

YOU'RE INVITED:

to the next seminar with

**Dr. Virginia Porcello, Obesity and Binge Eating Disorder Expert,
Certified Level 2 EFT PRACTICIONER**

This month's topic:

EMOTIONAL FREEDOM TECHNIQUES (EFT) TAPPING FOR WEIGHT LOSS

FIND OUT WHAT EFT IS AND HOW IT CAN:

- **Manage cravings**
- **End self sabotage**
- **Exercise without effort**

You may have seen it on a recent TV show, or heard about it from a friend. Gary Craig, the founder of EFT CLAIMS THAT, when done by a proficient practitioner, EFT works over 80% of the time. Beginners can expect to get success at least 50% of the time. Nor do I believe EFT replaces all forms of psychotherapy.

Using EFT for Weight Loss

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

WHEN: Wednesday, May 7, 2008

WHERE: 1517 Franklin Avenue, Suite # 100, Mineola NY 11501

TIME: 7 p.m. to 9 p.m.

Fee: \$30.00

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

YOU CAN REGISTER ONLINE OR BY MAIL:

1. **Online:** 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 drporcello@solutionsweigh.com**

I look forward to sharing these amazing techniques with you.

Regards,

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