



John R. Garrett, BA, CHt, EFT-ADV
Optimum Mind Management
Technologies
P.O. Box 1241
Parker, CO 80134

PRESS RELEASE

FOR IMMEDIATE RELEASE

Contact: John Garrett

Tel: 303-884-3566

JohnOmmTech@aol.com

IRAQ VETS STRESS PROJECT

Parker, CO, September 23, 2008 – Optimum Mind Management Technologies has joined a Study organized and sponsored by the Iraq Vets Stress Project (www.StressProject.org), a project of Soul Medicine Institute, an independent 501 c (3) nonprofit public benefit corporation.

The Study is designed to show the efficacy of the Emotional Freedom Technique (EFT) in the treatment of Post Traumatic Stress Disorder (PTSD). At the conclusion of the Study, the data will be analyzed and the results presented to the Veterans Administration, with the goal of introducing the EFT process into their mental health programs.

In one uncontrolled study of 9 US Military Veterans and 2 family members, all with PTSD Symptoms, the patients were tested before and after treatment with EFT. They showed a drop of 63% for PTSD, 25%

depression, and 31% for anxiety from their pre-treatment tests. They had all fallen into the range of a normal population, and their scores were still within the normal range 30 days later.

In another study in South America, the numbers were very impressive: 63% improvement and 51% symptom free after treatment involving a mean session number of 15 of Cognitive Behavior Therapy/Medications, vs. 90% improved and 76% symptom free after a mean number of 3 sessions.

There are also a number of anecdotal reports by various EFT Practitioners who were successful in working with military veterans from Vietnam thru Iraq, and civilians who experienced PTSD symptoms after terrorist attacks and others who witnessed a shooting incident.

This study will be strictly controlled and documented, using the same testing and treatment formats (one hour sessions in person or by telephone) as those used by the Veterans Administration.

We are looking for people who have combat experience from Vietnam, Iraq, Afghanistan, or any other combat zone, and are experiencing PTSD symptoms. Personnel who qualify for the study will receive 6 free private sessions of EFT. All personal information will be kept completely confidential.

For further information, contact John R. Garrett, Optimum Mind Management Technologies, at 303-884-3566 or e-mail at: JohnOmmTech@aol.com.