



How a Simple Acupressure Technique Can Help You Lose Weight and Keep it Off

By Julia McKinley

Emotional Freedom Technique (EFT) is an energy based therapy which combines focused thought with gentle acupressure tapping on key acupuncture points. It has been described as a form of “emotional acupuncture” and has been used to successfully treat a wide range of ailments including overeating, phobias, physical pain, chronic conditions, traumatic memories, post traumatic stress disorder (PTSD), anxiety and depression.

How can one technique produce these kinds of results?

Combining thousands of years of knowledge from Chinese medicine with today’s medical research, EFT works on the principal that mind, body and emotion are interconnected. EFT works with the connection of mind, memory and emotion to release the “stuck” energy within the body's energy meridians. Acupressure tapping and visualizations are combined to “unlock” these energy blockages, resulting in relief from symptoms and a change in perspective about the underlying events and emotions. According to EFT founder, Gary Craig, “the cause of all negative emotions is a disruption within the body's energy system”. EFT works because regardless of the symptom, it moves the energy blockages related to that problem.

EFT is a wonderful technique to use on your own. If you work with a qualified practitioner you can easily learn to use EFT to address your own emotions and beliefs connected to past trauma or illness. Success with EFT begins with an understanding that how you think can affect how you feel. Your thoughts and emotions have a direct effect on your body. Think about where you hold your stress in your body. Is it in your shoulders? If you hold stress in your head, you will get headaches; if you hold it in your abdomen, you will experience digestive problems. This connection of mind and body is always there. When things happen in your life there is a memory stored in your body cells. Certain chemicals are released in response to stress which have an effect on the entire body, including the adrenal glands, heart and kidneys. In response to EFT, trapped energy is released from the body cells, restoring the normal flow of energy, allowing body fluids to return to normal levels and facilitating the body’s natural healing abilities.

When using EFT for weight loss, food cravings are initially addressed directly- they are literally “tapped away”. Associated feelings, memories, thoughts and beliefs around food and weight are then addressed. Weight loss is a multi-faceted problem involving a host of underlying issues. In many cases there is an emotional connection to overeating. For some people eating is used to deal with stress or anxiety. For others, certain foods remind them of happier times; consuming these foods allows them to cope with feelings of loneliness or sadness.

Many clients who want to lose weight experience a tendency to self-sabotage, which can create a cycle of dieting/bingeing or a period of success followed by a relapse. Working with EFT to get to the underlying emotions and inner conflicts enables people to break old energetic patterns. From this process, new insights emerge, allowing one to regain control and reclaim health and vitality.

Julia McKinley is an EFT Practitioner at Alchemy and Elixir Health Group on Davie Street in Vancouver. She specializes in helping clients recover from trauma, abuse, digestive disorders, weight and fertility issues. Julia began her journey with EFT and complementary therapies after leaving a career in Corporate HR due to illness. She has successfully used natural and energy therapies including EFT to help herself recover from Endometriosis, IBS, Chronic Fatigue and Celiac symptoms.

You can read more about Julia's story and EFT at www.healingflowertherapy.com or visit www.alchemyelixir.com and read about Julia's services under the practitioner's page. http://www.alchemyelixir.com/wellness_centre_juliamckinley.php

To Learn more about Emotional Freedom Technique for Weight Loss, joint Julia for a seminar:

Date: Wednesday, April 7, 2010 from 6:00-7:30 p.m

Cost: \$10 cash or cheque at the door. Space is limited. Pre registration is required. To register call 604-683-2298 or email: info@alchemyelixir.com

Location: [Alchemy & Elixir Health Group](#) # 320-1026 Davie St. Vancouver, BC. V6E 1M3