Harness EFT For Cancer-Related Biochemical Shifts Transcript

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Introduction to EFT and tapping basics

Hello, everybody. Dr. Karlfeldt here. So we did a little bit of EFT earlier and this summit. EFT For you guys that didn't see that video, it's a way where we can actually strengthen the body's energy in in face of any, any kind of stressor or in order to be able to kind of imprint, you know, positive affirmations.

So that vibration, that energy then becomes part of who we are. And the EFT, which stands for Emotiona lFreedom Technique, is a tapping technique. We we tap on specific acupressure points while we focus on something and whatever that something in can be a stressor, like, for instance, something traumatic that happened or it may or it can be a pain that you're feeling somewhere, or it can be something positive that you want to affirm.

I'm successful or I feel love everywhere or whatever it may be. So since this is a cancer summit, I want to focus then on certain biochemical you know, this segment I want to focus on certain biochemical physiological processes that are related to cancer so that we can we can support the body's ability to kind of maximize these processes to be as successful as possible.

And regarding our outcome, so it's going to be ten different phrases. And so I'm going to go through it with you, and I'm hoping that you can go through it with me as well.

And this is something that you can do every day, or you can do it several times a day, depending on how you feel. And there may be some of the phrases that you feel that really resonates me with me.

And I do that one several times a day. It is a very forgiving system, a very supportive system, you know, the emotional freedom technique. So just can I follow along with me?

Do what I do, say what I say. It's a really, really powerful tool and what it looks like as you're starting, you tap here the structure, as you say, even though and then you fill in whatever that phrase is.

And then you say, I still love and accept myself full and completely. And you repeat that three times while you're tapping on what I call the the carotid chop point.

And it's kind of in the middle here. It's not down here. It's not up here. It's in the middle. I'm that kind of fleshy part.

Cellular repair affirmation

And then you, whatever the phrase is that you can I injected into that even though phrase I still love and accept myself, you know, whatever that phrase is and you say that phrase while you tap on the tap on the beginning of the eyebrow and of the eyebrow under the eye, top and bottom lip and rub the collarbone and feel the collarbone here.

And they kind of go into that indentation tap right there and then bra strap point and a run of this. I can either do it this way or or females and they tend to make it be easier and this way so so we're going to go through ten phrases that relates them to the different physiological processes, you know, that relate to cancer.

So first, we're going to start with cellular repair. So we go right here. Even though every tap supports my body's natural ability to repair and rejuvenate cells, I still love and accept myself fully and completely.

Even though every tap supports my body's natural ability to repair and rejuvenate cells, I still love and accept myself fully and completely. Even though every tap support my body's natural ability to repair and rejuvenate cells, I still love and accept myself holding completely every tap support my body's natural ability to repair rejuvenate cells every tap supports, my body's natural ability to repair and rejuvenate cells.

Immune system support

Every tap supports my body's natural ability to repair and rejuvenate cells every tap support my body's natural ability to repair and rejuvenate cells every tap support my body's natural ability to repair and rejuvenate cells every tap supports my body's natural ability to repair and rejuvenate cells.

And what's important when you're doing this is that you want to bring as much energy and and excitement and with these phrases and just kind of feel the excitement, how you're really supporting the body's natural ability to repair and rejuvenate cells just kind of have the more more energy, the more emotion that you bring in, the more powerful it becomes.

So now we're going to go to immune system. I trust, even though I trust in the strength of my immune system, to recognize and address any abnormal cells, I still love and accept myself fully and completely.

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Detoxification and oxygenation

I trust in the strength of my immune system, to recognize and address and abnormal cells. I trust them the strength of my immune system to recognize and address any abnormal cells.

Then we want to focus on detoxification, which obviously is key because my kind of shorter presentation, talk about the tumor microenvironment and if we can detoxify that environment, we can then alter the behavior of the tumor.

So detoxification is really important. So even though my body efficiently expels toxins and maintains a clean, healthy environment internally, I still love and accept myself fully and completely.

Even though my body efficiently expels toxins, it maintains a clean healing environment internally. I still love and accept myself fully and completely.

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Internally, my body efficiently expels toxins and maintains a clean healing environment internally. Then we want to go into oxygenation because we know that a oxygen starved cell is more likely to go into, to become a cancer cell.

So we really want to make sure that all our cells are flooded with oxygen healing oxygen. So even though every breath I take infuses my cells with healing, oxygen, nurturing and reviving them, I still love and accept myself fully and completely, even though every breath I take infuses my cells with healing, oxygen, nurturing and reviving them,

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Apoptosis and inflammation control

So and then the next apoptosis, you know, we know how important that is. When we deal with cancer. We want to make sure that cells that are not healthy or cancerous, that they are able to, you know, to die and we want to break them down and then they can be recycled to build other healthy cells. So even though I trust trust in my body's natural process, like apoptosis to manage cells that don't serve me, I still love and accept myself fully and completely, even though that trust in my body's natural process, like a apoptosis to manage cells that don't serve me, I still love and accept myself full and completely even that trust in my body's natural processes like apoptosis to manage cells that don't serve me.

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And then we want to go to inflammation because if there's no inflammation, cancer can be created. So we want to make sure we control inflammation, even though with every affirmation I feel the inflammation in my body decrease, creating a healthier environment for healing.

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With every affirmation, I feel the inflammation in my body decreased, creating a healthier environment for healing. And then we want to go into the DNA repair mechanism, because obviously, even though we're recognizing more and more that ultimately cancer is not a genetic disorder, there are genetic variations and also epigenetic changes that are taking place that are promoting the cancer process.

And we want to make sure that we we address cells. So the DNA repair mechanism is is very important.

DNA repair and angiogenesis

So even though my body's innate wisdom, continuous lee checks and repairs DNA ensuring my cells function optimally, I still love and accept myself fully and completely, even though my body's innate wisdom continuously checks and repairs DNA ensuring my cells function optimally.

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And then the next step is that angiogenesis a a cancer cannot survive or grow without new blood vessel formation because it is so inefficient and using energy resources that it needs a lot of blood vessels in order to be able to support its existence.

And if it doesn't get these blood vessels, then it's it starves and then it dies. So angiogenesis, the formation of new blood vessels is an important component.

So that's what we're going to do next. So even though I visualize a balanced angiogenesis, this process providing nourishment to help the cells and depriving abnormal cells.

I still love and accept myself fully and completely, even though I visualize a balanced angiogenesis process providing nourishment to healthy cells and depriving abnormal cells.

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And the next step for model balance, you know, hormones plays such a huge role in the entire immune system function and tissue repair, all the kind of signaling.

So any time a person is dealing with cancer or wants to avoid cancer, it is important that your hormones are optimized. So we want to make sure that we don't miss out on that.

Hormone balance and healthy cell growth

And this and this therapy as well. So even though my body maintains a harmonious balance of hormones

supporting my overall health and well-being, I still love and accept myself fully and completely.

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And then next is we want to make sure that there's a healthy cell proliferation. We want to make sure that the healthy cells are growing. Creating healthy tissue is harder for cancer cells to convert into cancer tissue.

So we want to really support healthy cell proliferation. So that that's the last one, even though I support and celebrate the growth of healthy cells that thrive and contribute to my well-being, I still love and accept myself fully and completely, even though I support and celebrate the growth of healthy cells that thrive and contribute to my well-being.

I still love and accept myself fully and completely. Even I support and celebrate the growth of healthy cells that thrive and contribute to my well-being.

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These are ones that obviously, as you can kind of see with what we the phrases we've been using, you don't need to be dealing with cancer, even though these phrases we've been very beneficial if you are dealing with cancer, but you don't need to you know, these are also preventative phrases.

And what's amazing as you are affirming these and strengthening your body and relationship than to these phrases, you are then start to think in that direction.

Your body is becoming programed to fulfill all these phrases so they become part of you. Where you have the inflammation is controlled, you know, you have healthy apoptosis and you have healthy angiogenesis and you have healthy cells to be be created and DNA mechanisms work well.

Your cells repair and your immune system is active. You're able to detoxify. And so you are then driving these processes and promoting these processes with this simple technique.

So I suggest that you use this technique on a daily basis, and that will really promote health within you. So if you have any questions, obviously reach out and over at I'm at the Karlfeldt Center, so it'll be info@theKarlfeldtCenter.com.

And if you have any questions and we'll be happy to answer them. So thanks so much for hanging with me.