

FOR IMMEDIATE
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FIND RELIEF! AUGUST IS NOW INTERNATIONAL EFT TAPPING MONTH

(NEW YORK) – August is now the month to highlight EFT Tapping, a healing modality that is growing in popularity because of its effectiveness, officials said.

“We’re so excited to create International EFT Tapping Month (ITM) this year,” founder of ITM and EFT Tapping practitioner Lee Uehara said. “A team of us are working on this mission-based effort to promote awareness that there is yet another way to begin to help people - with stress, trauma, anxiety and a host of other issues - across the globe.”

EFT Tapping experts and practitioners will contribute five weeks of thematic free resources on ITM’s website for anyone to read, learn and share more about EFT Tapping. Items include worksheets, PDFs of tapping guides, MP3 audio files for listening, links to videos, information about events online and in person talks.

Each of the five weeks of August is its own theme. Week 1: Physical Pain and Health Issues; Week 2: Money and Finances; Week 3: Taking Action and Conquering Procrastination; Week 4: Relationships: Personal, Family and Business Connections; and Week 5: Frustrating Patterns.

“With all the studies that have shown EFT Tapping to be an effective alternative to helping people find relief and solutions, this is an exciting time to continue building awareness for EFT Tapping,” Jondi Whitis, EFT Tapping expert and ITM co-founder, said. “Tapping’s benefits extend everywhere: from veterans with PTSD, to schools and children, trauma relief, family dynamics – and even pets.”

EFT (Emotional Freedom Techniques) Tapping is an alternative healing modality like acupuncture but without the needles. It was founded in the 1990s by Gary Craig, who used protocols developed earlier by Dr. Roger Callahan. EFT Tapping is used globally by more than eight million people.

For more information: <http://www.InternationalTappingMonth.com>. Email: info@internationaltappingmonth.com. Phone: (212) 655-9840.

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