

Dr. Bill Gallagher, DC is among the last chiropractors to study D.N.F.T.[™] with Dr. Richard Van Rump, DC who discovered and taught the technique until his death in 1987.

D.N.F.T. is the original low force technique that is very gentle and very specific. Unlike other chiropractic techniques there is no popping and cracking that so many people fear. Because it is so gentle it is the technique of choice from birth to old age.

Dr. Gallagher's own natural curiosity has led him to discoveries that have improved the effectiveness of D.N.F.T. adjustments in all areas of the bodies. His findings are now taught as part of the technique in seminars around the world. This constant search for a better way to get things done has let him to incorporate EFT into his practice.

He is listed in several Who's Who Directories for his chiropractic research and his non-profit work in drug abuse prevention with the Run Drugs Out of Town Run and the Arizona Prevention Institute.

You too can experience the difference, just call
480-513-3909

EFT is not meant to be a substitute for care. If you have a medical or chiropractic problem you should see a licensed professional to make sure you are getting the proper care.

EFT

Emotional Freedom Technique

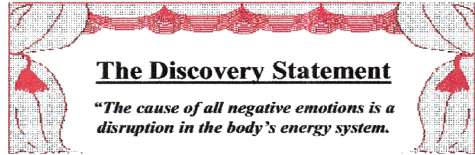


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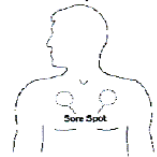
What follows is a simple step by step outline for using the Emotional Freedom Technique. It is recommended that you work with an experienced practitioner first to learn the steps and then use this page as a reminder. If a practitioner is not available where you live then go to <http://emofree.com> to find one. You can also download the full manual to learn the procedures on your own.

Once you understand the discovery statement all you have to do is pick an issue that you want to address. It can be either emotional or

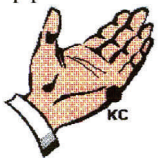


physical since they both work together. Focus on that issue and repeat three times, "Despite 'the issue' I freely and completely accept myself" Before you start the sequence rate your issue on a scale of 1 to 5 or 1 to 10 so that you can measure your progress.

This will be the last time you will need to make a choice.



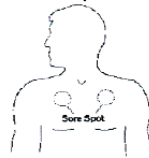
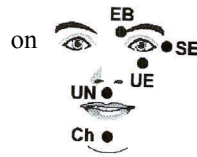
To start the process you can work with either of these two points. First is the point right below where your collar bone, sternum and first rib meet. This is a point off the bone that is tender deep pressure. If you are using this point rub the spot while you repeat the refrain.



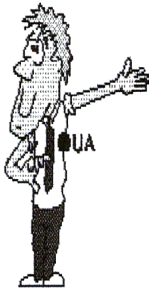
Or you can use the "karate chop" point on the edge of your hand and tap it while repeating your refrain three times.

Next comes the sequence of points you will be tapping while you think about the issue you are working on. Bear in mind that you can work on either side of the body and you will be tapping each of these points five to seven times before moving on to the next point.

The sequence of points on the face are 1. the inner end of the eyebrow, 2. the outer edge of the eye, 3. the bone below the eye, 4. the frenulum, that spot below your nose and over the lips, 5. the chin.

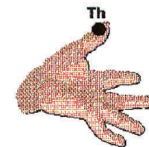


After the face move down to the point where the collar bone, first rib and sternum meet and tap on the soft spot off the bones.

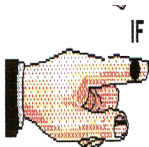


Next is the point on the side of your rib cage at about the level of your nipple and directly under your arm pit.

From there move down to your hand for the points on the inside edge of your thumb at the thumb nail,



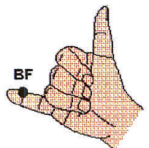
to the index finger again at the nail,



to the middle finger at the nail,



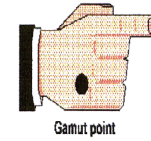
on to the pinkie at the nail,



and on to the "karate chop point"



finally to the point on your hand behind the knuckles and between the last two fingers.



While tapping this point there are a series of exercises to do while focusing on the issue you are working on.

1. Close your eyes tightly.
2. Open your eyes.
3. Look down hard to the right while

holding the head steady.

4. Look down hard to the left while holding the head steady.
5. Roll your eyes in a circle.
6. Roll your eyes in a circle in the other direction.
7. Hum the tune to "Happy Birthday" for five seconds (any tune will do).
8. Count from one to five quickly.
9. Hum the tune for another 2 seconds

Once you have done that go back to the face and repeat the sequence and finish off by tapping the "karate chop" point instead of repeating the point on the back of your hand. Having done all that stop and consider your issue and rate it once again. If it is not completely cleared repeat the process and this time change your refrain to "despite the 'your issue' that still exists, I freely and completely accept myself".

Remember it may take three or four tries to work through an issue and in doing so you may bring up other issues you want to work on. Finally, the only way to find out what this technique can work on is to try it out and see for yourself.

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