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Infertility & Pregnancy

Infertility



Study Links Stress to Infertility

San Francisco, CA (PRWEB) -- Women who are experiencing the devastation of infertility are finding hope in a simple, self-applied acupressure. Researchers from Emory University showed that infertile women resumed ovulation after twenty

weeks of psychotherapy to reduce stress levels. However, relief need not take that long. Emotional Freedom Techniques (EFT) was developed to accelerate and improve conventional psychotherapy methods by addressing stress related issues at their energetic source. It often reduces the psychotherapy process from weeks or months down to minutes or days. It can be learned freely by downloading the EFT Manual at <http://www.emofree.com/downloadeftmanual.asp>

EFT targets a person's disrupted energy meridian system (Chi or Qi) as the real driver behind heightened stress levels, and the inability to conceive. This simple do-it-yourself acupressure technique balances one's energy and eliminates the body and mind's stress response. EFT claims an 80% success rate.

Dr. Sarah Berga led the infertility study, and states, "This study underlines the important contribution that lifestyle factors make in determining overall health and reproductive health in particular. It is quite possible there are many individuals who could benefit from stress reduction in terms of infertility therapies." Participants in the study underwent cognitive behavior therapy, which focused on teaching the women strategies for coping with stress. **After 20 weeks of therapy**, the ovulation cycle was restored in 80% of the women. Conversely, EFT users have reduced their stress and reversed infertility in **one to three EFT sessions**. EFT is a more cost effective method than expensive fertility techniques, or even lengthy psychotherapy.

According to EFT founder, Gary Craig, "EFT offers a faster, more permanent solution to stress reduction and fertility issues because it addresses the energy imbalance as well as the unresolved negative emotions that are creating the energy imbalance and infertility. When stress, fear, and anxiety are resolved at this deep level using EFT, we found that normal stressors simply no longer activate a stress response."

According to the medical journal, Fertility and Sterility, one in ten American couples is infertile. Craig says, "When infertility is an issue I would recommend trying EFT before investing in expensive fertility treatments or lengthy psychotherapy. We are not suggesting that EFT replace conventional medical treatment but offering an option that brings healing to the body, the mind as well as the energy system. It is my belief that a calm, balanced body would be more receptive to conception."