

**Lose weight EASILY**  
**with**  
**Emotional Freedom Technique!**

*Losing weight is an INSIDE JOB!!*



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Lose Weight Easily with Emotional Freedom Technique

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### **Dedication**

This E-book is dedicated to my baby angel who has finally given me the drive and inspiration to make things happen, and to Jon who has always supported me without doubting my crazy ideas.

I would like to thank the willing volunteers who allowed me to test out my theories and shape this e-book into something more creative than I could imagine!

Also, a special thanks to Curtis Duncan who helped create the very first script which gave way to the rest!

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### Disclaimer

This guide does not give advice about nutrition, weight loss or exercise. It is intended for people who are overweight according to the BMI, or within their recommended BMI range and would like to lose weight within that range but not below it.

If you are below your recommended weight according to the BMI please seek medical attention and do not use this guide.

While most people will receive benefits from this self help guide there is no guarantee of weight loss. Nikki Ball does not offer this information as a state registered Occupational Therapist, but as an MET practitioner only. Practitioners and the public must accept full responsibility of the use of this guide.

## **My Story**

### **How I lost weight EASILY with no dieting or exercise plans!**

My name is Nikki Ball and I've put this weight loss package together to help other people who like myself, have put on extra weight that they just can't seem to get rid of.

I've recently been through my own weight loss journey after having my baby last year. Like so many women I put on extra weight which is pretty normal. So I tried joining weight loss clubs and did the whole diet and exercise thing and yes I did lose some weight, but because I was so busy with my little girl and trying to set my business up again, I just found that I didn't have the time to think about what I was eating or to get myself down the gym.

So after losing a little bit of weight last year and then putting it all back on, I decided to give EFT a go. I've been using EFT for 6 years now, and last 2 years as an advanced practitioner. I knew EFT was great for all sorts of things but I'd never tried it for weight loss.

I believe that the reason why we put on extra weight and have trouble losing it is because of the stresses, anxieties, emotions and thoughts that we experience in our day to day lives. If we didn't have these mental blocks then we'd all be able to stick to diets easily or in fact we wouldn't even put on the extra weight in the first place. Have you ever asked yourself "why do I eat more than I need to? Babies don't eat more than they need to do they? Wild animals only eat what they need too.

Maybe that's because they don't have worries about money or feel lonely or have unresolved issues from their pasts. They're more instinctive about eating and they don't need to use food to make themselves feel better in some way.

So that's where EFT is brilliant, in a nutshell EFT is a form of emotional acupressure. It works on releasing negative emotions, thoughts and feelings, so it's ideal for removing mental barriers to losing weight.

About three months before the idea of this book was conceived, I decided that I really need to determine WHY I wasn't losing any weight. I kept a journal of all my thoughts and beliefs about dieting, food, exercise and self worth.

I examined all my mental barriers to weight loss, changed my bad eating habits, rethought my beliefs about exercise, removed the need to eat for emotional reasons and restored my body to it's natural comfortable healthy weight.

**In only a few short months I lost a stone (14lbs) and I now weigh less than what I weighed before I was pregnant!**

I weigh about 8 and half stone now that's about 120lbs. That's what I used to weigh when I in my twenties. Probably when I had the least amount of stress in my life. I think EFT has helped me get back to that mindset and that's why the weight has come off so easily. Put it this way, I still eat pizza, chocolate, crisps and have wine. I haven't given up a thing!

In my experience giving something up is the worst thing you can do. As soon as you try and give something up, you want it even more and unless you have amazing will power then you will end up eating it anyway. So all I do now is just have what I want, when I want it. Which may sound rather indulgent but because I don't feel I have the emotional need to eat; I just don't want it as much.

Don't get me wrong, occasionally I do succumb but it doesn't happen that often anymore and I am *only* human after all.....and I will *always* have EFT to help me out!

My weight loss journal, and the experience of working with other people's weight loss issues, has been written into the transcripts you are about to read.

## **How to use the videos**

I decided to include the transcripts E-Book, as once you've gone through the videos you might just want to pick out certain issues and go through them again at your own pace.

I would suggest going through them in the order that they're in, as they do follow a fairly logical order. After you've done them please feel free to go back and do whichever ones are calling out to you.

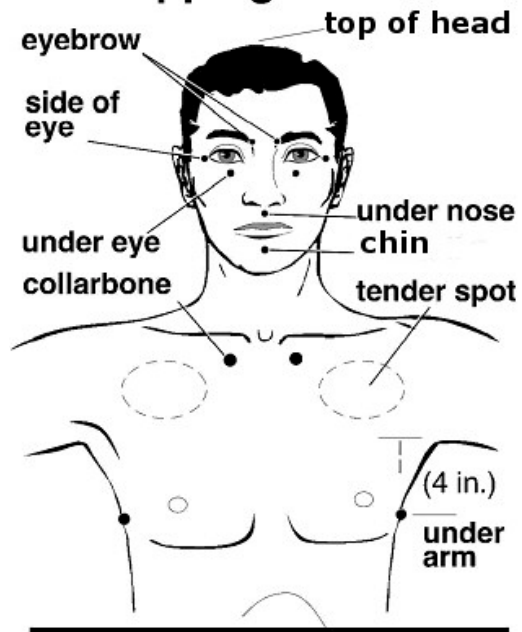
One thing I would say though is please watch video 1 first ('Release the need to lose weight'). This one was designed to lay the foundations for the rest of the videos, and release any anxiety or desperation about wanting to lose weight.

**The key to using these videos and transcripts is to practice them regularly.**

How many times you may want to do them is entirely up to you. Don't get disheartened if nothing seems to be happening at first. When I first started doing EFT it took a while for me to start noticing changes, but things did change. I find it's like a snowball effect. It might start off small but as you do more the effects get bigger and bigger.

The videos have been designed to be effective for most people. So you may find that in some of the videos I'm saying words that you don't feel apply to you. That doesn't matter, it's best to tap along with them anyway. When EFT is taught in large groups, people tap along with other people's issues still seem to benefit. It may be because they hold that issue or belief subconsciously and perhaps they didn't even know it affected them. Even if it really doesn't apply to you, it won't hurt to tap anyway.

# Tapping Points



# Video 1

## Release the **NEED** to lose weight

Set up statements

Tap the karate chop point whilst repeating each of these set up statements:-

**“Even though I need to lose weight, I deeply and completely love and forgive myself.”**

**“Even though I need to lose weight because I feel so fat, I deeply and completely love and forgive myself anyway.”**

**“Even though I really need this weight to fall of me, I deeply and completely love and forgive myself anyway.”**

**“I really cannot be happy until I am thin; when I am thin then I can be happy.”**

**“I feel so frustrated because I not losing any weight, Forget thinking myself thin, I just need to lose some weight now.”**

**“I will not allow myself to feel good until I have lost at least X pounds. Who am I to feel good about myself now even though I haven't lost that X amount of weight?”**

**“I am so attached to the idea of losing weight that a part of me knows that this attachment is really not in my best interest, I might as well be upset about it because I am not losing weight.”**

**“How can I not want to be slim, I can't fit into my favourite clothes, I hate**

**the way I look, I've been struggling with my weight for so long.”**

**“I have been unhappy about my weight for ages, I have blamed all the situations in my life because I can't lose the weight, I keep focussing on feeling fat and so that is all I see about myself.”**

**“Even though I still need to lose weight, I deeply and completely love myself.”**

I have indicated where to tap while saying each of the phrases.

Eyebrow: I really need to lose weight now

Side of Eye: I feel so fat and uncomfortable

Under Eye: My clothes feel so tight

Nose: I have been struggling with my weight for so long now

Chin: I am so attached to dieting

Collarbone: I have this need to diet

Under Arm: I cannot be happy until I have lost at least half a stone

Head: Only people who are thin can be happy

Eyebrow: I am really struggling with dieting

Side of Eye: I keep saying that I need to lose weight

Under Eye: and then I put on more weight

Nose: I have all this excess weight

Chin: I wish so much that I didn't have this excess weight

Collarbone: I really need to lose this weight

Under Arm: I never feel thin enough and I need to lose weight

Head: I cannot be happy with my body until I have lost weight

Eyebrow: How can I not need to lose weight?

Side of Eye: When I really feel uncomfortable

Under Eye: Of course I need to lose weight

Nose: I will not allow myself to be happy until I have lost at least half a stone maybe more

Chin: People are crazy in telling to me to be happy now even though I need to lose weight

Collarbone: Only thin people can be happy

Under Arm: I have become really attached to wanting to be thin again

Head: Maybe because I feel that I will never be thin again

Eyebrow: This tapping is NOT going to help me lose weight, how can it, I feel so daft doing this?

Side of Eye: I'll have to seriously get into some exercise to lose weight and I just can't be bothered!

Under Eye: I don't want to have to change anything I do to lose weight

Nose: Why do I have all these mental blocks to losing weight?

Chin: There's no way I'm giving up chocolate

Collarbone: Why do I eat more than my body needs?

Under Arm: I'll never be able to change my eating habits, and actually I don't really want to deep down.

Head: What if I only ate exactly what my body wanted, when it needed it?

Eyebrow: You can't lose weight just like that!

Side of Eye: I'll have to starve myself to be able to lose any weight.

Under Eye: I don't want to have to give up any nice food

Nose: Why do I have all these mental blocks to losing weight?

Chin: If it was that easy to lose weight then why can't I just do it like other people?

Collarbone: Do I breathe more air than I need?

Under Arm: Do I drink more water than I need?

Head: What if I only ate exactly what my body wanted, when it needed it?

Eyebrow: I choose to release my blocks to losing weight

Side of Eye: I am happy with myself anyway

Under Eye: Instead of feeling overweight I choose to feel healthy

Nose: I choose to release the excess weight easily

Chin: I don't even have to consciously think about it

Collarbone: I deserve to be happy and slim

Under Arm: I am completely detached from ever needing to diet again

Head: It would be nice to be slimmer right now but I do not NEED to be, I am happy right now

Eyebrow: I am already getting slimmer right now

Side of Eye: I do not need to be slim to feel happy with my body right now

Under Eye: People might think I am crazy for saying that I do not need to be slimmer but I chose to be healthy instead of unhappy with my body

Nose: Wow I feel so free right now

Chin: If I am detached from everything to do with losing weight then I can experience the feeling of health right now

Collarbone: By feeling healthy now I can only attract more health and thus lose weight naturally

Under Arm: I love the feeling of being healthy

Head: I love feeling thinner every day.

Take a deep breath and drink some water!

## Video 2

### How to deal with Cravings

This is a here and now exercise, so only use it when you are really craving something. The reason why there is no set up statement is because you don't need it as long as you intensity for the craving is high!

All you need to do is tap through each of the points and focus on the craving. You can do that by repeating as follows:-

Eyebrow: this craving

Side of Eye: this craving

Under Eye: this craving

Nose: this craving

Chin: this craving

Collarbone: this craving

Head: this craving

**Just keep repeating this through until your intensity level gets to 0.**

Take a deep breath and drink some water!

## Video 3

### Dealing with Emotional Eating

Set up statements

Tap the karate chop point whilst repeating each of these set up statements:-

**“Even though I eat for all the wrong reasons I love and accept myself anyway.”**

**“Even though I eat for emotional reasons I chose to release these emotional needs now.”**

**“Even though I eat to make me feel better in some way I accept the way I feel and feel more in control.”**

I have indicated where to tap while saying each of the phrases.

Eyebrow: I always eat when I'm stressed

Side of Eye: when I'm stressed out eating makes me feel better

Under Eye: you can't eat and feel stressed at the same time

Nose: eating gives me a pleasure that distracts me from my stress

Chin: I tend to pig out or binge whenever I feel stressed

Collarbone: but I hate the way I feel after I've pigged out I feel so Yuk

Under Arm: I always regret it afterwards

Head: why do I have to do that it just makes me feel worse

Eyebrow: I always eat when I'm anxious about something  
Side of Eye: it just makes me feel better for a short while  
Under Eye: but then I feel worse again  
Nose: it's such a vicious cycle  
Chin: I wish I could break it; this weight gain just makes me more anxious  
Collarbone: and then I eat to make myself feel better again  
Under Arm: and then round in circles I go again  
Head: I always eat when I'm anxious

Eyebrow: I always eat when I'm bored  
Side of Eye: it's just something to do  
Under Eye: I hate being bored  
Nose: if I eat when no one is around I can feel less guilty about it  
Chin: I wish I could do something else when I'm bored  
Collarbone: eating helps to pass the time  
Under Arm: whenever I'm bored the first thing I think about is food  
Head: I hate it that I eat when I'm bored

Eyebrow: I always eat when I'm lonely  
Side of Eye: it gives me comfort to eat when I'm lonely  
Under Eye: it stops me feeling lonely  
Nose: being lonely makes me feel sad and depressed  
Chin: I hate being lonely  
Collarbone: in a way food is a good friend to me when I'm lonely  
Under Arm: I feel so empty when I'm lonely  
Head: food just seems to fill the void somehow

Eyebrow: I always eat for comfort even when there doesn't seem to be any particular reason  
Side of Eye: it's just nice I love food  
Under Eye: eating food makes me feel lovely it gives me a buzz  
Nose: mmmm lovely food what can I eat next?  
Chin: I always wonder what I've got in the fridge that will make me feel good  
Collarbone: oh there's no reason to eat, I'm not hungry I just like it

Under Arm: who cares about all this emotional stuff anyway I just love stuffing my face sometimes

Head: mm so many nice things to eat, what can I eat now?

Eyebrow: I always eat more at certain times because I feel I deserve it

Side of Eye: I've been good all week, why shouldn't I treat myself

Under Eye: there's nothing wrong with a treat now and again, but I do tend to go overboard sometimes

Nose: I always do it, I eat well for a while then I ruin it by eating too much at the weekend

Chin: if only I could find other ways of rewarding myself than by eating junk

Collarbone: why do I keep sabotaging my efforts?

Under Arm: what is it that keeps me from succeeding?

Head: surely I deserve a reward?!

Eyebrow: I always eat when I feel low or depressed

Side of Eye: it cheers me up for the time I'm eating

Under Eye: it's just a way of covering up how bad I feel

Nose: I need to do something when I feel low and eating is nice

Chin: but then I feel worse afterwards

Collarbone: again it's that vicious circle thing again

Under Arm: I feel down so I eat then I feel worse for eating too much so then I eat to comfort myself

Head: I always eat too much of food my body doesn't need when I feel low

Eyebrow: I always eat when I get angry or just after I've been angry

Side of Eye: I have all this internal anger and eating helps me suppress it

Under Eye: I get angry with them so I eat

Nose: inside I am so angry about what happened I feel like I couldn't do anything about it

Chin: I feel anger because it wasn't in my control

Collarbone: I hate not feeling in control

Under Arm: feeling angry is such a horrible feeling

Head: eating helps to soothe my anger

Eyebrow: none of these negative emotional reasons to eat apply to me

Side of Eye: I just eat too much I'm actually quite happy with my life

Under Eye: everything in my life is great I just like eating

Nose: I know I eat too much of the wrong things, but its habit now

Chin: I'm just used to associating happy feelings with eating and food

Collarbone: eating nice food makes me happier

Under Arm: I feel happy and settled in life and I've just got into bad eating habits

Head: I eat when I'm content and it makes me feel more content with my life

Eyebrow: I may have some of these emotional reasons for eating or all of them

Side of Eye: but I chose to release these habits now

Under Eye: it is possible to find other ways of comforting myself

Nose: when I feel emotional I find news ways to deal with it

Chin: I love feeling free of this addiction

Collarbone: when I feel stressed or anxious I chose to take control of the situation

Under Arm: when I feel bored I chose to find creative things to do

Head: when I am lonely I chose to remember those who love me and learn to love my own company

Eyebrow: there are other ways to comfort myself, like a warm bubble bath

Side of Eye: if I need to reward myself I could do other things, like rent a film or treat myself to something else I love to do

Under Eye: when I feel low I chose to do other things to help lift my mood, like talking to a friend or learning EFT

Nose: when I feel angry I chose to let my creative mind think of ways to take control of the situation and learn to forgive

Chin: when I am happy I can find other ways of being

Collarbone: I am always open to new ways of doing things

Under Arm: I feel free-er everyday

Head: I am more in control of my emotions

Take a deep breath and drink some water!

## Video 4

### Removing negative blocks and barriers

Set up statements

Tap the karate chop point whilst repeating each of these set up statements:-

**“Even though I have all these mental barriers and blocks to losing weight I chose to accept where I am with my weight loss journey.”**

**“Even though I don’t know where to start I have had all this stuff in my head for so long now I choose to let go of my barriers.”**

**“Even though there are too many things working against me, I choose to release my reconceived ideas about what I can and can’t achieve.”**

I have indicated where to tap while saying each of the phrases.

Eyebrow: I just can’t lose weight no matter what I do

Side of Eye: there are too many things stopping me

Under Eye: for a start it’s not my fault that I’ve put on this weight

Nose: partly because of what someone did or said to me

Chin: how dare they treat me like that?

Collarbone: I’m stuck in this situation and I can’t do much about it

Under Arm: it’s because I’m living this life that I’ve put on this weight

Head: if I could do something about my situation I would but I can’t

Eyebrow: I started to put on weight ever since I had that bad experience

Side of Eye: I think it traumatised me in some way

Under Eye: I can remember it all so clearly  
Nose: I think I over ate to try to cope with it  
Chin: it was the only way I could deal with it at the time  
Collarbone: and now it's become a habit  
Under Arm: if I could release that trauma I would feel so much better  
Head: I wish I could leave it behind me now

Eyebrow: I've put on this weight because of this injury or illness  
Side of Eye: and now I can't lose it because I can't exercise  
Under Eye: this physical problem prevents me from losing weight  
Nose: what can I do about that?  
Chin: it's a chicken and egg situation if I exercised the physical problem might even improve  
Collarbone: I can't do anything about this physical issue  
Under Arm: I blame that entirely for my weight  
Head: I'm helpless there's nothing I can do

Eyebrow: I can't afford to eat better, you need to buy more expensive food or fat free options and I just can't afford to do that  
Side of Eye: I haven't got the time to do anything about my weight, especially exercise  
Under Eye: I've got too many other more important things to do with my time  
Nose: I'm just not dedicated enough to do this and practice it regularly  
Chin: I'm not motivated enough, I'm just too lazy to see it through  
Collarbone: I've never been successful at weight loss before and I doubt I will be this time  
Under Arm: I might start out well but I bet I give up after a few days  
Head: I just can't be bothered with it, I've got too many other things to sort out

Eyebrow: people have always ridiculed me about my weight  
Side of Eye: people have said hurtful things in the past  
Under Eye: no one really supports me in losing weight

Nose: it's just me on my own trying so hard and always failing

Chin: there's a certain someone who will always puts me down, they probably don't even know they're doing it

Collarbone: and I'm not going to be the one to tell me, they'll make me feel stupid

Under Arm: people made fun of me as a child and it's stayed with me all these years

Head: I can't let go of this hurt

Eyebrow: I don't deserve to lose weight

Side of Eye: I must have done something bad to want to punish myself like this

Under Eye: I don't deserve to be loved

Nose: it's not worth me losing the weight no one will appreciate it

Chin: who am I to lose this weight and feel good about myself?

Collarbone: I must stay stuck like this forever

Under Arm: I've never felt good about myself I don't know what that feels like

Head: I'm nervous about losing weight, people might treat me differently

Eyebrow: I don't like myself I hate the way I look

Side of Eye: I hate my fat tummy

Under Eye: I hate my legs

Nose: I hate my bingo wings

Chin: I hate my wobbly bum

Collarbone: when I look at myself in the mirror I just feel Yuk

Under Arm: I can't imagine myself looking slim

Head: I'll never get rid of the cellulite

Eyebrow: I can lose the weight, I've done it before and I can do it again

Side of Eye: if other people can do it then so can I

Under Eye: this weight gain may not be my fault but I can do something about it if I want to

Nose: what ever they said it's in the past

Chin: it's hard but I chose to forgive them for what they did to me

Collarbone: I can't change other people behaviour but I can certainly change my own

Under Arm: I am in total control of my life from now on

Head: I can choose what I eat, when I eat and how often I eat

Eyebrow: I choose to release any bad experiences that may have contributed to this weight gain

Side of Eye: I feel free from the memory and emotions that went with it

Under Eye: I wish to move away from the experience

Nose: I have my reasons and I want to move on

Chin: the memory has served its purpose and it no longer affects me

Collarbone: I can chose new eating habits now

Under Arm: I feel free from the experience at last

Head: I chose to move on

Eyebrow: I choose to no longer let this physical injury or illness stop me from achieving my goals

Side of Eye: there are other ways to burn calories than exercising

Under Eye: maybe I can increase my activity levels instead I could do all sorts of other things

Nose: I do have some control over this

Chin: if I start with small amounts of increased activity like walking a bit further each day or taking the stairs then the physical problem might improve

Collarbone: I may not be able to do much at first but I can build very slowly

Under Arm: it may have caused my weight gain but it no longer needs to hold me back

Head: I do have some control over it now even if it's just a little bit

Eyebrow: I don't need more money to eat better, fruit and vegetables are very cheap

Side of Eye: I choose to find ways of increasing my activity levels into my normal day

Under Eye: I am busy but I can always find new ways of being busy and active at the

same time

Nose: this can and is becoming second nature to me

Chin: I am motivated and I only need to practice this a few times to make it part of my normal life

Collarbone: I love losing weight I love the feeling I get when I realise I've lost weight

Under Arm: if I have a set back I will just come back to this video and practice again

Head: I enjoy losing weight and feeling good about myself

Eyebrow: it's hard but I forgive that person for making fun of me

Side of Eye: people's hurtful remarks no longer affect me

Under Eye: I support myself in losing weight I'm the only one that matters

Nose: I owe it to myself to be healthier

Chin: I don't care what people say it's up to me and I really want to do this

Collarbone: I am in charge of my own destiny

Under Arm: I feel free from the past

Head: I am happy with who I am becoming

Eyebrow: I deserve to lose weight

Side of Eye: I can leave the past behind me and move on with my new life

Under Eye: I do deserve to be loved

Nose: it is worth losing the weight because I will appreciate it

Chin: I deserve to lose this weight and feel good about myself

Collarbone: I can learn to love who I am becoming

Under Arm: I love this new feeling of control I have, it feels great

Head: people will accept me for who I am, I am accept me for who I am

Eyebrow: I love noticing that I am losing weight

Side of Eye: I love noticing when my clothes feel looser

Under Eye: there are nice bits about my body

Nose: I'm just started to feel so much healthier now

Chin: I'm looking forward to losing more weight

Collarbone: when I look in the mirror I notice the nice bits of me

Under Arm: I can imagine myself looking slimmer

Head: the more I imagine myself looking slim the slimmer I become

Take a deep breath and drink some water!

## Video 5

### Dealing with set backs

#### Set up statements

Tap the karate chop point whilst repeating each of these set up statements:-

**“Even though this just isn’t working for me I chose to accept myself anyway.”**

**“Even though this EFT is utter nonsense I chose to be open anyway.”**

**“Even though I just can’t lose weight I chose to be open to new ways.”**

I have indicated where to tap while saying each of the phrases.

Eyebrow: it’s no good I just can’t lose weight

Side of Eye: no matter what I do it just doesn’t come off

Under Eye: nothing works for me and nothing ever will I’m just built this way

Nose: I actually did ok for a while then I pigged out at the weekend

Chin: that’s just typical of me

Collarbone: I keep sabotaging my efforts

Under Arm: it just feels like too much hard work

Head: I can’t seem to change my old habits

Eyebrow: it’s just coming off too slowly for my liking

Side of Eye: I’m still eating late at night

Under Eye: I’m still snacking on unhealthy food

Nose: there are still parts of my body that I hate and probably always will

Chin: I love chocolate and crisps and pizza so much, there's no way I'm giving anything up

Collarbone: I'm just too obsessed with my weight

Under Arm: I have no faith in this tapping thing at all

Head: I doubt I'll ever reach my goal weight

Eyebrow: it can't be done its impossible

Side of Eye: there's no way a few weeks or days of tapping can change habits of a lifetime

Under Eye: I can't be happy until I have lost a decent amount of weight

Nose: I need to lose weight much quicker than this

Chin: I know I ate too much the other day but I felt rude to say no

Collarbone: it seemed a waste to leave it

Under Arm: maybe there are other blocks that I haven't released yet

Head: how will I ever know what they are?

Eyebrow: I chose to release this negative block to losing weight

Side of Eye: it doesn't matter that I don't know what these hidden blocks are I release them anyway

Under Eye: maybe this is working for me but I just can't see the evidence yet

Nose: I forgive myself for pigging out at the weekend

Chin: I'm only human so what

Collarbone: I can just keep practising at this EFT it will work if I persist

Under Arm: it's just as easy to tap as it is to eat so I might as well tap

Head: I can easily change my behaviour if I do it slowly

Eyebrow: it's good that it's coming off slowly that means it's more likely to stay off

Side of Eye: I chose to eat only when my body really needs to

Under Eye: I choose to eat only what it really needs

Nose: I am learning to appreciate my body for what it is, at least I can move around

freely

Chin: It's to enjoy a treat now and again; I don't have to give anything up at all

Collarbone: I accept that I am on a journey with weight loss,

Under Arm: I chose to release my doubts and have faith in myself

Head: I feeling better in myself all the time

Eyebrow: it's possible to lose weight; I just need to give myself a break

Side of Eye: it's amazing what just a few days or weeks or tapping can change

Under Eye: I am happy knowing that I will lose weight

Nose: I am glad it is coming off slowly in a healthy way

Chin: it's ok to say no to food

Collarbone: I only need to eat what my body needs

Under Arm: I chose to release any hidden blocks to weight loss

Head: I am happy and looking forward to loosing more weight

Take a deep breath and drink some water!

## Video 6

### Removing unhealthy eating habits

Set up statements

Tap the karate chop point whilst repeating each of these set up statements:-

**“Even though I have these bad eating habits I chose to learn new ways to eat.”**

**“Even though I eat at the wrong times and the eat the wrong types of food, I accept me for who I am.”**

**“Even though I have always had these unhealthy eating habits I chose to release them now.”**

I have indicated where to tap while saying each of the phrases.

Eyebrow: I always eat late at night or in the evening

Side of Eye: I’ve done it for so long that it’s a habit now

Under Eye: I love having a snack before bed

Nose: I eat it even if I don’t really feel hungry its just habit

Chin: I just eat when ever my partner does it’s just easier to

Collarbone: I do tend to snack a lot more than my body needs it

Under Arm: even if I’m not hungry I like to have the odd snack

Head: I just eat too much of the wrong thing

Eyebrow: I eat too much of the wrong food

Side of Eye: I wish I wasn’t so addicted to sweet food or fatty food

Under Eye: I just love junk food like chips and burgers  
Nose: they are my weakness I have to have them  
Chin: it's me treat to myself to have nice food  
Collarbone: I always eat this sort of food when we have visitors  
Under Arm: when we have people round I get the biscuits out  
Head: I only buy that sort of stuff for the grandchildren/kids etc

Eyebrow: I always finish what's on my plate  
Side of Eye: because that's what I was told to do as a child  
Under Eye: "there's starving children in the world so you mustn't leave any food"  
Nose: my parents just wanted me to eat well that's all  
Chin: but I don't have to carry that habit on in adult life  
Collarbone: I do tend to carry on eating when I'm full  
Under Arm: I ignore my body telling me to stop; I never want it to end  
Head: and then I hate it when I feel over full

Eyebrow: I choose to learn to listen to my body  
Side of Eye: I chose to learn when it is telling me when I really need food  
Under Eye: I need food for fuel  
Nose: my body will tell me when it needs nutrients  
Chin: I chose to listen to what my body is telling me to eat  
Collarbone: I chose to learn when it is telling me to stop eating  
Under Arm: I can learn to listen for these subtle messages  
Head: I chose to eat slowly enjoying the taste of my food

Take a deep breath and drink some water!

## Video 7

### Correcting imbalances in the body

**(Metabolism, hormone imbalances and side effects of medication)**

Set up statements

Tap the karate chop point whilst repeating each of these set up statements:-

**“Even though my metabolism is too slow and getting slower with age, I deeply and completely accept myself.”**

**“Even though my hormones are unbalanced, I allow my body to release the right amount of hormones when they are needed.”**

**“Even though there is a problem with my glands which affects my weight, I choose to allow my body to regulate itself effectively.”**

**“Even though my weight gain has been caused the medication I am taking I chose to allow my body to deal with any unwanted side effects.”**

I have indicated where to tap while saying each of the phrases.

Eyebrow: my metabolism is too slow

Side of Eye: as I get older my metabolism gets slower

Under Eye: I can't control my metabolism

Nose: metabolism is too slow

Chin: I can't lose weight when it is functioning this slowly

Collarbone: age has everything to do with this

Under Arm: metabolism is too slow

Head: my metabolism is getting slower with age

Eyebrow: I choose to allow my metabolism to speed up

Side of Eye: my metabolism speeds up with my increased activity

Under Eye: my metabolism is getting quicker all the time

Nose: my metabolism is getting as quick as it used to be

Chin: as I become more active my metabolism speeds up

Collarbone: it is possible to adjust your metabolism by using EFT and increasing activity levels

Under Arm: my metabolism is getting quicker all the time

Head: I love knowing I am taking care of myself

Eyebrow: I have had a problem with my glands for such a long time now

Side of Eye: nothing seems to help

Under Eye: it's out of my control

Nose: it may be a medical problem and I believe there's nothing that can be done

Chin: it may be a genetic problem and other people in my family have also been affected by this

Collarbone: I put on weight because my glands do not function correctly

Under Arm: if only my glands produced the right amount of hormones

Head: my hormones are completely unbalanced

Eyebrow: I chose to let my body come back into balance

Side of Eye: EFT has had positive effects on regulating hormone balance

Under Eye: if I tap regularly I am giving my body extra power to regulate itself

Nose: I chose to let EFT work its magic on things that I thought were impossible

Chin: I chose to be the first in my family to take control of this weight problem

Collarbone: I chose to let my glands do their job properly

Under Arm: my body instinctively knows what it needs at the right time

Head: I chose to let my body come back into balance

Eyebrow: I believe I have put on weight ever since I started taking a particular medication

Side of Eye: weight gain is a common side effect of my medication

Under Eye: I need to take my medication so I have to put up with the side effects

Nose: my medication stops me from feeling full after I've eaten a meal

Chin: I think it's increased my appetite

Collarbone: it's so depressing that my medication has done this

Under Arm: this weight gain has really affect my self esteem

Head: I hate the side effects of my medication

Eyebrow: even though this medication has had some positive effects I chose to release any unwanted side effects

Side of Eye: I no longer need to hold onto this extra weight

Under Eye: I allow my body to reduce and remove the side effects quickly

Nose: I chose to relearn how to tell when I am full after a meal

Chin: I am starting to feel fuller after smaller meals now

Collarbone: I am grateful for the positive effects of my medication

Under Arm: and I am feeling free from all unwanted side effects

Head: I chose to experience only positive effects and feelings

Take a deep breath and drink some water!

## Video 8

### I hate exercise!

Set up statements

Tap the karate chop point whilst repeating each of these set up statements:-

**“Even though I hate the very word... ‘Exercise’, I choose to be open to new ways of losing the pounds.”**

**“Even though I can’t exercise for many reasons I accept that there may be other ways of burning calories.”**

**“Even though exercise is just not for me I choose to learn new ideas about losing weight naturally.”**

I have indicated where to tap while saying each of the phrases.

Eye: don’t even say the word Exercise to me

Side of Eye: I hate it always have always will

Under Eye: I can’t exercise anyway, there are too many problems with me and my body

Nose: I don’t even own any gym clothes so I’m not doing any and that’s that

Chin: I can’t bear the thought of it

Collarbone: it’s just not my scene it never has been

Under Arm: I haven’t got the time, the inclination or the money to get into exercise

Head: there’s just too many reasons why I can’t and won’t exercise so don’t even ask me!

Eyebrow: ok so I don't have to go to the gym but there may be other things I can do

Side of Eye: as long as I can be more active in my normal day then I don't have to make extra time for it

Under Eye: I love going for walks so I could that if I need to go to the shop

Nose: I could always take the stairs instead of the elevator

Chin: I could even park a little further from the shops and walk

Collarbone: there's always things I need to do around the house

Under Arm: any sort of movement burns calories so as long as I'm moving I'm losing weight

Head: the more I focus on moving around the more weight I lose

Eyebrow: I quite enjoy moving my body even if it's just a quick walk

Side of Eye: I always feel better for it afterwards

Under Eye: there are plenty of job for me to do in the garden and that really burns the calories

Nose: I could always play with the kids more, that benefits them too

Chin: all the time I'm active I'm burning calories

Collarbone: I don't even have to think about it I just have to keep moving

Under Arm: it's easy to be active when I'm at work, I can always go for a walk to clear my head at lunchtime

Head: I love to be busy it keeps my mind and body active.

Take a deep breath and drink some water!

# The End

**Happy tapping & please email me with your successes!**

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..... *Nikki*