



EFT (Emotional Freedom Techniques®)

The most popular brand name in the energy healing field



Deepak Chopra, MD

"EFT offers great healing benefits."

[Home](#) [Order](#) [E-mail](#) [Resources](#) [Practitioners](#) [Affiliate](#) [Forums](#) [Support](#)

EFT Resources

[What is EFT?](#)

[EFT Training](#)

[Learn EFT](#)

[Free Manual](#)

[Buy Training DVDs](#)

[Research](#)

[Free Videos](#)

[Find a Practitioner](#)

[Certification](#)

[FAQs](#)

[Glossary](#)

[Open Hand Policy](#)

Testimonials

"I've never found a more user-friendly, dependable and precise technique that could produce such profound change in such a short time."

Kim English

<< prev

next >>

Uterine cancer reversal

Note: This article assumes you have a working knowledge of EFT. Newcomers can still learn from it but are advised to get our [Free EFT Get Started Package](#) or our [Affordable DVDs](#) for a more complete understanding. For more, read our [EFT Info and Disclaimer Document](#).

Hi Everyone,

Damaris Drewry, PhD, after undergoing a lot of personal stress, developed uterine cancer. This article is about how she reversed it and some of the EFT approaches she used. She says, *"Six days later, when the pathologist (in the operating room) biopsied the organs removed by the surgeon there was NO CANCER left and I have needed no cancer treatment in the 18 months following surgery."* Note: Although EFT has been reported to aid cancer recovery, one should consult with a qualified physician regarding its possible use for cancer.

Hugs, Gary

By Damaris Drewry, Ph.D.



[Learn EFT](#)

Christmas time, 2006: The physical history of this condition in my early fifties: hormone replacement therapy (estradiol patch) without enough progesterone to balance the estrogen had set up estrogen dominance in my body, evidenced by spotting. I did see a doctor and had a sonogram after about a year of this, but nothing conclusive showed up. The emotional history during the same timeframe was a series of situational crises in my life and relationships that created conflict, confusion and chaos (in my way of looking at the mind/body connection, these are the 3 "c" words that lead to cancer). On the Holmes and Rahe (1967) stress scale (divorce, moving, career change, death of a loved one, etc.) I was well over 600 where high risk was 300.

The spotting continued. I woke up one morning with a direct knowing that I had either ovarian or uterine cancer. I called the doctor and went in the same day for a sonogram, followed a few days later by a D&C. The gynecologist said the uterine polyp was unusually large but that, in her experience, they are almost never malignant so she was not seriously concerned and felt the D&C would eliminate the problem entirely. She called 10 days later, surprised to say that the lab results were 100 % positive for cancer. The exact wording in the report is: "...endometrial adenocarcinoma, Grade 2, diagnosed on D & C. It was recommended that

the patient have a hysterectomy and bilateral salpino-oophorectomy" (both ovaries removed).

I've been counseling for over 20 years and earned my doctorate in psychology in 2002. I first learned of EFT during the Energy Psychology conference in 2000 where I was presenting: "The Human Voice in Energetic Healing" where the voice is used, with or without words, to reframe core issues. I was already good at ferreting out core issues underlying many psychological problems; and I used the power of the spoken word with Kahuna prayers and precise languaging (NLP) to reframe and neutralize core issues.

I know that cancer, the dreaded "C" word, is really the body's way of getting our attention by creating a chaotic overgrowth of cells in a part of the body that is a metaphoric cry for help = "I'm out of control here – get a grip!"

For the year preceding the diagnosis I was in a new and struggling relationship where I felt emotionally and spiritually compromised while trying to be "a good friend". The uterus is a metaphor for feminine creativity, and I had certainly been neglecting my artistic, musical and earth-oriented shaman-self for too long because I was preoccupied with grieving the unexpected death of my husband in 1995; and after he died, going back to school to earn my doctorate (research was after-death communication).

After completing my doctorate I felt very drained, and I tried to "hide" for several years, AND, between 2002 and 2006 I had two disappointing relationships in a row. Six months before the diagnosis my stress levels amped up even more when I was taken to court in a spurious lawsuit (I eventually prevailed).

Of course I was in a panic when I received the diagnosis, particularly feeling as compromised as I did: simultaneous cancer, lawsuit, and loss of meaningful relationship. But, as a shamanic healer I knew that I would have to change my vibrational frequency pattern, and do it FAST to kill the cancer cells. I also knew that I would have to change my relationship with myself IMMEDIATELY so that new cancer cells could not form.

Fortunately I had the skills I needed. I imagined T cells surrounding every cancer cell like my friends were surrounding me in my living room, witnessing me asking my Higher Self to connect to my body in order to release the emotional and spiritual issues that I knew were creating cancer cells. I tapped for EVERYTHING I could think of, and my friends surrogate-tapped with me. I ended the compromising relationship. The issues were all intensely personal and the trust level with friends was absolute.

Six days later, when the pathologist (in the operating room) biopsied the organs removed by the surgeon there was NO CANCER left and I have needed no cancer treatment in the 18 months following surgery. Since then I have been "following my bliss" focused on my private practice, workshops, book writing, and singing. Here are some of the statements I used that apply to using EFT to eliminate any adult-onset cancer:

- This is NOT my time to die! (address the fear)
- I thank my body for being strong, healthy, and allowing me to experience great freedom and joy! (gratitude and acknowledgment)
- I apologize to my body for not heeding warning signals sooner. (tell the truth)
- I thank my uterus for containing the cancer completely and sacrificing herself to save the rest of the body. (specific gratitude)
- I understand that all of my feelings are valid, and I had good

reasons for making the choices I made, given the information I had at the time. (self-acceptance)

- The truth is that chaos, confusion, and conflict have made my body feel so out of control that she had to develop cancer to get my attention and change my lifestyle. (tell the truth)
- The truth is that I have the right, the privilege, and the power to heal my body in an instant. (reclaim personal power)
- I ask my higher self, the part of me that knows how to heal my body, to start that process now and not stop until it is done. (ask for help: this problem cannot be solved entirely at the level at which it was created)
- All systems in my body are returning to their optimal level of functioning. (state the desired outcome)

I tapped hundreds of other statements about specifics that are too personal to share.

Please note that the tapping points I have used in over 500 sessions are simple: karate chop; eyebrows, sides of the eyes, cheekbones, under nose, above chin, beneath collar bone, under arms, top of the head, and the pulse-point on the wrist. I never used the 9-gamut.

Damaris Drewry

Postal address for EFT is:

EFT, PO Box 269 Coulterville, CA 95311

Physical Address (not for mailing): 36808 Greencroft Close, The Sea Ranch, CA 95497

© 2009 All contents of this website are copyrighted and cannot be used without permission

Website and Database Design by [Designs Are Us](#)

More information is available for the following topics: [lose weight](#), [knee pain relief](#)

[EFT Training](#), [What is EFT?](#), [Learn EFT](#), [Free Get Started Package](#), [EFT Training DVDs](#)

Important note: While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Gary Craig is not a licensed health professional and offers EFT as an ordained minister and as a personal performance coach. Please consult qualified health practitioners regarding your use of EFT.