

EFT AND MENOPAUSE PRESENTATION

Northern AAMET EFT Gathering January 2011.

This presentation puts forward the use of EFT as a positive asset to help women move forward during the significant time of their lives known as the menopause.

Gentlemen, you may think that this topic has no relevance for you, but first, I think it's likely that you all know of ladies who are going through the menopause process, so the information might prove useful.

Secondly, a growing body of research suggests that the male menopause, or andropause, may not be a myth (^{1,2,3}), and the symptom pattern is similar to the female menopause.

However, as you are not subject to the regular monthly-ish cycle of hormonal changes that women are, and never entirely run out of the male sex hormones, the effects tend to be more subtle. Nevertheless, there may be things that you can identify with here.

The following is my own personal outlook and experience of menopause to date, and I realize that these are different for every woman.

What resonates and works for me may not necessarily seem such a good thing to you. The phrases that I use may seem totally at odds with your own experiences and beliefs, but I would like to offer this as a possibility of a different approach to a time that many women find challenging.

You may find some 'yes-buts' coming up as a response to some of the things I say, and that's OK, because none of us are coming from the same place, and this can be a time of life when any woman can feel more than particularly vulnerable to what she hears and feels. These 'yes-buts' can prove valuable indicators of what issues to consider working upon.

For almost the last 10 years I have been aware of the changes in my body that herald the menopausal process is underway. As a qualified medical herbalist I was treating any symptoms that arose with lifestyle and herbal interventions, but once they disappeared I would forget to take the herbs and supplements, and then they would eventually make a re-appearance.

The symptom that tends to bug me most is a kind of ectopic heartbeat, which I had checked out and was told was benign, but it certainly seems to act as an indicator that something is out of sync, out of rhythm and needs attention.

I have long been a great believer in attempting to listen to the messages that the body is trying to communicate, that symptoms manifest in the physical for a reason, not just to be bloody-minded, although at that time I was at a bit of a loss as to how I could alter things.

It was only in 2006 that I learnt about EFT, and I know now that it is the key to attend to those things my body wants me to pay attention to.

Through personal experience and that of some of my clients, I have found that EFT works really well for many of the issues that menopause brings up.

Let's start with a brief background of what menopause is. Menopause itself is an event – it is the very last period or monthly bleed that a woman will have.

Trouble is, you can't know that you have reached menopause until you have had at least 12 months without a period!

The average age is around 50 – 52, but it can be a lot earlier, and may be quite a lot later as well. I have a work colleague who is 56 and still has her monthly cycle intact.

I reach my half century in less than a month and recent signs suggest that I might finally be at journey's end, coming up to the actual menopause itself.

The process that leads to menopause is triggered by the eggs in the ovaries running out. It is a natural process, known as the climacteric or perimenopause, usually beginning in the mid 40s, but can be anytime from 35 onwards.

In some cases, premature menopause can occur in even younger women, or be induced surgically via hysterectomies if the ovaries are removed.

The average life expectancy of a woman in the west now is approximately 81 years. So, unless you want to drop off the perch early, it's likely that the average woman has another 3-4 decades before her, post-menopause.

Two interesting questions to ask any woman when told this information are:

[What does that thought do for you?](#)
[How does it make you feel?](#)

The responses can suggest the route to take when we get around to any tapping.

Many women sail right through this time with hardly a flicker of trouble. Others have no end of problems, and it seems to go on and on.

So, two more questions that can follow on from this are:

[Which category would you prefer to be in?](#)
[Do you believe that you can actually choose?](#)

Unfortunately, in recent decades, this natural process has been transformed into some kind of deficiency disease, medicalised, with the treatment for it being HRT.

That might be all right if the "treatment" didn't cause other problems, but alas, in recent years more and more research has shown that HRT can do far more harm than good – cancer of the breast and uterus, heart disease, stroke, etc.

And if you are like me, preferring not to put synthetic drugs into their body, you aren't going to want to go down the HRT route in any case.

There are other more natural alternatives, like herbs, supplements and lifestyle changes as I mentioned earlier, but again many women, and I'm one of them, have difficulty staying motivated when things are going all right, and remembering to keep up with the regime.

There is one other problem as well. If at some later time, a woman taking HRT, or even in some cases herbs, etc., needs or wants to come off the treatments, then she is back to square one, PLUS!

There can be a rebound effect and any symptoms that were being suppressed by the drugs can re-emerge in a far stronger way. After all, it's just like starting the process all over again.

In the natural course of events, the female hormones in the body gradually decrease to an extremely low amount, or even none at all in the case of progesterone. Although quite a few women experience problems during this time, there are many women who actually have few or no problems.

This gradual decrease allows the body to adapt to the changes but HRT keeps these female hormones at an unnatural level in the body – take them away, and kaboom! Suddenly you have very low levels and no adaptation time. This can result in symptoms – big time!

Check out the internet as I did when doing additional research for my eBook, [Menopause – Hormonal Balance With EFT](#), and you commonly find that as many as 34 symptoms are mentioned as menopausal symptoms.

Many are physical; some are emotional; some are psychological. I always strongly recommend that if anyone ever has any doubts about the severity of any symptoms, please do get them checked out with a qualified medical practitioner, as I did with the heartbeat irregularity.

So let's have a look at the usual suspects in the symptoms of menopause category.

Flip Chart Page: Symptoms

Physical

changes in menstrual cycle
hot flushes
night sweats
weight issues
fatigue and insomnia
bouts of rapid heartbeat (palpitations or arrhythmia)
dizziness
breast issues
bloating
hair loss or unwanted
dizziness and balance problems
skin problems - itchy, crawly
tingling of the extremities
headaches
brittle nails
gum problems
incontinence
digestive troubles
osteoporosis
general aches and pains
exacerbation of any existing conditions
increase or worsening of allergies.

Emotional

moodiness
irritability
anxiety

Psychological

depression
foggy memory and lapses
lack of concentration
inability to cope
loss of libido

Phew! Faced with all that it's no wonder menopause is often regarded with alarm and fear. Fancy all that to look forward to!

Perhaps as many as 75-80% of women can be affected by symptoms. However of those 75-80%, only about 10 – 35% have symptoms bad enough to warrant professional help.

So, if my maths is correct - for 100 women, 75-80 will have some sort of symptom, but of those only 8-28 will have symptoms that cause real trouble rather than inconvenience.

Hot flushes and night sweats seem to be the worst offenders for symptoms, certainly for the ladies who come to me. Yet even here, 50% of women never have any problems.

Of the remaining 50%, about half have them at least once in the year before menopause, and about 30% have flushes within 3 years of menopause.

In 80% of the cases where flushes do occur they can be evident for a duration of anywhere between 2 months and 2 years. For an unfortunate few, the flushes can go on for up to 10 years after that final bleed.

A positive view of hot flushes that some women hold is to view them as POWER SURGES, allowing them to vent excess body heat, and “heated” emotions. From this viewpoint, they can actually be seen as a useful occurrence, a benefit rather than a problem.

It seems that the biggest issue often associated with any of the symptoms is a feeling of *loss of control*, your body doing its own thing, and having the perception that you are unable to do anything about it.

The causes of these symptoms may indeed be down to hormonal imbalances, but if you look further it’s possible to see that perhaps we may be a little too quick to blame it ALL on the hormones?

There may be an initial hormonal hiccup, causing hot flushes and night sweats, but many of the symptoms might be found as the knock-on effects of the purely physical issues, such as lack of sleep.

Even men or non-menopausal women who have a series of disturbed nights might well find that they suffer from some of the symptoms commonly associated with menopause. They are irritable and moody, lacking concentration and having a foggy memory, feel anxious, depressed, and/or unable to cope.

Research shows that inadequate sleep can also affect how our bodies metabolise food and lead to weight gain.

Yet this is often all just put down to the hormones because we are at “that time of life”. So here, take HRT for it.

It’s interesting to note, however, that this “time of life” is also colloquially known as the “Change of Life”.

Yes, there are huge hormonal changes going on, that mirror the changes our bodies went through at puberty, and these undoubtedly can have effects on the body, mind and emotions.

But let’s stop and think.

What other changes are likely to be going on in a woman’s life at this time?

Flip Chart Page: Change of Life

Tendency to have children when older, late 30s and early 40s clash of hormones – puberty teens v. menopause mother!

Empty nest syndrome - children leaving home

Children returning home

Relationship with significant other changed over the years?

Parents		elderly- ailing?	Care
Loss	-	parents	
	-	spouse/partner	- death - divorce / separation
	-	family	siblings friends peers
	-	work	- retirement redundancy
	-	health	
	-	youth	
	-	control	

This all adds up to a lot of stress and the associated emotions.

What emotions come to mind?

Flip Chart Page: Emotions

Fear
Worry
Overwhelm
Anxiety
Dread
Insecurity

This of course is where it becomes apparent that EFT can take centre stage in managing this rather topsy-turvy time of life, when chaos often seems the norm.

EFT does no harm.

Unlike HRT, there are no reports of unwanted side-effects with EFT; on the contrary there are usually benefits all round as the use of EFT tends to empower and enable the individual.

EFT is always available at your fingertips, and can be used any time, any place, anywhere, unlike herbs and supplements.

EFT is easy to apply, and of course EFT neutralises all those negative emotions, thoughts, beliefs and attitudes. And of course, EFT is free to use.

In practice, I have found that working purely on the symptoms for myself and my clients in the usual EFT manner, being as specific as possible and using metaphor when issues seem too vague to really describe, has very good results.

For a lot of my clients, EFT is such a strange process that it is often easier to start this way.

As an example, let's take a personal experience of mine, using EFT to assuage a series of surging hot flushes that swept over me as we were about two hours into an eight hour car journey home from our holiday in Scotland.

Suddenly I felt very hot and heavy headed. When I looked into the sun-visor mirror my face, neck and what could be seen of my upper chest were beetroot-red.

Removing my jumper, swigs of water and putting the fan onto cold did nothing to help. Wave after wave of heat and tight-headedness kept coming at me. It felt very unpleasant. This was in 2007, not long after I'd done my EFT Level 2, so I decided a bout of tapping could do no harm and might be helpful.

Even though I have this terrible hot, stuffy feeling in my head, I deeply and completely love and accept myself.

Even though I have this terrible hot, stuffy, thick feeling in my head, I deeply and completely love and accept myself.

Even though I have this extremely heated and flushed face, I deeply and completely love and accept myself.

EB: *This terrible hot feeling.*
SE: *This horrible stuffy feeling in my head.*
UE: *Feeling so hot and thick-headed.*
UN: *So very hot.*
CH: *It's so uncomfortable.*
CB: *This bright red face.*
UA: *Looking like a beetroot*
TH: *Head feels so tight*

EB: *Horrible stuffy feeling.*
SE: *So hot and stuffy.*
UE: *Beetroot face and chest*
UN: *Bright red face*
CH: *Hot stuffy feeling.*
CB: *Tight, stuffy head.*
UA: *Red face and heat.*
TH: *This hot, flushed feeling.*

Here, for time I've used the Shortcut Routine, but at the time I used a full, basic round on the Setup Phrases, including the 9 Gamut, and another full round on *Even though I still have some of this hot, flushed feeling, I deeply*

and completely love and accept myself, and my face and neck returned to their usual colour and I cooled down.

I had the suspicion that I was under a little more stress than usual as we not only had a long journey still ahead of us, but we were also towing a 30 foot glider trailer behind us in rather windy conditions.

After tapping I became aware that I had been constantly looking in the wing mirror, keeping an anxious eye on the trailer. I think this was enough to throw out my hormonal balance, and form the 'dzzzt' in the energy system.

If I had any further flushes I was going to consider using some Setup Phrases to address my anxiety at travelling, but thereafter I was fine and settled down to read my book instead. The only time I glanced at the wing mirror thereafter were the times when you actually needed to check how things were going. It was as simple and as quick as that.

I merely concentrated on the physical aspect of what was going on, tapping on that. An insight into the possible underlying anxiety came as I finished the tapping, and the acceptance of that seemed to settle everything down again.

But one of the things that really interests me are the *"Writings on the Walls"* that so many women have about this time of life and once progress has been made on the obvious symptoms it can really move things along if you can start looking at the beliefs and attitudes that your client holds about menopause, and what menopause means for an individual.

During the first one and a half hour consultation with a new client, we spend at least half of it just talking, going through the consultation form I send out in advance for the client to fill in, and making notes of what is said – this is usually the basis of the tapping fodder for when we do get around to the actual tapping. It means that I can use their own words and sentences, rather than imposing my own interpretations.

It helps me to see what beliefs and attitudes the client may hold, which may or may not be useful in this or the following sessions.

If working on the physical aspects of the symptoms, I'll use the SUDS, but when considering beliefs, attitudes and expectations then I'll use VOCS (Validity of Cognition Scale) instead to gauge their level of truth (0=not true all, 10 = absolutely true) and thus assess any changes.

So what do we look at if we are working on the client's belief system about menopause?

Once again the answers to some questions can provide the basis for tapping, both negative and positive aspects that can be incorporated into the Setup Phrases.

Flip Chart Page: Questions about Belief System

Consider your SELF IMAGE and SELF TALK

For many women, their identity is bound up in being a mother. Even if they have long since had their children, the thought of the loss of their fertility and ability to bear children strikes at the foundation of that identity.

For some women, who have not had children for one reason or another, this can be a time of great regret, that they have no more opportunity to attempt motherhood.

In some circumstances, if and when it is a time I think it will be acceptable, a gentle reminder that a woman is not merely a “Walking Womb” usually elicits a surprised stare, mostly followed by a laugh and an acknowledgment that there are still plenty of other roles and good things to look forward to.

Consider the COMMONLY HELD EXPECTATIONS about this time of life and what your own thoughts are on those.

What did the older women in your circle pass on to you about their personal experiences – positive, or negative, or even horror stories?

Does your experience have to be the same, or do you feel that you can make it different?

What about cultural expectations – compare the modern western v. ‘tribal’ outlook.

Is menopause a cursed inconvenience and hardship, or a celebratory transition into a new period of our lives?

In many cultures, menopause as such just does not exist.

It is only in recent times that there has been a word for hot flushes in Japan.

According to Dixie Mills MD on the www.womentowomen.com site, *menopause, or konenki, is “thought to begin in the early 40’s and last until around 60 years of age.*

It’s often characterized as a time when the body loses its balance, and the Japanese see the causes as both cultural and biological.

Some Japanese women don’t worry about menopause much at all.

This may have something to do with the breakdown of the word konenki. Literally translated, ko means “renewal and regeneration,” nen means “year” or “years,” and ki means “season” or “energy.”

While translated into English as “menopause,” konenki connotes a much lengthier, gradual transition where the end of periods is just one contributing feature.”

She goes on to say that Mayan women generally *“enjoy good health and a positive attitude at this time. They report that they look forward to menopause and their newfound freedom and status.”*

The Mayans and many other “tribal” cultures *“acquire new status when they enter menopause: they can become spiritual leaders of their communities, the Wise women — repositories of information and wisdom.”*

I'll be putting up the transcript of this presentation on my website, with its link to Dixie Mills' far more in-depth article so you can investigate it further, should you so wish. I recommend a read of the full of article – it is most interesting.

So, do we regard this time of life as a period of regeneration and renewal? Or do we look forward to it, if that is the right phrase, with anxiety and dread? Or Who, or being psycho-emotionally exterminated?

Another question to consider.

[What role or influence does the media have in your thoughts of what menopause is about? Magazine articles and the like.](#) Are they necessarily correct?

[Social roles](#) – you get to a certain age and then what? How are you supposed to act?

Consider your BELIEFS and ATTITUDES – often negative – which can of course be erased with EFT!

Flip Chart Page: Beliefs and Attitudes Negative

An unhappy time

No longer attractive

No longer fertile

No longer feminine

No longer useful

Less value / worth

No control – hormones dictate all

Old

Past it

I like the quote by Mark Twain – *“Age is an issue of mind over matter;
If you don’t mind, it doesn’t matter”*

I also work on the basis that on each birthday I am not really a year older,
merely a day older than the day before.

Memory going

Flip Chart Page: Beliefs and Attitudes Positive

Free of pregnancy risk

No more monthly bleeds

Freedom to do own thing

Exciting challenge(s)

Time of transformation / metamorphosis

Another beginning to life

Chance to change old habits

Wise Woman time – passing on our experience and knowledge gained over
the years

Consider older women, in entertainment and politics, holding their own

Because so much is going on at this time of life, it's more important than ever that you take time to nurture yourself, and be gentle on yourself.

Much as we might like to feel in absolute control of our lives, this can never really be the case, and do we really want it to be so? It's always nice to allow a little space for spontaneity.

Many women feel that it is selfish to look after themselves, despite having no hesitation in looking after others. Yet, if you are not in a fit state of harmony and balance yourself, how can you be of any help to another? This is very often a good issue to tap upon.

Worry and concern for others can bring up physical issues in ourselves, although we may not realize that at the time.

Let me give you another personal example:

As a result of my research into the psycho-emotional aspects of the symptoms of menopause it became obvious to me that the subject of breasts is often highly emotive.

Physically, the breasts are a source of milk, nourishment for a growing baby. They are representative of caring, nurturing, comfort and security. The breasts are located in the area of the Heart chakra and its association with love, both physical and spiritual.

We women are good at nurturing others, but we can lack the same ability for ourselves. We can also find ourselves in relationships that lack nurturing love, wherein it is possible to feel rejected, under-valued or unloved. Breast issues can be a reflection of these lacks in a woman's life.

For some women, it is difficult to draw the line in the nurturing stakes. So many of us women tend to take onto ourselves responsibility for others, and in the process often not only mother them but smother them.

This can include our children, but also our partners and other people as well. Breast discomfort may be trying to draw our attention to this state of affairs.

Here is how this was brought home to me in 2008.

I had an episode of extreme breast tenderness in the two weeks before my period, especially affecting my right side. This was no relatively minor discomfort; it was a major distraction. It was so bad that sleeping on my side was painful and uncomfortable. I'd not been like that in a very long while.

Eventually I decided enough was enough and I set about tapping away on it.

It definitely graded the level of intensity at 10+ on a scale of 0 to 10 when I started using the Basic EFT Recipe.

Even though my breasts, especially my right one, are so very painful...

As I tapped away, I found myself remembering a spiritual healer I occasionally go to telling me that the right side of the body is concerned with the masculine side of things, or the males in your life, whereas the left is associated with the feminine and female influences. I had been worrying a lot about my husband recently. For over a year he had been putting off paying a long overdue visit to the diabetes nurse. An aspect arising? I began tapping:

Even though I am worrying about my husband's health...

Even though I wish he would look after himself better, I accept that I can only be responsible for my own state of being and that he must be responsible for his.

Even though I worry about my husband because I care so much, I choose to let him make his own choices.

I was now beginning to yawn, a personal sign that energy was shifting. I felt lighter somehow, and the tenderness, though still there, was very much reduced - probably 2 out of 10 or even 1 out of 10. I left it at that and settled down to sleep.

The next morning I realized that there was hardly any breast tenderness left, and nothing at all by the end of the day. A good result and it produced some interesting insights. I thought little more of it, as it was more or less what I expected.

There was an interesting additional benefit. My belief is that we are all of us interconnected in an energetic web. As the saying by the Native American Chief Seattle goes: "*Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.*"

Now it never occurred to me to mention anything about the insights I had received as I tapped. However, about two days later my husband announced to me, out of the blue, that he had finally got around to making his appointment for blood-taking and follow-up with the nurse. Could it be that I had unblocked more than one energy 'zzzt'? It would not surprise me.

A few minutes of tapping each day doesn't take long, and can help keep things in perspective, as well as keeping on top of any symptoms, stopping them in their tracks before they can manifest.

I usually recommend to clients that if things are getting really on top of them, and they feel overwhelmed by it all, whether physically or emotionally, and don't know where to start with what to say as they tap, just tap through the points. Don't worry about what to say as that is more to get you in tune with the energy disruption – you are already in tune! Just tap until you feel calmer or the symptom(s) disappears.

Rant and tap is another suggestion that often goes down well. Just let it all bubble out as forcefully as it likes, even shout or swear, and tap, tap, tap all

the time. In a surprisingly short time in many cases this totally defuses the situation, releases the emotion, often anger or frustration.

As is always the case, you need to use EFT consistently and frequently for the best results. But if you are a bit lax, it also makes an excellent emergency intervention.

So far, I've not had a bad experience and my expectations are that I shall have a fairly smooth ride, with my body occasionally reminding me if I need to change things.

Will that remain the case? Is this down to regular tapping, or am I one of the 20-25% who hardly have any problems anyway? I really don't know, but what I do know is that if any symptoms start showing up, I can nail them with a little tapping, such as happened just last weekend when [overcome by an incredibly weepy mood](#).

EFT – the easy, safe, gentle alternative to HRT.

I recommend it to you all.

- (1) <http://www.mayoclinic.com/health/male-menopause/MC00058>
- (2) http://www.epigee.org/menopause/male_menopause.html
- (3) <http://www.prohealth.com/library/showarticle.cfm?libid=8114>

www.EFT-not-HRT.com

www.EFT-Reiki.com

[EFT, Reiki and All Kinds of Everything Blog](#)