The Veterans Stress Project:  
America Has a Solution to PTSD Right Now

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"I frequently use EFT for my patients with great results."
Eric Robins, MD, Kaiser Permanente

"A projection of these clinically and statistically significant results onto the U.S. economy suggests that the country would save at least $65 billion annually."
Dawson Church, PhD  
Editor of Energy Psychology: Theory, Research, & Treatment

"EFT is a simple, powerful process that can profoundly influence gene activity, health, and behavior."
Bruce Lipton, PhD  
*New York Times* best-selling author of *The Biology of Belief*

"One of my bad Vietnam war memories involved an enemy attack where I had to pull bodies out of the rubble. After EFT, I can think of the same incident with little or no intensity. It is no longer part of my dreams. That's a kind of freedom I never thought I would have."
Bob Culver, Vietnam Veteran

"Take a look at EFT and other such innovative approaches for the treatment of service members and veterans dealing with PTSD."
Carl Levin, D-MI,  
Chair, Senate Armed Services Committee
Soul Medicine Institute Research has Produced Remarkable Breakthroughs

Soul Medicine Institute is a 501(c)(3) nonprofit that has initiated or collaborated on several landmark scientific studies (www.SoulMedicineInstitute.org). They demonstrate the remarkable ability of Energy Psychology (EP) and its most popular form, EFT (Emotional Freedom Techniques), to shift deep-rooted psychological problems such as PTSD and depression. EFT also remedies physical problems such as pain, cravings, fibromyalgia, and seizure disorders. EFT is effective in very brief time frames: just one to six sessions. These studies, published in peer-reviewed journals or presented at professional conferences, represent a paradigm shift in medicine and psychology. The results they show are completely beyond the scope of conventional treatments in speed, power, and ease of use. Yet their experimental rigor means that, taken together, they provide a solid base of empirical evidence to support the following propositions:

1. **86% of veterans with clinical PTSD are rehabilitated (permanently sub-clinical) after EFT (p < .0001):**
   
   
   
   
   

2. **Pain diminishes by an average of 68% with EFT (p < .001):**
   
   
3. **EFT affects the human body as an epigenetic intervention, changing the hormonal, nervous, immune, and neurotransmitter systems:**


4. **Depression, anxiety, cravings, and other psychological problems diminish drastically after a brief course of EFT:**


5. **When delivered to groups of people, online, or by telephone, EFT is effective:**


6. **EP provides fast and effective trauma relief in natural and human-caused disasters:**


7. **The positive results of EP treatment persist over time:**


8. **EP can save the US economy $65 billion/year:**

The Veterans Stress Project

The Veterans Stress Project is a network of over 200 coaches and psychotherapists offering free or low-cost EFT treatments to veterans (www.StressProject.org). Some of these work within the Veterans Administration system. It is also a hub for the study of the effect of EFT on veterans with PTSD. It is the largest program of Soul Medicine Institute.

What the Veterans Stress Project Needs

We currently treat hundreds of veterans a year, free of charge. We need the funding to be able to treat thousands. We also need funding to complete the next round of scientific studies, showing the epigenetic effects on the body of healing PTSD.

The Foundation for Epigenetic Medicine

The Foundation for Epigenetic Medicine is the research arm of Soul Medicine Institute. It has completed many scientific studies showing the beneficial effects on pain, depression, and PTSD that result from EFT treatment. The US Congress has appropriated and spent some $800 million over the last few years on PTSD and TBI research. This is twice the amount of money it would cost to provide successful EFT treatment to every single Iraq and Afghanistan veteran suffering from PTSD! Our research proposals have been judged by peer review panels to be of high scientific merit, and EFTs results far exceed anything obtainable with the current treatment paradigm, making this work one of the most exciting frontiers in health.

What the Foundation Needs

We’ve done all the research possible on a limited budget. The next, exciting step is to demonstrate the changes in immune genes and stress genes that accompany shifts in belief, attitude, and energy medicine. We have many research partners standing by once we receive funding. These include professors at the University of Arizona, California Pacific Medical Center (CPMC), Marshall University Medical School, University of California Berkeley, and Walter Reed Army Medical Center. Research designs are in place, and once funding is received, we can proceed rapidly to completing studies that show the powerful biological effects of emotional healing. We will also hire the staff necessary to treat thousands of PTSD-positive veterans per year, rather than the hundreds we can reach with volunteers.