



# 80 EFT Tapping Statements for Weight and Emotional Eating

Evidence-based Self-help tool

Excess weight, food cravings, emotional eating, and overeating are symptoms of deeper unresolved issues beneath the weight. Attempting to solve the problem by only dealing with the symptoms is ineffective and does not heal the issue. EFT Tapping has been found to help cope with the physical urge to binge as well as help address the core issues around the need to overeat.

Updated Edition  
80 EFT Tapping  
Statements for Weight  
and Emotional Eating

by Bruce  
Holmes  
MSW

# Weight And Emotional Eating 80 Eft Tapping Statements 1

**Tessa Cason**

## **Weight And Emotional Eating 80 Eft Tapping Statements 1:**

**80 Eft Tapping Statements for Weight and Emotional Eating** Tessa Cason,2014-04-10 EFT Tapping Statements Made Easy Do you have difficulty figuring out what to say when you tap how to word EFT Tapping statements This Kindle Books provides 80 EFT Tapping Statements to say as you tap EFT Tapping Statements Made Easy Excess weight is only a symptom of other issues The issue is the cause The excess weight is the result The day that Tracy was graduating from UCLA she received a phone call that her father had been hospitalized She was on the next flight home to Dallas It was decided that her father needed surgery and that Tracy should stay on for a short while to care for her dad No one asked Tracy what she wanted But she stayed anyway Seven months later even though her father had mended Tracy had become her father's caregiver This is not what Tracy had planned to do with her life after graduating from college Every month over the course of the 7 unhappy months Tracy's weight spiraled up until she was at her highest weight EVER This Kindle Book gives you the exact statements that Tracy tapped to heal the cause of her weight gain Along with 80 EFT Tapping statements are thought provoking questions to ponder

## **700 EFT Tapping Statements for Weight, Emotional Eating, and Food Cravings**

Tessa Cason,2016-09-19 **EFT Tapping Statements for Weight + Food Cravings, Anger, Grief, Not Good Enough,**

**Failure** Tessa Cason,2015-05-01 EFT Tapping Statements for Weight Food Cravings Anger Grief Not Good Enough Failure 1

150 Tapping Statements There are a number of reasons that we overeat and are overweight We eat for comfort to numb out out of boredom for pleasure to stuff feelings to suppress feelings for reward for love and the list goes on These reasons are symptoms Excess weight food cravings emotional eating and overeating are symptoms of deeper unresolved issues beneath the weight Attempting to solve the problem by only dealing with the symptoms is ineffective and does not heal the issue ONE OF THE DEEPER ISSUE BENEATH THE WEIGHT IS SELF LOVE Cause Lack of self love and the shame that we are not lovable or good enough to be loved Result Overeating eating to suppress emotions eating to feel comforted If the various weight loss program haven't healed the obesity issue acknowledging the problem hasn't healed the obesity issue having an ah ha awareness hasn't healed the obesity issue talk therapy hasn't healed the issue then how do we heal the obesity issue Though billions of dollars are spent each year to heal the obesity issue it still persists Appx 95% of people that lose weight put it right back on The reason Weight is the SYMPTOM NOT THE CAUSE NOT THE ISSUE The usual programs for weight loss aren't working because they are attempting to solve the problem by dealing with the symptom instead of healing the cause IF WE WANT TO HEAL OUR WEIGHT ISSUES WE NEED TO HEAL THE CAUSE THE DYSFUNCTIONAL BELIEFS AND EMOTIONS To change our lives we need to change the dysfunctional beliefs EFT Tapping Emotional Freedom Technique can do just that change the dysfunctional beliefs I am an EFT Practitioner and in this Workbook I have provided information about EFT Tapping as well as 1 150 EFT Tapping statements HEALING IS NOT ABOUT MANAGING SYMPTOMS IT'S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS

*Tap, Taste, Heal* Marcella Friel,2019-04-16 A trained chef

and body image coach reveals how EFT Tapping can help you get off the diet roller coaster cultivate self love and heal your relationship with food For many who struggle with food mindful eating alone is not the answer In Tap Taste Heal natural foods chef and mindful eating mentor Marcella Friel teaches you the neurological repatterning tool of Tapping also known as Emotional Freedom Techniques or EFT to help you resolve the traumas that have caused you to reach for those foods you hate to love to eat Sometimes called emotional acupressure Tapping is an energy healing based practice which uses gentle self tapping on points of the body and affirmation like statements to short circuit harmful patterns and imprinting To help you along your journey Tap Taste Heal offers written tapping scripts links to online Tapping script audios and links to online Tapping video demonstrations as well as cooking demonstrations for key healing foods Let Friel's step by step guide take you deeper than weight loss and help you accept honor and nourish your entire being whatever the number on the scale *Eft for Positive Living* Christa Smith,2012-12-25 EFT targets the emotional issues that causes weight gain so it is a powerful technique to help people reach and maintain their ideal weight Although EFT is simple to learn and apply many find it challenging to formulate set up statements and reminder phrases This book has been created to take the guess work out of tapping by providing 52 EFT Tapping scripts that cover the most common weight loss obstacles such as cravings body image emotions exercise food forgiveness and limiting beliefs *80 EFT Tapping Statements for Self Esteem* Tessa

Cason,2013-11-28 **EFT Tapping for Weight Loss** Stephanie Hinderock,2023-06-15 Have you ever had trouble losing weight no matter how hard you restricted your calorie intake or how vigorously you exercised daily We know we have had our fair share of frustrating experiences here and there If you're just like many other women out there you know how it feels to practically exhaust all efforts to no avail While this may be very troubling and may seem like a hopeless feat you might take comfort in knowing that you aren't alone In the years 2017 and 2018 the recorded percentage of people suffering from obesity in the United States alone was a whopping 42.4% and those who suffered from severe obesity comprised 9.2% of the population This however should be taken seriously as obesity in itself is serious and costly regardless of how prevalent it may be Imagine just how many people are free from obesity but suffer from weight problems nevertheless If you're looking for a good solution to your weight problems obese or not and would like to find a safe non invasive way to get rid of your stubborn fat or simply just shed a few pounds there's an alternative method that's available on the market as we speak EFT Tapping or emotional freedom technique is a good way for you to address not only your weight problems but has great benefits on your mental health as well In this 3 week guide for EFT Tapping these are going to be your basic takeaways Discover the benefits of keeping yourself not only physically but mentally fit regularly Learn to channel balanced energy levels for overall health Discover important pressure points to address specific problems in addition to weight loss Adopt a weight loss regimen that best suits you Learn to sustain EFT Tapping even after the end of the program *80 EFT Tapping Statements for Abundance, Wealth, Money* Tessa Cason,2014-04-10 **The Tapping Diet** Carol Look,Jill Cerreta,2014-11-18 Finally a

weight loss approach with results that last Forget fad diets and spending hours at the gym The Tapping Diet shows you how to shed excess pounds with the power of Emotional Freedom Techniques EFT This cutting edge therapy uses tapping to move past the mental roadblocks that stand in the way of your weight loss In this revolutionary book author and EFT master Carol Look guides you through tapping scripts and daily exercises that help you turn reconditioned thoughts into action and make lifestyle changes that last You ll also learn how to use tapping to increase your confidence and take control of the impossible cravings sabotaging notions and self imposed limitations that prevent you from reaching your health goals Complete with 50 delicious easy to make recipes The Tapping Diet will help you tap your way to incredible weight loss and a lifetime of healthy living

### **80 EFT Tapping Statements for Feeling Less Than and Anxiety** Tessa Cason,2014-05-05 **Tapping and**

**Eft** Dennis Woodyard,2023-04-05 Eft tapping emotional freedom technique is a fast evolving treatment that works by releasing energy blockages within the energy system that is the source of emotional problems The eft tapping solution uses the natural healing abilities of the mind and body providing opportunities to achieve physical and emotional well being in a faster time With the eft tapping therapy health weight loss wealth and happiness are at your fingertips Included in this comprehensive guide How to tap How tapping work The importance of what we say as we tap The first tapping statement to tap What happens after tapping The science behind eft tapping research Tapping stories This book will help you understand what habits and traits lead to emotional eating and suggest tapping strategies that help you reprogram your outlook towards food and yourself Eft is a powerful way to curb binge eating Eft is great way to curb any craving because it gives you the opportunity to get in touch with your inner self and identify your real snacking triggers your emotional connection with food makes eft a valid method not just to curb cravings but also to optimize metabolism

### *80 EFT Tapping Statements for Anxiety and Worry* Tessa Cason,2014-04-10 **The Tapping Solution for Weight Loss & Body Confidence**

Jessica Ortner,2015-10-27 The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game changer when it comes to leading women out of weight loss hell Cheryl Richardson New York Times best selling author of The Art of Extreme Self Care Placing conditions on our lives and our happiness has become the norm We see it all the time We must establish a career before looking for a relationship We must find love before feeling fulfilled We must feel stressed out until we finish everything on our to do list But by far the most common conditions we put on ourselves revolve around our weight no love until we lose the weight no pursuing a dream until we lose the weight no happiness until we lose the weight But now there s a better option Using tapping also known as EFT Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds without dieting deprivation or extreme exercise Tapping a tool that is based on the principles of both ancient acupressure and modern psychology helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles Say good bye to the cravings panic and self doubt that keep you in a constant fight against your body Using her own struggles with weight loss

along with success stories of some of the thousands of women she's worked with Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self worth challenges This proven process is based on extensive research into the effects of tapping on stress hormones and it provides simple step by step instructions throughout and easy tapping meditations at the end of each chapter With this loving and supportive guidance you can learn to create a more empowering relationship with food find pleasure in exercise and implement self care into your life So join Jessica and learn to love yourself and your body *EFT for Weight Loss* Gary Craig,2010 PUBLISHER S NOTE This book is no longer in print Find the revised and updated new edition ISBN 978 1 60415 216 6 How to apply EFT to Posttraumatic Stress Disorder PTSD PUBLISHER S NOTE This edition is no longer in print *Weight Loss* Rebecca J Page,2025-10-07 Stop fighting your body and start listening to it This 12 week weight loss and EFT tapping program helps you release emotional eating body shame and stress so you can lose weight naturally without dieting restriction or guilt Through short daily tapping sessions you'll calm cravings rewire your thoughts around food and rebuild a healthy trusting connection with your body You'll learn to tune into hunger and fullness cues eat from peace instead of pressure and finally feel safe inside your own skin Each week builds on the last guiding you to release old habits heal emotional triggers and anchor a new identity rooted in self respect and self love Inside you'll discover how to

**EFT Workbook and Journal for Everyone - Weight and Emotional Eating** T. Cason,2010-04-06 **80 EFT Tapping Statements for Relationship with Self** Tessa Cason,2013-11-11

**Positive Affirmations for Weight Loss** Martin Eland,2020-11-04 Are you getting tired of following one diet after diet but without obtaining the results you truly wanted Have you ever looked around and check all types of delicious foods and think why they are here on our planet if you cannot have them If yes then this book is the ideal answer to your problems By reading Positive Affirmations for Weight Loss you will find out how affirmations could help you learn to get in the zone and accomplish your desired weight while still enjoy the foods you love Millions of people across the planet are in the same shoes as you They are trapped in a state of deprived health and a recurrent sequence of food rent and bills You wouldn't designate yourself as losing at life However you conceivably wouldn't designate yourself as winning it either What if we told you that there's a simple step you can take to see drastic developments in your value of life Improvements in your weight loss in your current body situation in the standard of your lifestyle and even in how you feel and look What if I told you that it could occur with less time outlay on your end This is where the power of affirmations comes to the rescue In this book you will explore Weight loss ideas to get you inspired Step by step hypnotherapy for weight loss 1 hour guided meditation hypnosis to assist you with losing weight and eat healthily Heal your relationship with food Healing the body with hypnosis Daily weight loss motivation with mini habits And much more Let's start this journey to lose weight and improve your life *The Ultimate Eft Tapping Guide for Beginners* Jessica Minty,2015-03-12 Achieve Emotional FREEDOM and Happiness for Life Includes a FREE BONUS This book teaches you how to use EFT Tapping and Affirmation Statements to

reach your goals and dreams It also gives you helpful tips and techniques to take advantage of the benefits of EFT and positive thinking in getting the things you want This effective technique will also help with anxiety and phobias The Emotional Freedom Technique is a collection of exercises based on the psychology of Dr Roger Callahan which removes hindrances to your goals by examining the unresolved emotional issues which are holding you back The techniques in this book will show you tried and tested methods for you to use in your own life Instead of a passive philosophy EFT allows you to be pro active and positively take control of your own emotional well being EFT allows you to be free of potentially damaging crutches such as medications and gives the power back to you EFT can be used not only to help you implement positive goals but to help aid in weight loss and overcome addictions By using these methods you can bring about change in your life for the better and on your own terms Here Is A Preview Of What You ll Learn Emotional Freedom Technique The Basics Foundation of EFT Tapping Your Body s Energy Level EFT Tapping Tips and Tricks to Make EFT More Effective Using EFT Tapping to Address Specific Problems Tap Your Way to a Happy Life Download your copy today Learn How to Use EFT to Accomplish Weight Loss Conquer Emotional Problems and Achieve Happiness for Life Now

### **Binge Eating Affirmations Workbook**

Julie Benson,Susan Robbins,2024-06-01 Discover a transformative approach to overcoming Binge Eating Disorder BED with the Binge Eating Disorder Affirmations and EFT Workbook This empowering guide combines the healing power of affirmations with the proven effectiveness of Emotional Freedom Techniques EFT to offer you a path to reclaiming control over your eating habits and nurturing a healthier relationship with food Inside you ll find a BED targeted positive affirmations designed to reinforce self love acceptance and resilience as well These affirmations also address common emotional and psychological hurdles associated with BED helping you to gently shift your mindset and embrace a more compassionate approach to your eating behaviors Coupled with these affirmations the workbook introduces you to the basics of EFT a revolutionary self help technique that involves tapping on specific body points to release emotional blockages Through combining these two powerful healing modalities you ll learn how to use EFT to manage cravings reduce stress and alleviate the guilt and shame that often accompany binge eating episodes Whether you re struggling with the occasional binge or battling a long term disorder this workbook provides practical tools and insights to support your journey toward well being Highlights of the book include An introduction to the principles of affirmations and EFT making it accessible to beginners Daily affirmations tailored to building a positive self image and overcoming negative thought patterns EFT tapping sequences specifically designed for addressing the emotional triggers of binge eating Tips for creating a supportive food environment incorporating mindful eating practices and maintaining a balanced approach to nutrition Strategies for dealing with setbacks and maintaining progress towards recovery The Binge Eating Disorder Affirmations and EFT Workbook is more than just a book it s a companion on your path to healing By integrating affirmations and EFT into your daily routine you can break free from the cycle of binge eating and embark on a journey to a healthier happier you

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web feb 5 2019 haploid diploid homologous pair gametes zygote purpose of the lesson to understand and describe the process of meiosis and its purpose using models background information most cells in multicellular organisms like plants and animals are diploid a diploid cell has two sets of chromosomes that form homologous pairs

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web modeling mitosis and meiosis activity chromosomes and karyotypes analyzing dna restriction enzymes dna fingerprinting rflp dna replication cheek cell dna extraction variable number tandem repeats d1s80 vntr genotyping propagating dna in bacteria dna miniprep by alkaline lysis activity sanger sequencing of dna next

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of mitotic division in animals it also has the advantage of demonstrating clear spindle formation in the cytoplasm examine the slide under a microscope draw and label all stages of mitosis below

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web meiosis produces haploid cells from diploid cells meiosis is a peculiar type of cellular division in which diploid germ line cells give rise to haploid reproductive cells or gametes meiosis plays a key role in generating tremendous genetic diversity click on or to play or stop the animation

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web jul 12 2023 first you will model meiosis I then you will model meiosis II as described below model meiosis I 1 diploid cell 2 haploid cells tetrads form crossing over occurs homologues separate interphase before synthesis of DNA G1 interphase after synthesis of DNA G2 prophase I metaphase I anaphase I telophase I cytokinesis I model

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web exercise 2 a are the four daughter cells of meiosis genetically identical or different from one another explain your answer describe the daughter cells of your meiosis model what color and how many of each color beads were present in each of the four daughter cells the four daughter cells of meiosis are not genetically identical

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web materials 60 red beads 60 yellow beads 4 magnetic centromeres dry erase board desk dry erase marker eraser procedure answer all questions in your journals please 1 create four homologous chromosomes using the red beads for the paternal chromosome and the yellow beads for the maternal chromosome

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web problem how does meiosis increase genetic variation introduction most cells in organisms that reproduce sexually are diploid they have two sets of chromosomes and two complete sets of genes gametes are an exception gametes are the cells that combine during sexual reproduction in animals these cells are called sperm and eggs

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web the answer is meiosis cells in reproductive organs undergo meiosis as they divide to form germ cells that mature into gametes egg cells or sperm cells this diagram compares the processes of mitosis and meiosis in this descriptive lab you will model meiosis that begins in a cell of the fruit fly drosophila melanogaster you will use

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web a in meiosis i homologous chromosomes separate while in meiosis ii sister chromatids separate meiosis ii produces 4 haploid daughter cells but meiosis i produces 2 diploid daughter cells crossing over only occurs in meiosis i why do you use non sister chromatids to demonstrate crossing over a

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web how meiosis reduces chromosome number by half crossing over meiosis i meiosis ii and genetic variation introduction mitosis is used for almost all of your body s cell division needs

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web jul 11 2023 students use model chromosomes to simulate the processes of meiosis and fertilization as they model meiosis and fertilization students follow the alleles of three human genes from the parents body

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web mar 23 2021 simulate mitosis move the chromosomes through each of the four stages of mitosis draw and label the pop bead chromosomes for one of the phases on a separate sheet it is not necessary to draw each individual bead draw a large circle on the paper to represent the cell and the nucleus with a pencil

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web after completing this lab exercise you should be able to identify and describe the stages of the cell cycle mitosis and meiosis recognizing the events that occur during each stage distinguish between mitosis and cytokinesis as they take place in animal and plant cells