

Overcoming Emotional Eating with EFT

Almost all people that are overweight struggle with emotional eating. For years, people have lost weight only to gain it back because they haven't been able to control their emotional eating.

Finally there is a breakthrough discovery that is immediately available to help people who are emotional eaters overcome this terrible habit! The discovery is called EFT, which stands for Emotional Free Techniques.

If you are familiar with acupuncture, you know that the body is made up of a system of meridians. The meridian system was mapped out by the Chinese over 4000 years ago and is the basis of all acupuncture treatment.

EFT uses the same wiring as acupuncture, the meridian system, a network of tiny pathways that conduct electrical energy.

Once there is a build-up of emotional or psychological distress, one of these pathways or meridians becomes blocked and must be cleared, strengthened or aligned.

For some crazy reason, EFT seems to just help you think more clearly and more rationally.

For example, let's say you are on a healthy eating program. Let's say you are committed to that, but all of a sudden, you just want a big piece of chocolate cake. That doesn't make sense, but it happens. It's logical to not eat it, but your emotions seem to drive you to eat it. By using tapping on the meridians on specific parts of your body, you are simply able to think more clearly. Yes, it's strange, but it's been proven to work over and over again.

EFT is a unique form of "psychological acupuncture." Restoring the balance of the energy system neutralizes emotional conflicts at their source, which then allows the body and mind to resume their natural healing abilities. EFT is safe, easy to apply, and is non-invasive. EFT is one of the most effective, efficient, gentle treatment techniques available. It's amazing that such a simple tool can totally help you overcome emotional eating IF you will use it!

All scientists agree that the body is an "energy configuration" made up of positive and negative electrical charges in the form of atoms, the basic "building blocks of all matter." Einstein informed modern scientists that all matter lies somewhere on the same energy continuum. This was captured in his famous Theory of Relativity which states $E=MC^2$. If we view the human body as an energy configuration rather than separate organs, parts and equations of chemicals, we will understand why and how EFT works.

The Basic Recipe

There is a free beginners EFT manual at <http://www.emofree.com> that describes details of how to use and apply this treatment technique. While the technique is simple and effective, it

is recommended that you receive thorough training in its use by visiting <http://www.emofree.com>.

The Basics of EFT are as follows:

STEP 1: Choose a problem to work on. ("I have a craving for chocolate")

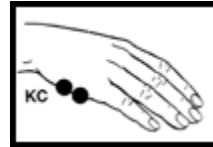


STEP 2: Rate your anxiety or discomfort. Decide how much it bothers you on a scale of 0-10 (where 0=no distress and 10=highest level of discomfort) when you think about it right now. (How anxious are you? How uncomfortable do you feel?)

0	1	2	3	4	5	6	7	8	9	10
Feeling No Stress It Doesn't Bother You At All										Highest Level of Anxiety You Feel Really Awful About This

STEP 3: Perform the Set-Up as follows:

The Set-Up: While tapping on the Karate Chop Point,



Name your problem you have chosen to work on, followed by an affirmation of yourself. Repeat it 3 times.

by an affirmation

Below are a number of choices and examples of possible Statements:

Affirmation

"Even though I really want to eat _____ (something not on your program), I choose to remain calm."

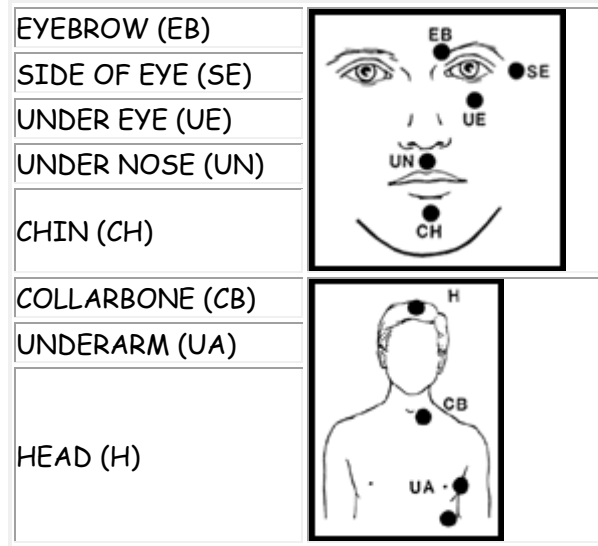
"Even though I feel like I have to eat something to calm myself down, I choose to find a way to calm myself other than food."

"Even though want to go off of my healthy eating plan, I choose now to remain calm and continue to eat healthy."

"Even though I have this strong craving for chocolate, I completely love and accept myself." So while you are tapping on this Karate Chop Point, state your affirmation out loud 3 times.

After you have completed this step, choose an easy, short Reminder Phrase that would represent the problem you want to work on, such as "this desire to eat" or "my chocolate cravings."

STEP 4: TAP the stress-relief POINTS as shown below. As you tap on each point in sequence, state your Reminder Phrase, such as "my anxiety about eating" or "my craving for potato chips."



STEP 5: Rate your anxiety or stress again.

Now think about the same problem again, and rate how uncomfortable you feel about it now on the 0-10 point scale (remember, "10" means you really feel awful about it, while "0" means it doesn't bother you at all).

STEP 6: Perform the Set-Up again.

Now you are ready to do a few more rounds of tapping on the issue if there is still some discomfort associated with it. For example, suppose you rated your anxiety about your chocolate craving as a "6" on the 0-10 point scale, and after the first round of EFT, your anxiety dropped to a "3." You can continue tapping until you feel no anxiety whatsoever. Revise your Affirmation Statement to reflect the fact that you have indeed taken care of some of the anxiety, but there is still more to work on.

Examples of your revised Affirmation Statements would be:

"Even though I still have some remaining cravings for chocolate, I deeply and completely accept myself."

"Even though I still have some desire to eat potato chips, I choose to feel fulfilled and happy."

"Even though I still feel anxious and want to eat something, I choose to remain calm and in control."

STEP 7: TAP the stress-relief POINTS again.

Go back to STEP # 4 and tap on all of the points while using a revised Reminder Phrase such as "remaining cravings" or "remaining anxiety."

STEP 8: Measure your anxiety or stress level on 0-10 scale.

STEP 9: Repeat Steps #5-#9 until the anxiety or stress level is a zero.