

CASE REPORT: EFT FOR IRRITABLE BOWEL SYNDROME

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Abstract

Mainstream medicine considers Irritable Bowel Syndrome (IBS) a chronic condition that requires lifelong management and treatment to control symptoms. Emotional Freedom Techniques (EFT) focus on addressing the underlying emotional issues, aiming for permanent results rather than just symptom management. This case study demonstrates the steps taken to resolve 'lifelong' IBS symptoms using EFT exclusively.

Keywords: Case Report, EFT, IBS, Irritable Bowel Syndrome, Chronic Disease, EFT Approach, Chronic Physical Symptoms

Introduction

The German New Medicine (GNM) perspective, developed by Dr. Ryke Geerd Hamer, provides a unique insight into the psychosomatic origins of diseases, suggesting that physical symptoms arise as biological responses to unresolved emotional conflicts. According to GNM, IBS may be associated with conflicts related to not being able to 'digest' and process certain events in life.

The symptoms of IBS occur during the so-called 'healing phase' after a conflict has been (temporarily) resolved. During the healing phase, the body initiates a program to restore balance. From an EFT perspective, it's crucial to identify emotionally charged events that preceded the onset of symptoms and work through these emotions until they are neutralized. To effectively address a chronic issue like IBS, it is important to address both past conflicts and current daily triggers to promote lasting resolution.

Narrative

History & symptoms of the client

The client is a 38-year-old man who has experienced IBS symptoms since primary school, beginning with daily stomach pains and bloating after school, with a SUD (Subjective Units of Distress) level of 8. In his early 20s, his symptoms expanded to include flatulence, constipation, and diarrhea, occurring multiple times a week with a SUD level of 4. Over time, he developed food intolerances to onions, garlic, broccoli, cauliflower (fructans), stone fruits, lactose, grains, and alcohol.

His symptoms persisted for years and significantly worsened during a vacation in 2019 when he experienced a severe episode of "stomach flu" with intense pain and fainting. Following this, he began experiencing nighttime diarrhea, which triggered anxiety, heart palpitations, panic attacks, and hyperventilation. The fainting episodes occurred three more times, and his symptoms intensified, happening several times per week at SUD levels of 9-10, eventually leading to occupational disability.

Start of EFT Sessions

He decided to try EFT after seeing positive results with his daughter, who had resolved a severe cat allergy using EFT. Motivated by his desire to improve his own symptoms and be able to enjoy eating a sandwich, he began his EFT sessions with me in June 2023.

Definition of 'Chunk (or Morsel) Conflicts'

I began by explaining EFT and the emotional causes of physical symptoms, and specifically what the emotional causes of IBS could be. He immediately recognized many situations and emotional reactions that could 'fit the bill' when I described what types of specific situations we would be looking for:

The biological conflict associated with the small intestine involves "not being able to absorb or digest a chunk," which often manifests as anger, annoyance or frustration directed at a person, situation, or remarks that are difficult to process. Similarly, the conflict linked to the colon is referred to as an "indigestible chunk conflict." For animals, this could be literal food, while for humans, it often represents a figurative chunk, such as an object, situation, or event that feels difficult to "digest," like an unfulfilled promise or an anticipated purchase that falls through. Conflicts involving the colon, including the appendix and cecum, are often perceived as particularly unpleasant or "ugly," stemming from experiences such as disputes, betrayals, or

legal battles. The conflict related to the sigmoid colon and rectum submucosa is termed a “feces conflict” or “shit conflict.” This conflict may involve an actual feces-related situation (human or animal) or be experienced metaphorically, triggered by unethical business dealings, slander, accusations, or other distressing incidents that feel “shitty.”

Summary of the EFT Approach

Help Request and Treatment Goal:

The primary goal was to resolve all IBS symptoms, including food intolerances, to enable full participation in the Christmas dinner, the ability to eat anything he desired, and to achieve recovery sufficient to leave disability behind and return to work.

Identified Specific Events:

- **Current Emotional Events:** This included challenges during the vacation, such as issues with his son's school, his daughter's severe depression since the lockdowns, and the heavy workload he experienced during that time. Also many daily annoyances about the symptoms themselves, interactions with partner, children and others.
- **Early Childhood Events:** Key events included experiences of his father being unjustly angry and his mother not intervening, along with instances of bullying in primary and secondary school.
- **Later Life Events:** These included challenges during his education, experiencing half-sided paralysis following the birth of his second child, and negative encounters with neurologists and other medical professionals, leading up to the current issues.

EFT Sessions and Process:

We worked on 30 specific events across 10 one-hour EFT sessions. Each session aimed to resolve these events to a “tested zero,” meaning that all emotional triggers associated with these events were neutralized, resulting in no remaining emotional reaction.

Daily EFT Application:

After the second session, the client began using the basic EFT protocol daily to address “annoying, indigestible” situations as part of their homework. This method, known as the “Worst Moment of My Day (WMOMD),” involves identifying daily triggers and processing each

specific event until the emotional intensity reaches a verified zero. I frequently retested these events by guiding the client to relive the details in an associated manner, ensuring that emotional reactions were fully neutralized. The client was highly motivated to complete the homework assignments and consistently engaged in this practice. On average, the client worked on 3 to 5 specific events per day, dedicating 30 minutes to 1.5 hours daily. This commitment significantly contributed to the overall progress and effectiveness of the EFT sessions.

Result

On Christmas Day 2024, he was able to enjoy the entire meal, including a glass of wine, without any issues. He subsequently returned to his work as a teacher.

Long-Term Results:

Over the 14 months since the conclusion of the sessions, none of the IBS symptoms have returned. He continues to apply the WMOMD (Worst Moment of My Day) approach to manage minor annoyances as they arise, though the frequency and intensity of such incidents have markedly decreased, with SUD levels dropping from 7–9 to 1–2. His focus has now shifted to addressing a separate, unrelated health issue.

Discussion

Why Use GNM Findings to Direct Your EFT Approach?

German New Medicine (GNM) offers valuable insights into understanding how specific emotional conflicts, biological programs, and triggers (tracks) manifest in the body. According to GNM, a biological program is the body's way of managing an emotional conflict by initiating a physical response, while a track is anything that reactivates this program. When translated into EFT terminology, we deal with emotionally charged events, triggers, and the resulting stress response.

EFT practitioners recognize that the stress response is activated to help navigate a challenging event, but understanding the concept of a biological program from GNM can provide a deeper layer of insight. For instance, in the case of Irritable Bowel Syndrome (IBS), the biological program involves the growth of extra intestinal tissue during the active conflict phase (when

the conflict is perceived as ongoing), to better 'digest' the chunk. When the conflict is resolved or calms, this tissue breaks down, leading to inflammatory symptoms. This program is often triggered when a situation feels "indigestible," reflected in expressions like "I can't stomach it" or this feels like "a punch to the gut."

Dr. Ryke Geerd Hamer, the founder of GNM, documented and researched over 60,000 patient cases, discovering that specific types of emotional conflicts consistently result in predictable tissue or organ responses. These insights enable EFT practitioners to more accurately identify the nature of the events needing attention, allowing for a targeted and effective approach to healing.

EFT Approach for Chronic Issues like IBS

Chronic conditions such as IBS can be resolved with EFT by following essential steps grounded in both GNM insights and EFT protocols. This involves:

1. Identifying the Correct Underlying Emotionally Charged Events: Recognize the specific conflicts that activate the biological program.
2. Neutralizing Emotional Charge to a Tested Zero: Use EFT tapping to fully neutralize the emotional impact of these events, ensuring that they no longer trigger stress responses.
3. Addressing Root and Recurring Patterns: Work on events that initiated the stress pattern, typically stemming from early childhood, alongside current daily triggers and similar events that occurred between the initial conflict and the present.

GNM's understanding of how conflicts manifest in the body can significantly refine your EFT approach, enabling you to resolve chronic issues like IBS more effectively by addressing the exact conflicts and triggers at the core of the problem.

Patient Perspective

The client is extremely satisfied with the results and has decided to shift careers, transitioning from a primary school teacher to an EFT practitioner specializing in children. He is currently pursuing certification in Gold Standard EFT and has joined a practice dedicated to EFT for children, where he is applying his skills to help young clients overcome emotional challenges.

Conclusion

This case study highlights the effectiveness of using Emotional Freedom Techniques (EFT) combined with insights from German New Medicine (GNM) to resolve chronic conditions such as Irritable Bowel Syndrome (IBS). Mainstream medicine often views IBS as a lifelong condition requiring ongoing management, but this approach demonstrates that addressing the underlying emotional conflicts can lead to lasting relief. By identifying and neutralizing specific emotionally charged events, including both past conflicts and current triggers, the EFT approach aligns with GNM's understanding of the psychosomatic roots of disease.

The successful resolution of the client's IBS symptoms, including the elimination of food intolerances and the reduction of stress responses, underscores the potential of EFT as a powerful tool for treating chronic ailments. By integrating GNM's insights into their approach, EFT practitioners can more precisely target the root causes of chronic conditions, facilitating a comprehensive healing process. This case exemplifies how a structured and focused EFT approach, informed by GNM principles, can achieve significant and enduring results, offering hope for those struggling with chronic health issues.

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