

Weight loss using EFT Tapping



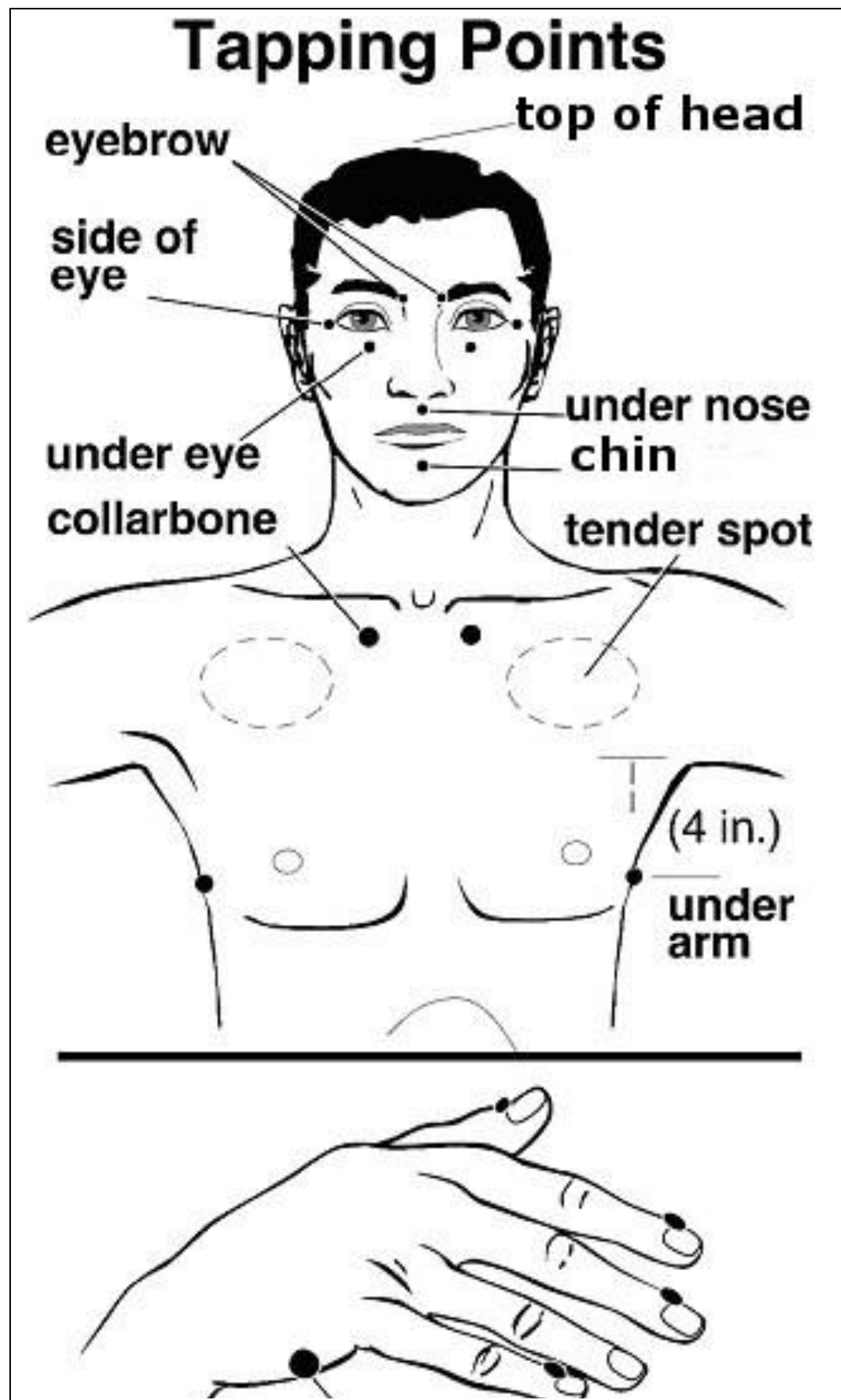
Studies have found that people lose weight more successfully as a part of a group, where behavioural counselling is included as well as advice on diet and exercise.

Even people who prefer to lose weight on their own find it hard to make big lifestyle changes. Sharing success, and overcoming setbacks can be helpful and encouraging ,if there is support from their partner, family and friends

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Tapping Points



Why some diets fail

No one should pretend that dieting is a quick or an easy process, that is a recipe for disappointment.

Dieting attempts fail because:

- Unreasonable expectations of how much weight they will lose or the time it will take
- Not allowing the possibility of any setbacks or plan for how they might cope with them
- Failing to recognise the triggers and emotions that leads to food cravings and weight loss



What does EFT do?

It stops food cravings and emotional eating. So the real value of EFT lies not in the speed of getting the weight off, but in how it keeps you from regaining it.

For many people food is a major tranquiliser. This is one of the reasons that so many people develop an addiction to certain foods – these foods act just like medicine. The only problem is that there are certain side effects, one of them being excessive weight gain.

The key to successful management lies in identifying the specific reasons behind weight issues and eating sensibly and healthily.



Using a combination of effective techniques I will help you to resolve your weight issues quickly which means that you then begin, naturally to eat healthily. Cutting down on calories tends to be a temporary fix and results in you feeling miserable as you deprive yourself of certain foods.



It is now accepted that eating healthily and moderate exercise is the balanced approach to remaining fit and well. So, if you don't enjoy exercise don't worry, and if you need an EFT exercise script , just email me.

“Even though I don’t like and I feel that exercise is a chore” I choose to make it more fun.” I accept myself anyway.

How do we address anxiety?

We align our energy system. When you’re feeling anxious you go to your tranquiliser. What you are suffering from is a disruption in the energy system.



When you have anxiety every day, you don’t say “I am anxious.” You do some habit to neutralise it. You eat/drink/smoke/gamble/spending.

We realise that being overweight is a symptom of deeper problems. It’s all about tranquilising ourselves”, give me something to quiet my insides.”

Compulsions is the behaviour when you can’t control your actions. You have one potato crisps and it is not enough, you want more. You take one piece of chocolate bar, and before you blink the rest is gone.



Excessive emotions can cloud our thinking, what we require is a clear mind and good judgement but unfortunately our excessive emotions can cloud our thinking and feelings

Benefits of EFT

What EFT does is that it eliminates the excess emotion which blocks you from being your best.

People gain back their lost weight because they have not changed their mental outlook. To make it permanent you will have to change your mental outlook

Sometimes we will have to allow ourselves to fail in the weight loss process. Accepting all our weakness and failings helps us to connect to ourselves as we are. It is only through accepting ourselves as we are, that we can go to the next level. Acceptance makes way for success and healing.

We are under the impression that we need to be 'discipline' but actually we need to make connection to ourselves.

When we make connection to ourself, then we don't need to use food to relief or numb our feelings.

EFT stops food cravings and emotional eating.

For example you are anxious and feel the cravings to eat a biscuit. Before the cravings comes, you can tap.

'Even though I feel like eating this biscuit, I choose now to drink water instead'.

'Even though I have this intense craving for this biscuit I accept myself anyway.'



Guilt and self-hatred are the common emotions, but we will have to drop these, because it is not motivating. Especially when one want to lose weight we will have to be free from it.

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‘Even though I hate myself for overeating I forgive myself and allow myself that changes will take place one step at a time. I accept myself anyway.’

‘Even though I feel guilty when I have finished eating the whole bar of chocolate, I forgive myself and accept who I am and how I feel.’

You will have to reduce these feelings because there is a tendency to backfire and cause you to eat more as a result.

Use the index finger and say, *‘I forgive myself for overeating or when I’m bored , not hungry.....etc ..’*

You will need to forgive yourself, that this compulsive behaviour went out of control. You can only achieve long-term success when the self-hatred is reduced.

The Past

It is also good to know about your past of how you developed this cravings or weight gain. It is really good to address your basic self-esteem issues and incidents.

‘Even though I ‘m anxious about this interview I choose to relax anyway.’

‘Even though I eat to feel better I choose now to eat only when I am hungry.’

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It also good to remember your sharpest criticism about your body image, behaviour and peer problems. You will have to tap on the strongest feelings it could be shame, embarrassment, fear feeling helpless and anger.

The Future

“Picture yourself as not being able to overeat at night.....”How do you feel?”

(anxious, frustrated, anger or irritable). Whatever response comes, tap on it.

“Picture yourself as thin as you would like. What happens? How do you feel?/
(don’t feel safe, don’t deserve it , feel anxious.)
Tap on these feelings as they arise



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"Picture yourself addressing the underlying feelings that triggers the eating behaviour. How do you feel?" (afraid, depressed, rage, resistance)



" Even though I am afraid to accept my mother's remark I am beginning to accept myself as I am and how I feel."

"Even though I am afraid to face my father's rage " I choose to accept him as he is, for he is doing the best he can."

Once you lose weight, EFT helps you stop sabotaging yourself. Do you want to go through this yo-yo process over and over again?

Definitely I don't want to!

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`Coping with setbacks

Four key points

- Perspective

Recognising that the weight loss journey is more of a marathon than a sprint can help put setbacks in context.

- Understanding

Finding out why the setback has occurred can be key to sorting it out and preventing it happening again.

- Forgiveness

Accepting that no one is perfect and that mistakes can happen to anyone is a big step in the process of drawing a line under a setback and moving on.

- Flexibility

Allowing that there will be times when even the most generous diet plan will not be generous enough, and relaxing enough, to stay positive at these times, can provide valuable reassurance so that even if the occasional battle is lost, victory is still assured in the long term.

Good luck and be persistent. Begin to be engaged in other activities that you enjoy other than secretive eating or food shopping. Your weight and cravings will come off or reduced as

your underlying issues are addressed and the basics of symptomatic behaviour are tapped on

You absolutely deserve abundant and successful life

To your success,

Kamalangi Costello

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