

Emotional Freedom Technique (EFT) TAPPING FOR WEIGHT LOSS

Using EFT for Weight Loss

4 week group (limit 6 people)

Thursdays,

July 10, 17, 24, 31, 2008

7p.m. to 9p.m.

Fee: \$200

Emotional Freedom Technique is a combination of eastern meridian "energy therapy" (acupuncture and acupressure points on the body known as meridians and western "psychology."

If our "energy" is blocked due to trauma (physical, emotional, chemical) the body or emotions may react in a negative fashion. A person may feel pain or negative emotions due to the disruption. When it is removed, the negativity is also resolved.

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 "tranquelize" 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. This emotional contributor, which EFT handles so nicely, is the **missing piece** in most weight loss programs.

If you are interested in learning these exciting techniques please register early, space is limited.

YOU CAN REGISTER ONLINE OR BY MAIL:

1. Online: <http://www.solutionsweigh.com>

go to Make a Payment Link, fill out form to pay.

2. By mail: send check made out to Solutions to the address below.

If you have any questions, please call Dr. Porcello @ 516-877-0200 or

Email her at <mailto:drporcello@solutionsweigh.com>

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