

# Choose Wellness Over Illness With EFT

Stress is part and parcel of everyday life and when left unresolved, can cause illnesses such as heart, lung, and reproductive problems, besides anger, fear, and addictions. In fact, 85 per cent of illnesses have their roots in stress. Yet, it does not have to be a permanent fixture in life. Stress can be eliminated using a spiritual healing method called Emotional Freedom Technique (EFT).

## What Is EFT?

EFT combines tapping on acupressure points while saying statements out loud, relieving stress in



seconds. Clinical studies have shown that after six sessions of EFT, even severe medical conditions like trauma, depression and phobias reduce. According to Dr Rangana Rupavi Choudhuri (Ph D), international speaker and founder of Vitality Living College, “EFT is the best way to heal stress, to clear negative emotions and thoughts from

within and to let the body heal on its own, making it one of the best forms of health insurance to keep illness at bay.

Dr Choudhuri discovered EFT after being diagnosed with three chronic illnesses, including severe pain as a result of stress at work. She began using EFT daily and eliminated her stress.

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