

Case Study - Danielle's Tongue! April – 2010

Danielle was in her third pregnancy and had suffered in her second and present pregnancy with a very sore tongue - so sore that she found it difficult to eat. It looked red raw and had deep ridges around the edges. Following the birth of her second child her doctor had prescribed zinc tablets and this had eased the condition. This time the doctor refused to prescribe the zinc tablets (possibly due to her pregnant condition) so she was very distraught not knowing how to relieve the pain.

When I saw her she was tearful and her tongue was swollen and sore. We started to tap - 'even though I have this very sore tongue, I completely accept myself' etc.

We tapped around purely for the sore tongue changing the words slightly as different fears around the difficulty of the soreness came up. After about 20 minutes the soreness had completely gone. She then expressed concern that when she next ate something like a citrus fruit the pain would return.

I then asked her to imagine biting into a juicy orange and she said it hurt – so we tapped for the stinging of the imagined orange. Within a few minutes the projected future stinging had gone completely.

Her partner then appeared and noticed how relaxed she was looking and asked her to put out her tongue. She stuck it out at him – and he said 'Oh my God – your tongue looks normal – not like a piece of raw liver anymore! This astounding change in physical appearance of her tongue was quite baffling to Danielle and her partner – I am getting used to witnessing the magic of EFT – even so, it never ceases to amaze and delight me when I see such profound healing take place.

She has not had even the slightest recurrence of the soreness and eats all foods including oranges without a problem. The last time I saw her she had forgotten there had even been a problem!

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