



STOP Binge Eating with Emotional Freedom Technique (EFT)

Date: Saturday **Time:** 9am – 5pm

Your investment: £80

When binge eating rules your life, it becomes easy to turn in to a recluse or deny your self some of life's basic pleasures and get too preoccupied with your weight or your dress size. This is where EFT can help you.

What is EFT?

Emotional Freedom Technique, is the much talked about new psychological technique – developed by Gary Craig. It involves tapping on energy meridians that run through your body whilst tuned into *the issue* both mentally and physically.

EFT requires you to focus on a challenge (eg: binge eating), and gently tap on specific meridian points on the body, while using sequential language patterns, in order to shift, neutralise or reduce the negative emotions, thoughts, beliefs and underlying unhelpful assumptions.

Knowing how to apply EFT can shift this state of stuckness and bring about immediate relief and positive progress. Here is how, it can help with binge eating:

- * EFT will help in boosting your confidence and body image.
- * This simple tapping will help combat negative influences & trigger situations.
- * Gets rid of the deep rooted fears associated with failure as well as success.
- * Overcome self-sabotage and impulses.
- * Develop a more assertive self with clear boundaries.
- * Wean off purging, over exercising, laxative or diuretic use safely.
- * Form a better relationship with self and others.

Benefits of EFT tapping:

- * Ability to leave food on the plate
- * Control and confidence of normal, everyday eating
- * Ability to stop when you have had enough & decrease the volume of food
- * Enjoy eating mindfully and tune in to the pleasures of your food
- * Normalise eating when hungry or around meal time only
- * Increased confidence in eating with others and in public
- * Associate food with nice taste, smell, sight, & sounds instead of calories
- * Boost a sense of wellness without self disgust, depression or guilt
- * Drive for healthier weight-related behaviours, for a permanent slimmer you

Why EFT?

- High success rate, with 85-90% permanent outcome.
- Safe and easy to apply .
- No known side effects.
- Highly effective, even for the most chaotic Binge eater.
- Immediate sense of control and result
- Tapping can be done anywhere & any time.
- It can be used along side other therapies or weight loss strategies.
- Save money on hours of counselling/therapy.
- You can apply EFT tapping to improve every aspects of your life.



STOP Binge Eating with Emotional Freedom Technique (EFT)

Date: Saturday **Time:** 9am – 5pm

Your investment: £80

When binge eating rules your life, it becomes easy to turn in to a recluse or deny your self some of life's basic pleasures and get too preoccupied with your weight or your dress size. This is where EFT can help you.

What is EFT?

Emotional Freedom Technique, is the much talked about new psychological technique – developed by Gary Craig. It involves tapping on energy meridians that run through your body whilst tuned into *the issue* both mentally and physically.

EFT requires you to focus on a challenge (eg: binge eating), and gently tap on specific meridian points on the body, while using sequential language patterns, in order to shift, neutralise or reduce the negative emotions, thoughts, beliefs and underlying unhelpful assumptions.

Knowing how to apply EFT can shift this state of stuckness and bring about immediate relief and positive progress. Here is how, it can help with binge eating:

- * EFT will help in boosting your confidence and body image.
- * This simple tapping will help combat negative influences & trigger situations.
- * Gets rid of the deep rooted fears associated with failure as well as success.
- * Overcome self-sabotage and impulses.
- * Develop a more assertive self with clear boundaries.
- * Wean off purging, over exercising, laxative or diuretic use safely.
- * Form a better relationship with self and others.

- Benefits of EFT tapping:**
- * Ability to leave food on the plate
 - * Control and confidence of normal, everyday eating
 - * Ability to stop when you have had enough & decrease the volume of food
 - * Enjoy eating mindfully and tune in to the pleasures of your food
 - * Normalise eating when hungry or around meal time only
 - * Increased confidence in eating with others and in public
 - * Associate food with nice taste, smell, sight, & sounds instead of calories
 - * Boost a sense of wellness without self disgust, depression or guilt
 - * Drive for healthier weight-related behaviours, for a permanent slimmer you

- Why EFT?**
- High success rate, with 85-90% permanent outcome.
 - Safe and easy to apply .
 - No known side effects.
 - Highly effective, even for the most chaotic Binge eater.
 - Immediate sense of control and result
 - Tapping can be done anywhere & any time.
 - It can be used along side other therapies or weight loss strategies.
 - Save money on hours of counselling/therapy.
 - You can apply EFT tapping to improve every aspects of your life.