

## **Permanent Weight Loss With Emotional Freedom Technique By Juliana Mazzeo, M.S., CDN Medical Nutritionist**

Control your emotionally-driven appetite with this simple easy to use, easy to learn procedure that is safe, easy to use and produces fast, lasting and painless results in ~70% of users.

The problem with diet and diet pills is that they do not teach you how to control your emotionally-driven appetite. EFT can be used to reduce immediate cravings, and neutralize the emotions that are the drivers behind the overeating. EFT also works on managing difficult situations, and to improve body image which is a major factor in weight management. In addition, EFT is a great tool for relieving overall stress so there is less of a need to neutralize the stress using food.

### **What is EFT – Emotional Freedom Technique?**

EFT is based on the meridian system which was mapped out over 4000 years ago by the Chinese in the use of acupuncture. The meridian system is a network of tiny pathways that conduct electrical energy. The entire body runs on an electrical system of energy.

**The theory of Emotional Freedom Technique is that “The cause of all negative emotions is a disruption in the body’s energy system”. Gary Craig.**

Gary Craig, a Stamford Engineer by academic training is the founder of EFT. Craig refined and simplified the process of meridian based technologies and therapies which were complicated and difficult to learn in their initial stages. Today we have a very simple and easy technique that anyone can learn thanks to the work of Gary Craig.

### **The Theory**

A buildup of emotional or psychological distress in one or more of the pathways or meridians becomes blocked and must be cleared, strengthened or aligned in order for healing to occur. Strong negative emotions cause shock to our systems, which create the equivalent of a short-circuit in the energy system. Strong emotions can be triggered by an event, a thought, or a memory which may go back many years. It is a matter of how we perceived the event.

For example, your boss humiliated you in front of colleagues; if you think about how angry you are you may feel that feeling or that tension in a certain part of your body. For example, you may feel a knot in your stomach, or tense in your shoulders, or it may show up in some other way such as shallow breathing.

Applying EFT balances the energy system which stops the power of that thought from affecting your body. You may still have the memory or the thought, but without the emotional intensity attached to it. At this point we are able to perceive or shift the way we

think about the event, or memory, or thought. Using the example above, you may “see” that maybe your boss was having a bad day, and was dealing with his own challenges. In other words, maybe he was doing the best he could under those circumstances. This is known as a cognitive shift, which in regular talk therapy could literally take months and years to achieve and cost thousands of dollars.

### **What does this have to do with weight loss and emotional eating?**

Let’s say you grew up in a household where food was a big issue. Let’s say your parents and siblings were relatively of normal weight and you “inherited” the thrifty gene from Aunt Joy. You were bigger than your school mates, and you were made fun of. At home, you got mixed messages. Your siblings were allowed dessert and you were not. Your mother actually took you to a diet doctor and was instructed to cut your food intake in half. So your siblings got to eat the “goodies” and you did not. How did that make you feel? Different? Angry? Deprived? Not loved? Not enough? Something is wrong with me? How did you react? Did you withdraw? Did you start to sneak food? Were you always watched like a hawk at the dinner table? Were your friends keeping an account of every morsel of food that passed your lips?

### **How do these issues and memories affect your everyday life and your food choices?**

Are you eating to get back at your mom, your siblings, or your peers? Are you hiding food? Are you a closet eater? Are you eating to relieve the anxiety of those feelings and emotions? In fact eating past the point of satiating the appetite is like filling up your gas tank, then filling up the back seat and the trunk of your car. Food for most people is a tranquilizer, it soothes, albeit temporarily the anxiety that comes from having to deal with the real issues and emotions mentioned previously. This is what I mean by emotionally-driven appetite. This is where EFT comes in to neutralize those emotions, correct the energy disruptions in the meridians, which allows you the awareness of making better choices in your food intake.

### **How do we get started? Some guidelines.**

**1. SUDs Rating – Subjective Unit of Distress.** Here you are using a rating scale to measure your level of distress or emotional intensity about an issue. In the case of food it would be an immediate craving. How strong is the emotional intensity when you think or vividly imagine the scene?

**Scale: 0= not emotional intensity**  
**5= moderate intensity**  
**10= the most emotional intensity you have ever felt**

Use this scale of 0-10 before and after the tapping procedure to measure your progress. Do not worry about being exact; EFT is a very forgiving procedure.

**2. The Tap** – Just the way it sounds. Use your index finger or several fingers together to firmly tap the various meridian points. [I use my index and middle finger. Do what feels comfortable for you]

**3. The Set-Up** – you tap on the karate chop [KC] while repeating an affirmation statement three times – sometimes the statement is the same, sometimes it changes. The karate chop is the fleshy part of the side of the hand that would be used in Karate to break a board. Tap continuously on this point while you repeat the affirmation statements.

**The basic frame for the statement is:**

Even though I have this [problem], I deeply and completely accept myself.  
Even though I have this \_\_\_\_\_, I deeply love and forgive myself.

The affirmation has two parts, a negative part, which identifies the problem [it is important to identify the problem as specifically as possible], and a part about accepting yourself even though you have the problem. The idea is to acknowledge the problem and to accept yourself anyway.

**Say the statements with feeling!**

**4. Reminder Phrase** – while you are tapping on the meridian points it is very important to focus on the problem and to “tune into” the problem. For example, “this anxiety, this craving, feeling scared, this fear etc.” Repeat the reminder phrase as you tap.

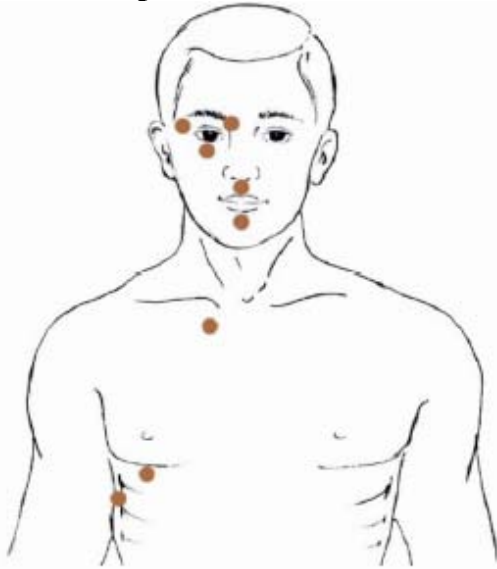
**5. Aspects** – aspects represent different layers of the same problem. For example, fear of public speaking could cause: shallow breathing, nervous stomach, stuttering, fear of being judged, forgetting what to say, stage fright etc.

For weight loss and emotional eating the tapping can be done for immediate food cravings, the urge to eat when not hungry, fear of failure [I’ve done this stupid diet 259 times and I’ve always failed], fear of success, feeling bored, tired anxious, overwhelmed and wanting to eat to soothe those feelings. For optimal success with EFT it is very important to differentiate between and address the different aspects of the same problem. There are lots of pieces to the puzzle of the issue you are working on.

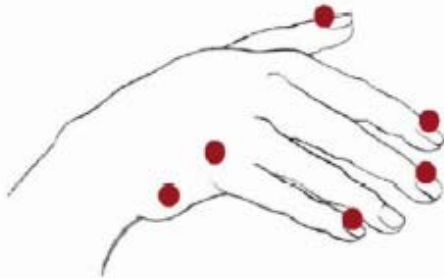
If you are not getting relief right away, it is not because EFT is not working, it is because there are specific aspects that have not been uncovered and we are being too global with the problem and setup statements.

**6. How to tap** – tap firmly with your fingertips [no pain please] 7-10 taps on each point. No need to count. The whole round should take approximately 60 seconds.

## 7. Where to tap –



This illustration is provided for your reference after you have learned the Basic EFT Recipe



After the first round of tapping, rate yourself 0-10 on the SUD's scale to see if your rating has come down. Are you feeling anything different, or has a new issue surfaced. Here you can keep tapping on the original issue or tap on the new aspect. To continue tapping on the original issue or feeling, say the set up statement again while continuously tapping on the karate chop. On the second round use the format:

Even though I **STILL** have some of this [problem], I deeply and completely accept myself. When you are doing the reminder phrase, say "remaining problem", remaining craving, and remaining anxiety for the issue you are working on.

## Homework

What emotions are driving your behaviors? Anxiety, guilt, anger, frustration, resentment, sadness, failure, loneliness, loss, fear of anything, rejection, success, failure, or conflict. The more specific you can be regarding an issue, the greater the success rate. Completing the following sentences truthfully we can use specific set-up statements that really resonate with the way you feel. Therefore, getting quite and asking yourself some questions about how you really feel about an issue, let's us hone in on the problem.

Emotional eating is one way I can [complete the sentences]

What loss or emptiness are you trying to fill with extra food?

What would you be doing if you weren't obsessing about food?

What would it force you to pay attention to?

What would you be free to pay attention to?

What is the upside or remaining overweight? [You don't keep doing the same thing over and over unless there was some benefit from it. Change causes discomfort, and it is easier to keep things the way they are.

How does keeping things the same help you?

Do other people expect less of you?

Do you avoid unwanted attention?

Do you feel safer or happier keeping things the same?

Would it make you different from other people?

Where do you need to step into discomfort in order to change?

How would you feel without your favorite foods?

What emotions are you trying to tranquilize or avoid with food?

Is it safe for you to lose weight?

Is it safe for others if you lose weight?

Do you feel deserving of losing weight?

Do you feel worthy of reaching your goal?

Are you afraid that others will expect more of you if you lose the weight?

Are you afraid to change?

Are you ready to change?

Are you doing this for yourself, or is someone making you do this?

### **Tapping on Limiting Beliefs**

What do you believe you can't do?

I can't.....

Why can't you lose weight?.....

What do you think you'll never be able to do?.....

What are your beliefs about your ability to succeed?.....

**This Technique is simple and easy to use. We use this in our office for weight management, food issues, body dysmorphia, food sensitivities and a host of other conditions.**