

Hello everyone,

I hope you enjoyed your summer and took time to play and enjoy yourself. I want to update you on the progress of the EFT work I am doing. I am still amazed that people are able to make changes so easily with the tapping techniques. I have lost 20 pounds this summer just by tapping with so many of my clients! Its one of the perks of tapping all day long with people! If you are still ambivalent about using this process, why not try it for 4 sessions, after all, what do you have to lose!!!

So please join me Dr. Virginia Porcello, Obesity Expert and trained EFT practitioner.....

**And learn  
EMOTIONAL FREEDOM TECHNIQUES (EFT)  
FOR WEIGHT LOSS**

- **Manage cravings**
- **End self sabotage**
- **Stop feeling helpless to lose weight**
- **Lose weight without restrictive diets**

## **Using EFT for Weight Loss--Why does it often work where nothing else will?**

EFT provides two remarkable benefits for weight loss that sets it apart from other methods:

**Benefit #1 - EFT Eliminates Your Immediate Cravings:** Using EFT for 1 or 2 minutes arrests your cravings 80% of the time so that you no longer need to "eat when you are not hungry." This feature surprises most newcomers.

**Benefit #2 - EFT Eliminates Emotional Overeating:** If you have been using food to "tranquilize" years of past emotional hurts, then you will find EFT to be your best friend. EFT brings you emotional peace which, in turn, leads easily to more sensible eating habits.

**SEE FALL SCHEDULE BELOW**

**please forward this flyer to anyone who you think would be interested.**



**SOLUTIONSWEIGH Program for Eating Disorders**

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**FALL SCHEDULE**

**SEPTEMBER 4 WEEK EFT GROUPS FOR WEIGHT LOSS**

Group A: Monday evenings: Sept 15, 22, 29, Oct 6<sup>th</sup> 7:30p.m. to 9:30pm

Group B: Tuesday Mornings: Sept 2, 9, 16, 23 9:30a.m. To 11:30a.m.

**FEE: \$200**

**OCTOBER 4 WEEK EFT GROUP FOR WEIGHT LOSS**

Tuesday Evenings: October 14, 21, 28, Nov 4<sup>th</sup> 6:30p.m. To 8:30p.m.

**FEE: \$240 \***

**\*Please note: fees are going up Oct 1<sup>st</sup>.**

**Take advantage of the \$200 fee by paying for the Oct group by Sept 30<sup>th</sup>.**



**PROFESSIONAL WORKSHOP ON EFT**

One day workshop for professionals

Who are interested in learning tapping techniques

To use with their clients

Saturday, October 25<sup>th</sup> 9a.m. to 2p.m.

Fee: \$99 if paid before Sept 30th

\$125 after Oct 1<sup>st</sup>.

**MORE DETAILED INFORMATION WILL BE SENT IN SEPTEMBER**

You can pay for any of the above groups online at [www.solutionsweigh.com](http://www.solutionsweigh.com). Click on "make a payment" link and follow directions. To pay by mail: please send check to the above address.

**No refunds for classes 10 days before start date.**

