

EFT Video & Article Links

<http://eftforchristians.com/> - to access EFT-INT and ethics test from my website, click here, go to “about” page & click on the blue EFTU box on the right, continue to testing site through the certification page. Thank you for using my link!

<http://www.healingcancer.info/ebook/candace-pert> - Candace Pert

<http://www.theatlantic.com/magazine/archive/2016/07/when-the-body-attacks-the-mind/485564/>

<http://www.realfarmacy.com/emotional-freedom-techniques-eft-tap-empowerment/> - nice intro to EFT
– posted

http://www.innersource.net/ep/images/stories/downloads/PN_article.pdf - David Feinstein finding EFT

<http://c.ymcdn.com/sites/www.energypsych.org/resource/resmgr/imported/NeurochemistryCounterConditioningLane.pdf> - counterconditioning in EFT

http://innersource.net/ep/images/stories/downloads/Acupoint_Stimulation_Research_Review.pdf
- 28 page article showing great effects of EP - Feinstein

https://www.youtube.com/watch?v=_V_rl2N6Fco - memory reconsolidation - posted

<http://upliftconnect.com/science-proves-meridians-exist/> - posted

<http://upliftconnect.com/intergenerational-trauma/> - epigenetics, posted

<http://www.nicabm.com/peterlevine-trauma/free-report/> - posted

<http://www.i-sis.org.uk/lcm.php> - explains liquid quartz crystals, meridians, body

http://www.integration.samhsa.gov/clinical-practice/SAMSA_TIP_Trauma.pdf - posted

<http://www.kheper.net/topics/intelligence/MacLean.htm>

<http://www.dailygood.org/more.php?n=6692> –Amygdala sees positive, too.

http://www.golobphysicaltherapy.com/images/acupressure_for_jetlag_copy_of_print_version.pdf -
posted

<http://www.efttappingtraining.com/eft-research-paper/epigenetic-effects-of-ptsd-remediation-in-veterans-using-clinical-eft-a-randomized-controlled-study/> - posted

<https://www.youtube.com/watch?v=2mfl-UxX0CE> – floor to ceiling eyeroll demo

<http://trauma.blog.yorku.ca/2013/04/the-fragmented-child-disorganized-attachment-and-dissociation/>
- posted

<http://upliftconnect.com/indigenous-approach-to-healing-trauma/> - listening heals

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<https://www.mentalhelp.net/blogs/reconsolidation-a-universal-integrative-framework-for-highly-effective-psychotherapy/> - memory reconsolidation - posted

http://articles.mercola.com/sites/articles/archive/2015/10/22/growing-placebo-effect-thwarts-painkiller-development.aspx?e_cid=20151022Z1_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20151022Z1&et_cid=DM88639&et_rid=1179929871 – placebo effect – posted

<http://www.smithsonianmag.com/science-nature/what-is-the-nocebo-effect-5451823/?no-ist> – nocebo effect – posted

<https://www.scienceandnonduality.com/an-excerpt-from-it-didnt-start-with-you-how-inherited-family-trauma-shapes-who-we-are-and-how-to-end-the-cycle-viking-april-2016-by-mark-wolynn/> - epigenetics posted

<http://time.com/3625414/rape-trauma-brain-memory/> - trauma - posted

<http://tunein.com/topic/?TopicId=100362615> – epigenetics – posted

<http://www.apa.org/monitor/2010/10/memories.aspx> - memory reconsolidation

<http://eusophi.com/the-brain-in-a-bucket/> - posted

http://www.mrt.com/health_and_wellness/stories/article_6500a8c4-e015-11e5-beca-1f68fc78456f.html#ixzz41mu1cugV - posted

<http://www.danyabanya.com/diy-educational-toy-emo-dolls/> - emotion dolls for kids - posted

<http://www.telegraph.co.uk/news/science/science-news/10486479/Phobias-may-be-memories-passed-down-in-genes-from-ancestors.html>

<http://theunboundedspirit.com/drugs-dont-cause-addiction-this-short-animated-video-will-change-your-view-on-drugs-forever/> - posted

<http://consumer.healthday.com/public-health-information-30/economic-status-health-news-224/abuse-poverty-in-childhood-linked-to-health-problems-later-708524.html> - posted

<https://www.youtube.com/watch?v=Vr7lslXazp8&feature=youtu.be> – posted Dr Scaer’s trauma talk & EFT

<http://itsallabouti.info/your-cells-are-listening-how-talking-to-your-body-helps-you-heal/> - posted

http://www.20somethingallergies.com/boost-immune-system-thump-thymus/?utm_source=General&utm_campaign=acafc20ee9-thymus_thump_general_list_11_10_2013&utm_medium=email&utm_term=0_a50e231c11-acafc20ee9-86218301 –thymus gland -posted

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<http://blogs.edf.org/health/2013/12/17/its-a-generational-thing-evidence-grows-that-environmentally-induced-epigenetic-changes-can-be-passed-down-from-one-generation-to-the-next/>

http://www.brainpickings.org/2015/07/20/esther-sternberg-balance-within-stress-emotion/?mc_cid=310b10396d&mc_eid=4a145e8a87 – in-depth article of how stress affects us - posted

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=11695&utm_source=newsletter_691&utm_medium=email&utm_campaign=your-5-audio-lessons-eft-insights-newsletter
research effectiveness of EFT

<http://www.nicabm.com/nicabmblog/trauma-can-traumatic-memories-be-changed/> - posted

<http://www.vanityfair.com/news/2015/05/ptsd-war-home-sebastian-junger> - posted

<http://soundmedicine.org/topic/ptsd-and-childhood-trauma> - posted

http://www.huffingtonpost.com/johann-hari/the-real-cause-of-addicti_b_6506936.html - posted

<http://www.newyorker.com/magazine/2014/05/19/partial-recall> - science behind trauma

<http://www.sciencedaily.com/releases/2015/06/150601122445.html> - posted

<http://www.sott.net/article/256043-Polyvagal-Theory-Sensory-Challenge-and-Gut-Emotions> - posted

<http://www.innersource.net/ep/articlespublished/neurological-foundations.html> - brain scans - posted

<http://spiritualityhealth.com/articles/how-childhood-trauma-affects-adult-health> - childhood trauma - posted

<http://www.scientificamerican.com/article/descendants-of-holocaust-survivors-have-altered-stress-hormones/> - cortisol epigenetics - posted

<http://www.newrepublic.com/article/120144/trauma-genetic-scientists-say-parents-are-passing-ptsd-kids>

<http://bessel.kajabi.com/sq/44244-the-body-keeps-the-score> - Dr VanderKolk on trauma - posted

<http://psychology.about.com/od/memory/g/memory-consolidation.htm> - posted

<http://acestoohigh.com/2014/07/07/how-childhood-trauma-could-be-mistaken-for-adhd/> - posted

<http://mentalfloss.com/article/64685/10-brainy-facts-about-your-gut-its-smarter-you-think> - posted

https://www.youtube.com/watch?feature=player_embedded&v=IEti2qNbsaA - posted

<https://www.adrenalfatigue.org/cortisol-adrenal-function> - cortisol use

<http://breakingmuscle.com/health-medicine/the-ups-and-downs-of-cortisol-what-you-need-to-know> - cortisol and how it can harm us - posted

EFT Video & Article Links

<http://www.thenaturalrecoveryplan.com/articles/cell-membrane-the-cells-brain.html> - posted

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=11695&utm_source=newsletter_691&utm_medium=email&utm_campaign=your-5-audio-lessons-eft-insights-newsletter – why EFT works - posted

<http://bodyecology.com/articles/this-bliss-hormone-can-heal-your-body-the-many-benefits-of-oxytocin#.VPsev89158U> – Oxytocin – posted

<https://www.psychologytoday.com/blog/intense-emotions-and-strong-feelings/201104/shame-concealed-contagious-and-dangerous-emotion> - shame posted

<http://psychologyofeating.com/the-brain-in-the-belly/> - posted

<http://www.michellealva.com/how-to-raise-your-love-and-healing-hormone-a-science-based-perspective/> - oxytocin – posted

<http://www.efttappingtraining.com/lloking-to-science-to-explain-the-effectiveness-of-eft-tapping/> - posted

https://www.yahoo.com/health/the-number-one-cause-of-depression-everywhere-116497956847.html?soc_src=mail&soc_trk=ma – depression and trauma - posted

<http://www.naturalstresscare.org/StressBrainBody.aspx#.VCB-Ys9AJ8U> – stress & physiology - posted

http://articles.mercola.com/sites/articles/archive/2015/03/05/placebo-effect-healing-recovery.aspx?e_cid=20150305Z1_DNL_NB_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20150305Z1_DNL_NB&et_cid=DM68971&et_rid=864932862 – placebo effect

<http://fionastefani.hubpages.com/hub/PhysiologyofStress> - watch bottom 7 minute video

<http://www.soc.ucsb.edu/faculty/scheff/depththeory.pdf> - shame & depression article

http://articles.mercola.com/sites/articles/archive/2014/07/05/stress-effects.aspx?e_cid=20140705Z1_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20140705Z1&et_cid=DM51735&et_rid=574659313n Dr Mercola Stress article - posted

<http://tappingganda.com/2014/08/pod-138-working-with-childhood-traumas-that-we-dont-remember-all-the-details-of-w-gwynth-moss/>

<http://www.youtube.com/watch?v=3JLuggjn3o8> – Lori Leyden Rwanda Light Project

<http://www.efttappingtraining.com/change-bruce-ecker-tapping-memory-reconsolidation/> - how EFT works

<https://vimeo.com/58388751> - Dawson teaching Floor to Ceiling eye roll

http://eftuniverse.com/index.php?option=com_content&view=article&id=10819 – PTSD case study

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<http://www.youtube.com/watch?v=f6xm66XToEY> – clinical EFT #1

<http://www.youtube.com/watch?v=wPLP0ro0REY> – clinical EFT #2

<http://www.youtube.com/watch?v=UFUBtgVRmco> – clinical EFT #3

<http://www.youtube.com/watch?v=iFh7JOH7Yf4> – clinical EFT #4

<http://www.youtube.com/watch?v=2uAz0rz58uA> – clinical EFT #5

<http://www.youtube.com/watch?v=hj9QRNw-dTg> - self sabotage tapping video

<http://www.youtube.com/watch?v=SsrO3NiodXQ> – Craig Weiner’s Trauma video

<http://www.efttappingtraining.com/trauma-epigenetics-sperm/> - traits passed onto future generations

<http://www.youtube.com/watch?v=RdBGmGMqGoY&feature=youtu.be>

<http://www.lifetrainings.com/Your-unconscious-mind-is-running-you-life.html>

http://discovermagazine.com/2013/may/13-grandmas-experiences-leave-epigenetic-mark-on-your-genes?fb_action_ids=10151657962056600&fb_action_types=og.likes&fb_ref=.UbfoNfOy9q.send&fb_source=other_multiline&action_object_map=%7B%2210151657962056600%22%3A505189692878125%7D&action_type_map=%7B%2210151657962056600%22%3A%22og.likes%22%7D&action_ref_map=%7B%2210151657962056600%22%3A%22.UbfoNfOy9q.send%22%7D#.Ubfq8_nVBjj

http://www.youtube.com/watch?v=GIGqp6_PG6k

<http://www.nlpu.com/Articles/artic14.htm> - NLP connection

http://www.santafenewmexican.com/news/health_and_science/article_1deb234f-0f5c-53d8-bfef-f99a521c6ba6.html

<http://www.howtotap.com/importance-of-gamut-point-karin-davidson>

<http://www.howtotap.com/wp-content/uploads/GamutPointGuardian1.pdf>

http://eftuniverse.com/index.php?option=com_content&view=article&id=10678

<http://www.youtube.com/watch?v=6piaFNtshbs>

<http://www.youtube.com/watch?v=KErsUZ0ZTfs>

<http://www.youtube.com/watch?v=OQnnBkDc57M>

<http://www.youtube.com/watch?v=EaT2uXDvJBQ>

<http://www.youtube.com/watch?v=YVlyDgFEcC4>

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<http://oxytocincentral.com/files/OxytocinGuideFinal.pdf>

<http://www.eurojnlofpsychotraumatol.net/index.php/ejpt/article/view/18597/html>

<http://www.youtube.com/watch?v=m2GywoS77qc> – Fight or Flight

http://www.youtube.com/watch?v=bvteZ_bq0nk – how anger manifests itself

http://www.deeprancenow.com/exc2_multiplepersonality.htm

<http://www.examiner.com/article/san-diego-kidnapping-case-study-for-trauma-reenactment-phenomena>

<http://www.eftradioonline.com/molecules-of-humor-with-candace-pert-phd-and-craig-weiner-dc/>

<http://www.spiritscienceandmetaphysics.com/scientists-have-found-that-memories-can-be-passed-down-through-generations-in-our-genes/> traumatic memories are found in our genes passed down from previous generations

http://www.mnwelldir.org/docs/mental_health/ptsd.htm - Soldier's article regarding PTSD

http://www.tap4peace.com.au/eft/info/eft_and_tft.html - comparison of EFT & TFT – informational only

<http://www.tappinginsidersclub.com/newsletters/2012-12.html> - eye roll informational only

http://discovermagazine.com/2011/mar/14-priest-physicist-would-marry-science-religion#.U_iWDebVrTY.facebook – Science and Christianity

<http://www.meaningoflife.tv/video.php?speaker=polkinghorne&topic=complete> – Interview with John Polkinghorne regarding quantum theory

<http://news.yahoo.com/ptsd-symptoms-tied-food-addiction-women-study-205327442.html> PTSD and weight

<http://www.scientificamerican.com/article/can-eye-movements-treat-trauma/?page=1> – eye movements and trauma - posted

<http://www.youtube.com/watch?v=6piaFNtshbs> – next 5 links are oxytocin links

<http://www.youtube.com/watch?v=KErsUZ0ZTfs>

<http://www.youtube.com/watch?v=OQnnBkDc57M>

<http://www.youtube.com/watch?v=EaT2uXDvJBQ>

<http://www.youtube.com/watch?v=YVlyDgFEcC4>

<https://www.youtube.com/watch?v=p4Gotl9vRGs> – 10 dimensions explained

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http://www.eftuniverse.com/index.php?option=com_content&view=article&id=1920&utm_source=newsletter_537&utm_medium=email&utm_campaign=eft-insights-weight-loss-tragedy – side of the hand

<http://www.thetappingsolution.com/eft-articles/remember-to-roll-your-eyes-a-deeper-understanding-of-the-gamut-point-procedure/> - 9 Gamut explanation

<http://www.psychotherapynetworker.org/populartopics/mindfulness/463-the-precarious-present> - Dr Scaer precarious present

<https://www.youtube.com/watch?v=LUQDINVN8hM&index=3&list=PLuiEESdZwkYaE0q8Orhy9Nv5jFJP3FgM> – neuroscience behind EFT

<http://articles.mercola.com/sites/articles/archive/2012/07/18/eft-health-professionals-acceptance.aspx> - APA Evidence based

<http://www.brainbreakthrough.com/modalities.html> - explanation of different modalities

<http://www.rachelsvineyard.org/Downloads/Canada%20Conference%2008/TextOfBrainPP.pdf> - simpler explanation of what goes on during trauma. EFT settles this all down!

<http://starbaseconnection.ning.com/group/animal-communication-and-healing/forum/topics/meridian-tapping-for-animals?page=1&commentId=6606844%3AComment%3A11378&x=1#6606844Comment11378> – tapping for dogs

http://www.drperlmutter.com/change-brain-change-life/?utm_source=newsletter&utm_medium=email&utm_campaign=amen_vid12_8_2015&utm_source=DrPerlmutter.com+Newsletter&utm_campaign=4f068d5818-amen_vid12_8_2015&utm_medium=email&utm_term=0_3e059546f6-4f068d5818-99240793&mc_cid=4f068d5818&mc_eid=3b7ee26749 - posted