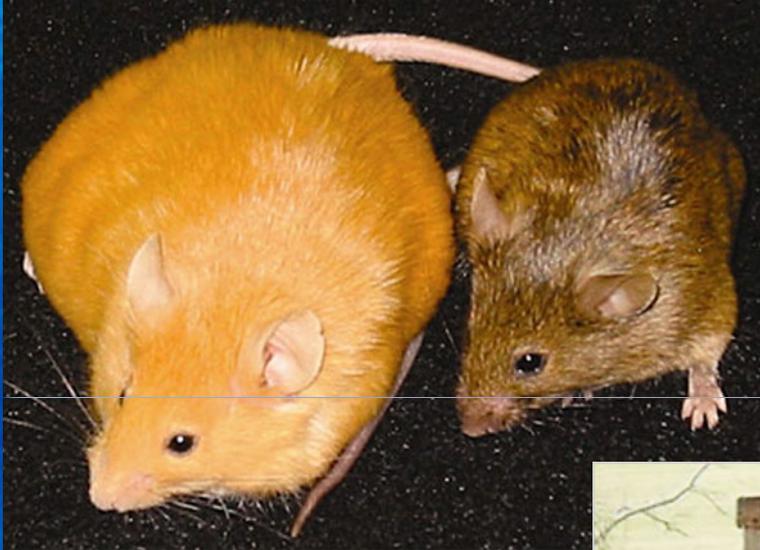
Letter to Soul Medicine Institute
from Robert, 25, via Gunilla Hamne
Lost both parents, five brothers and
sisters

Before treatment it was a long time without sleeping. When I tried to sleep my dreams come very bad. I was dreaming every night about genocide in 1994. I could not feel good. I did not think I can be a man. I used to hate people without reasons. I always thought that my life is nothing. I don't have any future. I used the traditional counseling. I still had no hopes, no belief in myself, no peace in my heart. Even though genocide was finished, I still live in it every night in my dreams. To forgive was very hard for me. I want to thank you for the energy treatment you gave.

But your treatment has changed me to be very nice. Now I can sleep well. I feel closeness with my family and my beloved ones that died in that time. I believe that my future will be planned as God wishes. I don't have any bad dreams like before. I have peace in my heart, I'm not afraid of people like before. I enjoy my life. Now, when I



Energy Is Free, So Use It!



- Use the epigenetic power of energy therapies to produce powerful health-span improvements for yourself and your patients!





Soul Medicine Institute

Epigenetic Medicine:
Research, Teaching
Books, Presentations, Resources
High Performance Training for Medical Clinics, Organizations &
Teams:

www.EFTPowerTraining.com

The Epigenetic Medicine Award
The Iraq Vets Stress Project

Links to Best Practices, Courses, at:

www.SoulMedicineInstitute.org

Studies, notes and references at:
<http://www.SoulMedicineInstitute.org/vegas.pdf>





Learning Objectives

- 1. Define an epigenetic as opposed to a genetic intervention.
- 2. List three psychological or energy interventions which have been shown to produce epigenetic shifts in cellular function.
- 3. Identify the changes in cortisol / DHEA balance that result from psychospiritual shifts.
- Fill out speaker evaluation form

