use was banned in the United States more than three decades ago. That is simply not the case. While warnings were issued in the 1970s, and automakers stopped using the material about a dozen years ago, asbestos is still a legal product. As a matter of fact, the US is one of the few industrialized countries that hasn’t banned the importation or use of asbestos which, when inhaled, can cause mesothelioma or other asbestos-related lung diseases.

A pamphlet touting the concerns of asbestos exposure in the auto industry was issued by the Environmental Protection Agency more than 20 years ago, but no warnings have been published in written form since that time. New mechanics, of course, are among those who are the least aware of the dangers of inhaling the material, which was used in brakes and other mechanical parts for several decades prior to their employment. Occupational health specialists note that older mechanics were exposed to huge amounts of the material, as brakes were once made of 50% asbestos. Thousands of workers in the industry are diagnosed with mesothelioma or other asbestos-caused diseases annually.

Even more aggravating to advocates in the auto repair field is the fact that OSHA completed a pamphlet about the hazards of asbestos in their field nearly two years ago but chose not to publish or distribute it. Most critics believe that the government’s refusal to publish the literature was due to pressure from the auto repair industry, which is already facing thousands of lawsuits over health-related claims resulting from the use of asbestos in brakes.

More information on these reports and the diseases associated with asbestos can be found at http://www.mesothelioma.com. The article that broke this report can be found on the Baltimore Sun website.

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Medical Doctor Uses Emotional Freedom Techniques to Thwart a Common Cold

Emotional Freedom Techniques, a Do-It-Yourself Version of Acupuncture Neutralizes the Common Cold in 80% of Cases Studied

Emotional Freedom Techniques (EFT) is an innovative new approach to healing that is gaining attention from medical professionals and laypersons all over the world. It is being popularized for its simplicity and drug-free effectiveness in eliminating the symptoms associated with illnesses of all kinds. It has achieved noticeable improvements in a wide range of conditions and diseases, from the common cold to multiple sclerosis.

EFT has taken Einstein’s discoveries (that everything is energy, including the human body), married them with the ancient tradition of acupuncture, and formulated a modern approach to dealing with illness. The success of EFT lies in the balancing of the subtle energies that flow through the body in much the same way as blood flows through veins. This balancing is accomplished with an elegant sort of emotional acupuncture. Instead of using needles, specific release points are stimulated by tapping them with the fingertips. The basic of EFT can be found in the following:

- Conditions the cardiovascular system
- Eases joint pain and stiffness
- Relaxes muscles and increases flexibility
- Relieves pain
- Deep cleanses skin
- Removes chemical & metal toxins
- Burns calories and controls weight
- Supports immune function
- Reduces stress and fatigue

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- Provides infrared heat in the ideal 8-12 micron frequency range
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be learned by anyone and can be self-applied (usually in minutes).

When the subtle energies of the body are balanced, symptoms associated with illness are often corrected, usually quickly and often permanently. Clinical results indicate that EFT is effective 80% of the time. While EFT does not offer perfect results, it is without known side effects, can be learned by anyone, and gives people control over their own health situations. It often works when nothing else will, even if there is no known cure, as with the common cold.

You can learn all the basics from the free Get Started Package on the EFT website: http://www.emofree.com/downloadeftmanual.asp?ref=townsend-cold. This includes a free download of the 79-page EFT Manual.

William Schenker, MD, a retired family physician described himself as having a lifelong history of severe common colds. When he was younger, a cold would leave him feeling miserable for six to eight days. As he approached middle age, his colds worsened remarkably, sometimes lasting two weeks and often leaving him bedridden for the first week. At age 78, after a lifetime of severe colds, Dr. Schenker used EFT one morning when he awoke with the telltale signs of another cold. He had all the symptoms: congestion, runny nose, scratchy throat, and a tired, achy feeling. In his experience, these symptoms were just the beginning of two weeks of feeling miserable.

Within the first hours of noticing the cold symptoms, he performed three complete applications of EFT, a total of about nine minutes of EFT. Normally, his colds would develop quickly, but this time, within an hour, his symptoms still hadn’t worsened. At noon, he did another set of three complete applications of EFT and reported, “I noticed a radical decrease in symptom severity, maybe 50% improvement.” After just 15 minutes of EFT, his cold symptoms were cut in half.

In the evening, he did another set of three EFT applications, and afterwards, the symptoms from the morning were 95% gone. The next morning, he awoke with mild sniffles and did EFT three times again that day – morning, noon, and night. After that, no more EFT, and no cold developed. During the next week, he would occasionally get a bout of sniffles “But that’s about it,” reported Dr. Schenker. “Otherwise, the problem was wiped out!”

Dr. Schenker was accustomed to a minimum of two weeks of suffering each time he contracted a common cold. Using EFT, he balanced his subtle energy system and eliminated his body’s typical reaction to being infiltrated by a cold virus.

Please note that, in addition to minimizing the common cold, EFT has been a consistently effective healing tool for hundreds of other physical, mental, and emotional ailments. Please consult qualified health professionals before putting EFT into practice for yourself or others.

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Christine Wheeler is an EFT Practitioner and freelance natural health writer. Christine and Dr. Carolyn Dean co-authored IBS for Dummies (Wiley Publishing), in which they present EFT as one of the natural treatment options for people with Irritable Bowel Syndrome.