

## The Stress Test Study That Shocked the Researchers...

A study performed by Dr. Dawson Church, PhD and Dr. David Feinstein, PhD, measured cortisol levels before and after treatment.

83 participants were divided into 3 groups: the 1st group received an hour of Tapping; the 2nd group received an hour of psychotherapy ("talk" therapy); the 3rd group (control group) received no treatment.

The researchers **measured cortisol levels before and after the treatment**. Cortisol was measured because it is known as the "stress hormone" of the body. As stress goes up, cortisol levels go up.

When the researchers were measuring the cortisol levels of the Tapping group after treatment they thought they had a problem...

The levels had dropped so significantly in such a **short period of time** that they thought there must be something wrong with their equipment.

They kept recalibrating their equipment and retesting until they finally came to the conclusion that there was in fact...nothing wrong with their equipment but rather that...the Tapping worked!

Results: The 1st group (Tapping) **demonstrated a 24% decrease in cortisol levels**; the 2nd and 3rd groups showed no change in cortisol levels.

The reality: Psychotherapy alone relieves stress, but over a long period of time. The immediate benefits of psychotherapy don't register in your body, where excessive amounts of the "stress hormone" cortisol still run rampant, putting your health at risk.

Study findings: **Tapping balances activity between the sympathetic and parasympathetic regions of your brain, producing "a neutral emotional state," the gold standard of health and wellness.**

