

Are you Breathing Fresh? Coping With, and Prevention of, COPD

Dr. Suzanne B Zacharia

Practitioner & Trainer, Director, Energy Practitioners Association, UK

Abstract

Statement of the Problem: Smoking, environmental pollution, workplace hazards, and now COVID-19 can lead to chronic breathing difficulty. Whilst new medications are still being investigated, current medications for chronic breathing difficulty, such as COPD, have side effects that can limit quality of life. Limitations on quality of life in chronic illness can lead to increased psychological stress and therefore decreased quality of life.

Aim: The purpose of this presentation is to inform and educate about the use of Emotional Freedom Techniques for the prevention and management of chronic respiratory disease.

Methodology & Theoretical Orientation: This presentation is based upon scientific research and studies collated to explain the findings of EFT practitioners and self-helpers with regards to the prevention and management of chronic respiratory disease.

Conclusion & Significance: Emotional Freedom Techniques (EFT/Tapping) is an effective intervention that can assist with both the prevention of chronic respiratory disease from, for example, smoking, and with the management of chronic disease.

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