
How To Lose Weight By Tapping

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Tap Away Your Weight

If you're tired of diet and weight loss programs, have struggled with cravings, emotional eating and an unhealthy relationship to food you may want to try using an alternative healing technique from the emerging field of energy psychology called meridian tapping.

In his research paper published in the June 2008 journal "Psychotherapy: Theory, Research, Practice, Training," David Feinstein, PhD. notes that "strong anecdotal validation of energy psychology is being offered," for a range of health issues including weight loss. In the same paper, Feinstein cites a study conducted by Keiser Permanente's Center For Health Research in which three groups of participants were placed into one of three groups for weight maintenance after previously undergoing a weight loss program: tapping, qi gong or a support group. At the end of the study, the tapping group had the best results for weight maintenance with its participants losing an additional 0.1kg over 12 weeks.

Meridian tapping is diet-free solution to weight loss based on the ancient principles of acupuncture and the body's energy system. Tapping specific points on the surface of the skin while bringing to mind an issue such as overeating "sends signals to the amygdala and other parts of the brain structures that quickly reduce hyper arousal, associated with the issue," says Feinstein.

Getting Started

Learn the tapping sequence. Tapping is performed with the fingertips of one or both hands, bilaterally through 10 points on the face and torso with the exception of two points. Tapping begins on the face, moves down the body and ends on the crown of the head. Tap each point five to seven times before moving to the next point. An 11th point is used only during the Setup step.

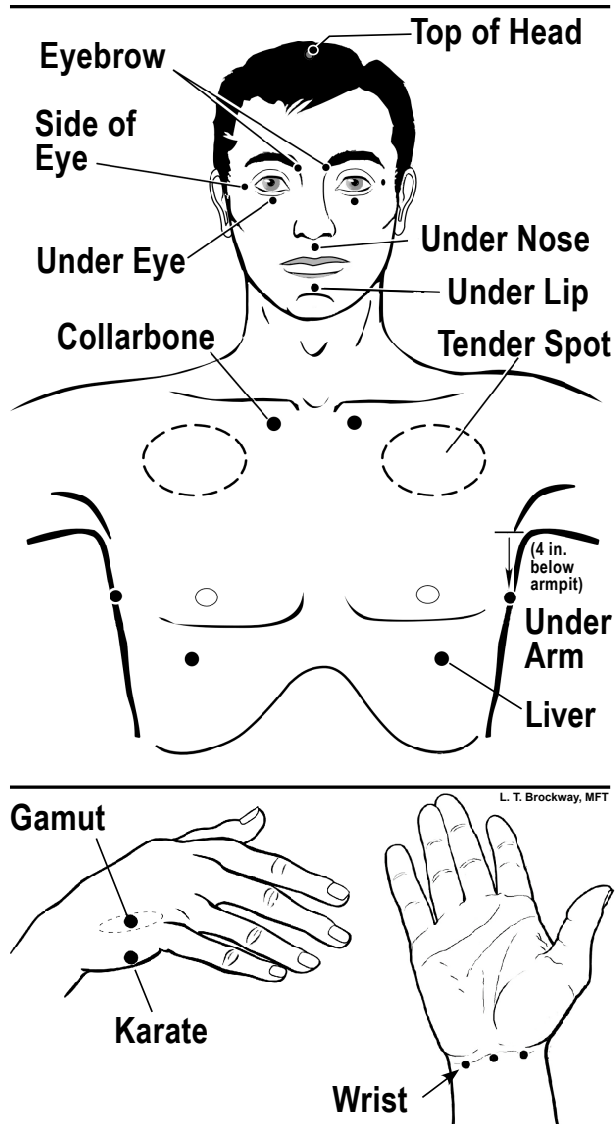
Stand in front of a mirror as you learn these points to be sure you are tapping on the correct anatomical location.

Begin with five points on the face. The first point is located at the inside edge, or beginning of the eyebrows to the side of the bridge of your nose. Move on to the outer edge of your eyebrow, on the bone bordering the outside corner of each eye. Continue tapping underneath the eyes, on the bone and about 1 inch below the pupil. Next, tap under the nose, just above the upper lip. After that, tap the chin just below the lower lip on the space between the lip and the chin. The last two points on the face only need one hand for tapping. Either hand is fine.

Proceed to the four torso points. The first is under the collarbone about 1 inch, and just to the side of the sternum. Continue tapping underneath the breast, in line with the nipple and on the rib cage. Progress tapping to under the arm about 3 inches, on the side of the rib cage. Move on to tapping the inside of the wrist. This can be performed either by

tapping the inside of both wrists together or by tapping the inside of the wrist with the opposing hand. The final point in the tapping sequence is on the crown of the head.

ENERGY POINTS



During the Setup you'll need to tap the outer edge of either hand just below the little finger, also known as the "karate chop" point.

Step 1

Write your problem or issue on a piece of paper. Be as specific as possible. Instead of "I can't lose weight," try "I overeat when I feel stressed out," "I reward myself with sweets" or "I use food to comfort me." You may want to watch my short video series on emotional eating at www.InnerStateCoaching.com to help you identify your issue.

Step 2

Rate your emotional intensity on a scale of 0 to 10, with zero being no emotional intensity and 10 being extremely intense. Write this number next to your problem. It's OK to give your best guess. You'll use this number later to measure any changes.

Step 3

Write out a short statement that describes your problem. This may be the same statement as the issue you identified in Step 2.

Step 4

Tap the "karate chop" point continuously while bringing to mind your issue and repeat the Setup phrase aloud three times using the standard phrase: "Even though I have [whatever your issue is], I deeply and completely love (or accept) myself." According to

Feinstein, by making a statement which acknowledges that the problem you want to change exists--for example, "Even though I have this unwanted weight"--while affirming that you accept yourself even though you have the problem--"I deeply love and accept myself"--you address any unconscious resistance to change.

Step 5

Repeat your Reminder phrase while tapping each of the 10 points.

Step 6

Rate your emotional intensity once again. If the number has not gone down, you may need to be more specific. If the number has decreased, but isn't at a zero yet, repeat the step using the standard phrase: "Even though I still have [whatever the issue is], I deeply and completely love myself."

Step 7

Repeat the tapping sequence until your rating is a zero.

Step 8

Keep tapping if you continue to experience your problem or issue. You will know if the tapping has cleared your weight loss issue when you no longer experience the emotional or behavioral trigger when you are put in a similar situation.

****Note:** While there is strong anecdotal evidence of the effectiveness of meridian tapping, it is still considered an alternative health therapy and has little scientific evidence in its support. In addition, complex weight loss issues including poor body image, lack of self-esteem and eating disorders should be handled under the supervision of a medical doctor and/or skilled energy psychology practitioner.*

Resources

- * *Meridian Tapping Techniques* [<http://www.meridiantappingtechniques.com/>]
- * *Be Set Free Fast* [<http://www.besetfreefast.com/>]
- * *Tapas Tapping Technique* [<http://www.tatlife.com/>]
- * *Inner Source Energy Medicine* [<http://www.innersource.net/>]
- * *EFT Downloads: Tapping Points* [<http://www.eft-downloads.com/Tapping%20Points.asp>]



***Lisa Engles** has been a health and fitness expert and empowerment coach in the San Francisco Bay Area for more than 15 years. She holds a degree in exercise physiology as well several nationally recognized certifications as a personal trainer, certification as a life coach and emotional freedom technique practitioner. Engles is a presenter and continuing education provider for corporations including USA Triathlon and a freelance writer for LIVESTRONG.com. You can listen in weekly to Lisa's talk-show: [InnerState Radio](http://www.VoiceAmericaNetwork.com) on the Voice America Network (www.VoiceAmericaNetwork.com).*

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