

## **Anxiety after Dentist**

I had to go into hospital to have four wisdom teeth out and a mole removed. When I came out of the anesthetic and went home I felt alright. However by the third night I had not slept for more than one to two hours in total. I was feeling shaky and anxious, I was terrified of needles, I had a phobia of swallowing blood, and anxious about not sleeping. A Doctor gave me sleeping pills which I wouldn't take.

I booked in to see Colin in a terrible state. He worked on all of the above issues with EFT (Emotional Freedom Technique) and got the intensity down of each issue from as high as 8 down to zero (0 to 10 scale, 10 being worst).

After I went home I went to bed and slept for seven hours straight, and woke up the next morning feeling a whole lot better. I had no shakiness or anxiety, and it was a huge weight off my shoulders.

**R. Clarke.** (Hyde Park)