

EFT Practitioner Sherry Rueger Banaka to be Featured on CUTV News Radio

BEAVERTON, OREGON, USA, July 26, 2016 /EINPresswire.com/ -- Stress has become an inescapable fact of modern life. Few of us know how to cope with our stress in a healthy way. Without an effective means to cope with our stress, it will soon take its toll on our physical and emotional health.

Sherry Rueger Banaka is a certified practitioner of Emotional Freedom Techniques (EFT), a revolutionary form of energy medicine most commonly used as an effective stress reduction technique.

EFT works by tapping on specific acupuncture points to change the way our brain and body respond to stress.

“When we are stressed, it causes a flight-or-fight response in our body, releasing cortisol and adrenaline into our bloodstream,” explains Sherry. “This is obviously a good thing when we’re faced with a real emergency. But when it isn’t a real emergency or the emergency is over, if we continue to have negative thoughts and emotions about the event or issue, our bodies continue releasing cortisol and adrenaline. Scientific studies have shown that, over time, this is harmful and is a major contributing factor to many serious diseases.”

Though Sherry is not a licensed health care professional, and she does not diagnose or treat any medical or mental health condition, she is a certified EFT Practitioner who uses EFT to help her



clients neutralize the unresolved emotions that are contributing to their problems or health conditions. This is done by addressing the stress component of their underlying, unfinished emotional baggage, which is typically a larger percentage of the problem than the actual condition or issue itself.

EFT tapping sends a calming signal to our brain to stop

Sherry was first introduced to EFT after her husband of 15 years passed away in 2012. Compounding matters, her husband's death resurfaced the trauma of losing her only child in a tragic accident more than 30 years before. Raw with grief, she joined a bereavement support group.

"I didn't know how to process grief. It's not something I had been taught, and it isn't something our western culture teaches," recalls Sherry. "I had been walking around with that deep pain totally suppressed; when my husband died, it finally surfaced."

In February 2014 Sherry attended the World Tapping Summit, a free 10-day online event, where she was first introduced to EFT, as well as to Dawson Church, Ph.D., CEO of EFT Universe, who later became her mentor.

"EFT changed my life," recalls Sherry. "Even the people in my support group were saying, 'Wow, Sherry, you are really taking off!' I had witnesses to the impact of EFT from people who knew nothing about it."

And so Sherry pursued her certification in EFT so she could pass on the benefits of this remarkable technique to others.

"When I discovered EFT, I couldn't believe how much it helped me and how simple and easy it is to use as a self-help tool," says Sherry. "This has worked so well for me. I knew I could teach people to use it for themselves, and even as a fledgling practitioner in training I enjoyed amazing results with clients."

"All that's required is the openness and willingness of the client to follow along and apply the tapping," says Sherry. "If clients are willing to go there, the results can be truly amazing. I am so privileged to be part of that, to be a practitioner who uses this technique to help people because it truly does."

CUTV News Radio will feature Sherry Rueger Banaka in an interview with Doug Llewelyn on July 28th at 1pm EDT and with Jim Masters on August 4th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Sherry Rueger Banaka, visit <http://www.sherryruegerbanaka.com>

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