

# Clinical EFT Improves Multiple Physiological Markers of Health

HAPPINESS



IMMUNE SYSTEM  
MARKERS



PAIN



ANXIETY



DEPRESSION



PTSD  
SYMPTOMS



CORTISOL



BLOOD  
PRESSURE



FOOD  
CRAVINGS



mindheart<sup>®</sup>  
CONNECT

Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018).  
*Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.

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