

A dramatic landscape featuring a bright, glowing path that starts from the sea and leads up to the sky. The path is illuminated with a yellow and orange light, contrasting with the dark, stormy sky. The foreground shows a sandy beach and the blue waves of the ocean. The overall scene is framed by a red border.

SHINGLES!

**Gone in 45
Minutes!**

Joanne Harvey

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Shingles and symptoms gone in 45 minutes!!

My client, Connie, woke up Tuesday morning with shingles. She knew she had shingles because she is 80 years old and she has seen many friends suffer with them. The blisters broke out on the top of her head and cascaded down her forehead through her right eye brow, down her right cheek and on to her chest.

They were very painful, so she rushed to the doctor's that morning and he prescribed antibiotics.

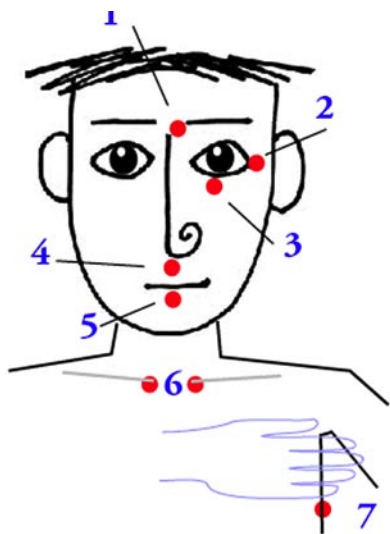
He told her that they were going to get a lot worse before they got better.

She had just better prepare herself.

Her daughter called me that afternoon and told me the unfortunate news about Connie. She said Connie's shingles were very painful and itched terribly.

I'm a hospice social worker and I use EFT on my dying patients and grieving survivors to relieve their suffering. I have used EFT on many issues, but I hadn't

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tackled shingles. I had just read, Angela Treat Lyon's e-book, [*I Dare You Get Free!*](#) and one of her articles addressed herpes (pg. 35). Since herpes and shingles are basically the same thing, I decided to try EFT on it.

I called Connie up and asked if she'd like to give it a try. She was very receptive and basically just asked what she had to do. Since she had not ever been exposed to EFT or meridians, and we were talking on the phone, I had her take a piece of paper and draw a circle for her head and one for her torso, then I gave her the tapping points (see left).

She rated her SUDs (subjective units of discomfort) pain at 10 plus out of 10, and her itching she said was even worse. Her biggest fear was not sleeping since she was so uncomfortable.

We started tapping, striking both karate chop spots together. We first worked on eliminating any reversal:

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Even though:

I love these shingles

I was wondering when I was going to get them
everyone I know has had them

I was feeling left out

I love these shingles and all they represent

and I totally and profoundly accept and love myself as I am today.

She was laughing. Then we started tapping seriously on her pain and itching. Starting at both KC points:

Even though:

I have these shingles

I totally and profoundly love myself

I have the pain and itching associated with these shingles

I profoundly love and accept myself

I have these symptoms associated with shingles

I totally and profoundly honor and accept myself.

Then we did a full round starting at the crown and working down the face and torso:

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these shingles
itching
pain
this pain is a 10
itching
terrible itching
these shingles on the top of my head
cascading down the right side of my face and landing on my chest
these shingles
this pain and itching
We ended with striking the insides of the wrists together saying
pain and itching.

I could hear her yawning so I stopped and had her take a deep breath and evaluate her pain and itching. Her pain was at a zero and her itching was down to a 3.

She was so thrilled she wanted to stop and go to bed right away but I persuaded her to give me a little more time.

We went after the itching, with a full round of; "this remaining itching."
I heard her sigh as we hit the Liver point. I had her take a deep breath and

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tell me how she was feeling. Her itching was now a zero, too. I wanted to do a healing round but she was determined to go to bed right away, so of course she won.

Wednesday morning I called and Connie reported that she had slept like a baby. She had no pain but some of the itching had returned.

I asked what SUDs level and she stated it was a 4, with an apology insisting that she could live with these symptoms. I encouraged her to try EFT again, and she agreed.

I asked why she thought the itching had returned; amazingly she said it was guilt.

**She felt guilty for feeling so good when
so many of her friends had suffered for weeks
and sometimes months without relief.**

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We tapped on her guilt:

Even though:

I'm itching because I'm guilty

I'm guilty because my friends suffer

itchy guilt

quick recovery guilt

why should I be so lucky guilt

guilt

oh this terrible guilt,

Then she started laughing and reported that she has was feeling very silly about her guilt and had no itching.

We did a round on healing energy, which she loved.

Even though:

I have healing energy coursing through my body

healing energy flowing through the top of my head

healing energy swirling throughout my body

healing flowing into my body,

ending with a full round from her crown down to the Liver point, of golden healing light, healing me, I choose to be healthy, I choose to let any and all stress go, I choose to let go of all illness and replace it with wonderful healing energy.

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She loved that part and wrote some of the affirmations down to say later. I asked her to tap on those affirmations one full round three times daily and I would call her on Friday to see how she was doing.

Friday morning, she reported that she had a few dark marks on her head and face where she thought the shingles were but had not broken out.

**She reported that
her pain hadn't returned
after the first session and
all the itching was gone
after the 2nd EFT session.**

She reported that her joints felt a lot better too, which apparently was a secondary benefit. She also honestly told me that she had completely forgotten to tap on her own.

She was very happy with the results and thrilled to tell her doctor how she had not suffered after her first introduction of EFT.

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One month later I called Connie, who said she has had no reoccurrences of her shingles or the symptoms associated with them.

Her daughter reports that she thought she was wearing make up recently because not only had the red marks from the shingles cleared up nicely on her face, the rest of her complexion looked great too!



Joanne Harvey, MSW, is a hospice social worker and grief therapist. She uses EFT exclusively with all of her clients. She is an accomplished Ultimate EFT practitioner; she also works with EFT over the telephone. She specializes in grief, anxiety, PTSD, physical illness, phobias and peak performance.

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