

## EFT – Simple Energy Remedy for Emotional Overeating

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**Thousands of people who used to raid the refrigerator when they were not even hungry have now found a simple solution . This is EFT (Emotional Freedom Technique), a self help procedure which combines fingertip tapping of key acupuncture points with focused thoughts.**

'In EFT workshops around the world,' says Gary Craig, US founder of EFT, 'people are amazed when their out-of-control cravings disappear after a minute of tapping.

'It has nothing to do with will power. It's all a matter of energy.'

At a recent EFT Workshop I held in Adelaide, 100% of the participants reported feeling personal improvements taking place during the program, even on long-held emotional and physical issues. They left equipped with basic EFT skills to use themselves.

The energy Craig refers to is *qi* or *chi*, which flows through the body along paths called meridians, mapped thousands of years ago by Chinese physicians. According to Traditional Chinese Medicine, disruptions of *qi* can trigger overeating, unhealthy food choices, and physical inactivity.

EFT gently stimulates these meridians so that the disruptions subside.

This new approach to help turn the epidemic tide of childhood and adult obesity not only provides an on-the-spot easy technique to use before you open the refrigerator. It also takes a new look at overweight.

While many blame this problem solely on fast food and a lack of exercise, EFT maintains that there are also important emotional and anxiety factors that propel people towards overeating. EFT also offers a solution for this.

**Its short focussed tapping routine results in a lessening of anxiety states – even unrecognized -- in both children and adults, and, accordingly, a lowered need to tranquillize those states by overeating.**

Australia is facing a similar health challenge to that predicted by the World Health Organisation for the U.S.: if trends continue, in less than five years half of America's children will be overweight.

Because of obesity, public health officials predict that increased heart disease and diabetes will lower the current young generation's life expectancy and overwhelm the public healthcare system.

'This is truly a preventable tragedy,' says Craig. 'EFT is a new technique, but it already has a phenomenal track record in helping people lose weight, get in shape, stay active, and improve their overall health.'

'It actually neutralizes emotional factors that trigger overeating, and it's easy for kids (and adults) to learn and use.'

### What's different today?

Many of us look back to our own childhoods when obesity was not nearly so prevalent and ask, 'What's different today?'

More fast food, yes. More television, yes. And increased media coverage of local and world events fill the airwaves around us with bad news....

As parents know, children absorb emotional atmospheres. A general climate of anxiety affects children as well as adults, even if they're not aware of details. Add to this personal upsets and family stresses, and – *ooh, let's get some food to at least comfort the body!*

While EFT often results in 'one-minute wonder' personal improvements, using EFT to lower chronic anxiety is more complex. It may involve some tapping sessions with a professional, and tapping between sessions, as one EFT student demonstrated.

In three phone sessions, U.S. EFT Master practitioner Carol Look uncovered four primary concerns for Veronica, other than the extra 'yo-yo' weight she had battled all her life. Veronica tended to procrastinate, had long-term gastro-intestinal problems, heartburn, and was angry with her husband. These issues proved to be all related. She collapsed them all with EFT.

Veronica reported later, 'I'm really in control and in tune with my emotions relating to food. If I overeat it's much easier to get right back on track. The heartburn is better. On a recent family trip to Italy I gained only one pound!'

Hundreds of reports and case studies on [www.eftuniverse.com](http://www.eftuniverse.com) from EFT practitioners, including healthcare professionals, testify to the procedure's effectiveness.

Most reports come from lay people about their own tapping experiences. Craig's EFT Manual provides the basics online for free, and has been translated into 26 languages. Handbooks on EFT by Craig are available on [www.amazon.com](http://www.amazon.com)

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