


Tapping For Weight Loss: Discover the Secret Technique that Melts Away Stubborn Fat!

In the constant struggle to lose weight and achieve a healthier lifestyle, people often turn to various diets, exercise routines, and supplements. However, there is a lesser-known technique that can provide tremendous benefits in the quest for weight loss: tapping.

Tapping, also known as the Emotional Freedom Technique (EFT), has been gaining popularity in recent years as an effective tool for managing stress, anxiety, and even resolving traumas. However, what many people don't realize is that tapping can also be a powerful ally in your weight loss journey.

The Science behind Tapping

Tapping is based on the principles of acupuncture, a traditional Chinese medicine practice that involves stimulating specific points on the body to restore the flow of energy. While acupuncture uses fine needles, tapping utilizes gentle tapping motions on key acupressure points with your fingertips.

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**Tapping for Weight Loss: The Fast, Natural,
Science-Based Solution for Eliminating Belly and
Thigh Fat, Kickstarting Your Metabolism, Crushing
Your Cravings, ... – Without Pills, (Tapping Book
series)** by Dawson Church (Kindle Edition)

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Enhanced typesetting : Enabled

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When you tap on these acupressure points while focusing on specific issues related to weight loss, such as food cravings, emotional eating, or self-esteem, you are encouraging the release of stagnant energy and balancing your body's energy system. This can have a direct impact on your emotional state, reducing stress levels, and ultimately leading to improved physical and mental well-being.

How Tapping Can Support Weight Loss

Weight loss is not simply about counting calories and hitting the gym. Emotional factors such as stress, anxiety, and negative self-image often play a significant role in obesity and difficulties in shedding pounds. Tapping addresses these emotional triggers directly, helping to rewire the brain and establish healthier habits and beliefs.

Here are some ways tapping can support your weight loss efforts:

1. Curbing Food Cravings

One of the primary reasons people struggle to lose weight is uncontrollable food cravings. Tapping can help break the cycle of craving by reducing the intensity of these impulses and redirecting your focus towards healthier choices. By tapping on acupuncture points while acknowledging and accepting your cravings, you can effectively weaken their power over you.

2. Emotional Eating

Many individuals turn to food as a source of comfort or a coping mechanism for dealing with emotional stress. Tapping can help break this cycle by addressing the underlying emotions that drive you to eat when you're not hungry. By tuning into your emotions and tapping through specific acupressure points, you can release emotional distress and reduce the urge to indulge in emotional eating.

3. Building Self-Esteem

Low self-esteem often contributes to weight gain or the inability to lose weight. Tapping can help you break free from negative self-talk and self-sabotaging beliefs by focusing on self-acceptance and positive affirmations. By tapping on acupressure points while repeating empowering statements, you can boost your self-esteem and cultivate a more positive body image.

4. Stress Reduction

Stress is a common trigger for overeating and weight gain. Tapping activates the body's relaxation response, helping to reduce stress levels and calm the mind. By tapping on specific acupressure points while acknowledging and addressing stressful thoughts or situations, you can effectively manage stress and prevent it from sabotaging your weight loss progress.

5. Breaking Plateaus

Weight loss plateaus can be frustrating and demotivating. Tapping can help break through these challenging phases by addressing the underlying emotional and psychological barriers that may be hindering your progress. By tapping through acupressure points while focusing on your specific weight loss goals, you can shift your mindset and stimulate motivation to overcome plateaus.

How to Get Started with Tapping


Getting started with tapping is relatively simple and can be done in the comfort of your own home. Here are some steps to begin your tapping practice:

1. Identify the specific issue or emotion you want to address related to your weight loss journey, such as food cravings or self-esteem.
2. Create a tapping setup statement that acknowledges the issue while also accepting yourself. For example, "Even though I have these food cravings, I deeply and completely accept myself."
3. Tap gently with your fingertips on the acupuncture points, following the sequence of points - eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head.
4. While tapping each point, repeat your setup statement and any additional affirmations or positive statements that resonate with you.
5. Continue tapping through the points for a few rounds, allowing yourself to feel any emotions that arise and releasing them as you tap.
6. After the tapping session, take a deep breath and assess any shifts in your emotional state or cravings.

Remember, consistency is key when it comes to tapping. Incorporate tapping into your daily routine or whenever you feel triggered by emotional eating or food cravings. Over time, you may notice significant changes in your relationship with food and an overall improvement in your well-being.

Tapping for weight loss is a simple yet powerful technique that can transform your approach to shedding pounds and achieving a healthier lifestyle. By tapping on specific acupuncture points while focusing on the emotional aspects of weight loss, you can effectively address cravings, emotional eating, self-esteem issues, and stress - all of which contribute to weight gain.

So why not give tapping a try? It's time to unlock the power of this surprising technique and begin your journey towards a healthier, happier you.

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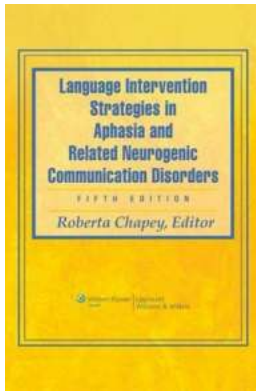
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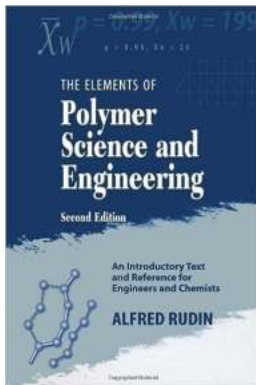
Weight loss is one of the most frustrating problems imaginable. People trying to lose weight usually fail and most wind up weighing more than before. Not with tapping! Several studies show that by using the method in this book, called Clinical EFT (Emotional Freedom Techniques) because it's the only version of tapping validated in dozens of clinical trials, you can lose weight and keep it off permanently. One study found that people lost an average of 11 pounds in the year after a Clinical EFT weight loss program. In this book, you'll hear from dozens of people who lost weight successfully with tapping. Their deeply moving stories tell how many other parts of their lives improved too, from skin tone to marriage, from self-confidence to financial abundance. That's because tapping eliminates stress. Author Dawson Church has conducted many scientific studies of EFT. These show that Clinical EFT reduces cortisol, your main stress hormone,

while lowering anxiety, depression, and pain, leading to long-term weight loss. Tapping has been used successfully by thousands of people to lose those unwanted pounds without expensive drugs or risky surgery and is your proven solution to keeping weight off permanently.



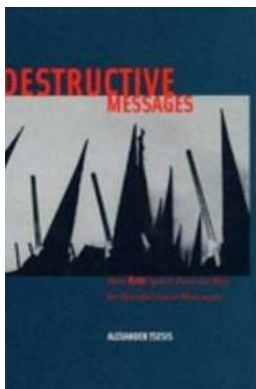
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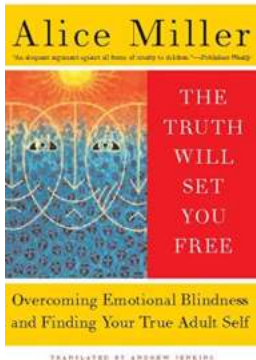
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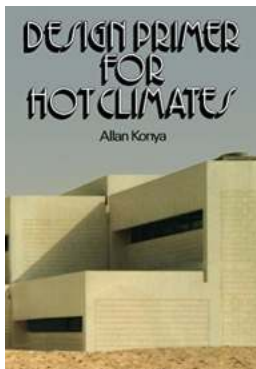
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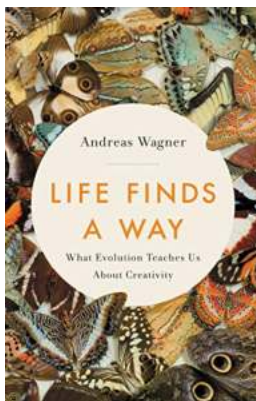
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