

tapping solution for weight loss

Tapping Solution for Weight Loss: A Mind-Body Approach to Shedding Pounds

tapping solution for weight loss is gaining traction as a holistic method that blends emotional wellness with physical health goals. Unlike traditional weight loss strategies that often focus solely on diet and exercise, tapping offers a unique approach by addressing the emotional and psychological barriers that can hinder weight management. If you've been struggling with stubborn pounds, emotional eating, or stress-related weight gain, understanding the tapping solution might just change the way you approach your wellness journey.

What Is the Tapping Solution?

Tapping, also known as Emotional Freedom Techniques (EFT), is a form of psychological acupuncture that involves tapping on specific meridian points on the body while focusing on particular thoughts or feelings. Developed in the 1990s, this technique combines ancient Chinese acupuncture and modern psychology to help reduce stress, anxiety, and negative emotions.

The core idea behind tapping is that emotional blockages or unresolved stress can manifest physically, often sabotaging weight loss efforts. By tapping on key energy points, practitioners believe it helps to release these blockages, calm the nervous system, and restore balance to the body's energy system.

How Does the Tapping Solution Support Weight Loss?

Weight loss is not just about calories in versus calories out. Emotional well-being plays a significant role in how we eat, how we respond to cravings, and how motivated we feel to stick to healthy habits. Here's how the tapping solution can support your weight loss goals:

1. Reducing Emotional Eating

Many people turn to food for comfort during stressful or emotional times. This habit, often called emotional eating, can lead to consuming excess calories and hinder weight loss progress. Tapping targets the emotional triggers behind these urges. By addressing feelings of anxiety, sadness, or frustration through tapping, individuals can reduce the compulsion to eat for emotional reasons and develop a healthier relationship with food.

2. Managing Stress and Cortisol Levels

Stress activates the body's fight-or-flight response and increases cortisol, a hormone linked to fat accumulation, especially around the belly. The tapping solution is known to significantly lower stress levels by calming the

nervous system. Regular tapping sessions can help manage cortisol production, thereby supporting fat loss and improving overall metabolic function.

3. Enhancing Motivation and Self-Control

Weight loss journeys often require sustained motivation and self-discipline. Tapping can help individuals overcome self-sabotaging thoughts such as “I’ll never lose weight” or “I don’t have the willpower.” By tapping through these limiting beliefs, people can cultivate a positive mindset, increase their confidence, and stay committed to their goals.

How to Use the Tapping Solution for Weight Loss

Incorporating tapping into your daily routine doesn’t have to be complicated. Here’s a straightforward way to get started:

Step 1: Identify Your Emotional Blocks

Begin by pinpointing any negative emotions or thoughts linked to your weight loss challenges. For example, “I feel stressed about my weight,” or “I crave junk food when I’m anxious.”

Step 2: Create a Setup Statement

Formulate a statement that acknowledges the problem and affirms self-acceptance. For instance, “Even though I feel stressed about my weight, I deeply and completely accept myself.”

Step 3: Tap on Meridian Points

Use your fingertips to tap gently on the following points, repeating a reminder phrase related to your issue (e.g., “this stress about my weight”):

- Karate chop point (side of the hand)
- Eyebrow point (beginning of the eyebrow)
- Side of the eye
- Under the eye
- Under the nose
- Chin point
- Collarbone

- Under the arm
- Top of the head

Step 4: Assess Your Feelings

After one round of tapping, check in with your emotional intensity on a scale of 0 to 10. Repeat the tapping process until the intensity decreases or the negative feeling dissipates.

Scientific Evidence Behind Tapping and Weight Loss

While tapping is still considered an alternative therapy, emerging studies suggest promising results for its role in weight management. Research indicates that EFT can reduce cortisol levels, decrease anxiety, and improve psychological well-being – all factors closely linked to weight regulation.

One study published in the Journal of Diabetes Science and Technology found that participants using EFT for emotional distress related to food cravings reported reduced cravings and weight loss over a 12-week period. Additionally, clinical trials have demonstrated that tapping can improve mood and reduce binge eating episodes, making it a valuable tool for those struggling with disordered eating patterns.

Integrating Tapping with Traditional Weight Loss Methods

The tapping solution for weight loss works best when combined with other healthy lifestyle habits rather than as a standalone approach. Here are some tips to maximize its effectiveness:

- **Pair Tapping with Mindful Eating:** Use tapping to address emotional triggers before meals, helping you stay present and avoid overeating.
- **Incorporate Regular Exercise:** Physical activity complements tapping by boosting metabolism and reducing stress.
- **Maintain a Balanced Diet:** Focus on nutrient-dense foods that fuel your body and support mental clarity.
- **Practice Consistency:** Make tapping a regular habit, especially during moments of temptation or emotional upheaval.

Common Misconceptions About the Tapping Solution

As appealing as the tapping solution is, some myths can cloud its true benefits:

Myth 1: Tapping Is a Quick Fix

While tapping can provide immediate relief from stress or cravings, sustainable weight loss requires ongoing effort and lifestyle changes. Think of tapping as a powerful tool that supports your overall strategy rather than an instant miracle cure.

Myth 2: It's Just Placebo

Critics often dismiss tapping as a placebo effect. However, scientific studies measuring physiological changes, such as cortisol reduction and brainwave alterations, indicate that tapping has measurable impacts beyond mere belief.

Myth 3: Only for Emotional Issues

Though tapping is especially effective for emotional regulation, it also improves physical symptoms like pain and insomnia. For weight loss, this means it can address both the emotional and physical challenges associated with shedding pounds.

Tips for Getting the Most Out of Your Tapping Practice

To enhance your tapping experience and support your weight loss journey, consider these practical tips:

1. **Be Patient:** Emotional patterns take time to shift, so give yourself grace as you practice regularly.
2. **Journal Your Progress:** Keep track of your feelings, cravings, and weight changes to notice patterns and improvements.
3. **Seek Guidance:** If possible, work with a certified EFT practitioner to tailor tapping sequences to your unique challenges.
4. **Combine With Relaxation Techniques:** Pair tapping with deep breathing or meditation for added stress relief.

Weight loss is more than just a physical transformation; it's a journey of healing and self-discovery. The tapping solution for weight loss offers a compassionate way to address the emotional hurdles that often accompany this process, making it a valuable addition to your wellness toolkit. Whether you're just starting out or have been struggling for years, tapping could help you unlock a healthier, happier version of yourself.

Frequently Asked Questions

What is the tapping solution for weight loss?

The tapping solution for weight loss is a technique that combines Emotional Freedom Techniques (EFT) or tapping with weight loss strategies to help reduce emotional eating, stress, and negative beliefs related to weight and body image.

How does tapping help with weight loss?

Tapping helps with weight loss by addressing emotional triggers and stress that often lead to overeating or unhealthy habits. By tapping on specific acupuncture points while focusing on issues related to weight, individuals can reduce anxiety and cravings.

Is the tapping solution for weight loss scientifically proven?

While there is limited scientific research specifically on tapping for weight loss, some studies suggest that EFT can reduce stress and improve emotional regulation, which may indirectly support weight loss efforts.

Can tapping replace traditional weight loss methods?

Tapping is generally used as a complementary approach rather than a replacement. It works best when combined with healthy eating, exercise, and medical advice for sustainable weight loss.

How do I perform the tapping solution for weight loss at home?

To perform tapping at home, identify the emotional issue related to your weight, rate its intensity, then tap on specific points on your face and body while repeating affirmations related to your goal, such as "Even though I have this craving, I deeply and completely accept myself." Repeat until the intensity decreases.

Are there any risks or side effects of using tapping for weight loss?

Tapping is generally safe and non-invasive. However, it should not replace professional medical treatment for underlying health conditions. Some people may experience emotional releases or discomfort, which is a normal part of the process.

Where can I find guided tapping sessions for weight loss?

Guided tapping sessions for weight loss can be found on platforms like YouTube, meditation apps, and websites dedicated to EFT. Many practitioners also offer online courses and personalized coaching.

Additional Resources

Tapping Solution for Weight Loss: An Investigative Review

tapping solution for weight loss has increasingly captured the attention of individuals seeking alternative approaches to managing their weight. Rooted in the principles of Emotional Freedom Techniques (EFT), this method advocates tapping on specific acupressure points on the body to alleviate emotional stress and psychological barriers that may contribute to weight gain or hinder weight loss efforts. As the wellness industry diversifies, exploring the scientific grounding and practical implications of tapping as a weight management tool becomes essential for both practitioners and potential users.

Understanding the Tapping Solution and Its Connection to Weight Loss

The tapping solution is based on the premise that emotional distress and unresolved psychological issues can manifest physically, often influencing eating behaviors and metabolic processes. EFT, the technique underpinning the tapping solution, combines elements of cognitive therapy with tactile stimulation of meridian points commonly used in traditional Chinese medicine. By tapping on these points while focusing on specific thoughts or feelings, proponents claim that individuals can reduce anxiety, cravings, and emotional eating patterns—factors that are closely linked to weight fluctuations.

This holistic approach diverges significantly from conventional weight loss methods that typically emphasize diet modification and physical activity alone. Instead, tapping targets the emotional and mental dimensions of weight management, suggesting that addressing psychological triggers is crucial for sustainable results.

Scientific Perspectives on Tapping and Weight Management

While anecdotal evidence supporting the tapping solution for weight loss is plentiful, rigorous scientific studies remain limited. Some research in the field of psychophysiology has demonstrated that tapping can reduce cortisol levels, a hormone associated with stress and fat accumulation, especially around the abdomen. For example, a 2016 study published in the *Journal of Nervous and Mental Disease* found that EFT significantly lowered cortisol compared to a control group, indicating reduced stress.

Moreover, stress is a well-documented contributor to emotional eating and

metabolic dysregulation. By mitigating stress responses, the tapping solution might indirectly support weight loss efforts. However, it is important to note that tapping is not a direct fat-burning intervention but rather a complementary therapy that may enhance traditional weight loss strategies by improving emotional regulation.

Integrating Tapping into a Weight Loss Regimen

For individuals interested in incorporating the tapping solution into their weight loss journey, understanding how to apply the technique effectively is vital. Typically, a session involves identifying a specific emotional issue related to eating or self-image, then tapping with the fingertips on points such as the side of the hand (karate chop point), eyebrow, under the eye, collarbone, and under the arm, while repeating affirmations or statements relevant to the challenge.

Practitioners often recommend daily or frequent sessions, especially during moments of craving or emotional upheaval. This repetition aims to reprogram negative thought patterns and reduce the intensity of urges that can derail dietary adherence.

Comparing the Tapping Solution to Conventional Weight Loss Methods

The appeal of the tapping solution lies in its non-invasive nature and the empowerment it offers users to take control over emotional obstacles. Unlike pharmacological interventions or restrictive diets, tapping is cost-effective, accessible, and free of physical side effects. However, it is crucial to assess its efficacy relative to established weight loss methods.

Pros of the Tapping Solution for Weight Loss

- **Emotional Regulation:** Helps manage stress and emotional triggers that often lead to overeating.
- **Non-Invasive:** No medications or surgical procedures are involved.
- **Accessibility:** Can be self-administered with minimal training or guidance.
- **Complementary Use:** Supports other weight loss efforts by addressing psychological barriers.
- **Stress Reduction:** Potentially lowers cortisol, contributing to improved metabolic health.

Cons and Limitations

- **Lack of Extensive Clinical Trials:** More robust, large-scale studies are needed to confirm efficacy.
- **Indirect Impact:** Does not directly influence metabolism or calorie expenditure.
- **Variable Results:** Effectiveness can be subjective and reliant on individual commitment.
- **Not a Standalone Solution:** Should be combined with diet and exercise for meaningful weight loss.

The Role of Emotional Eating and Stress in Weight Gain

Emotional eating is a major factor undermining weight loss efforts, often triggered by stress, anxiety, or unresolved trauma. The tapping solution targets these emotional roots by helping individuals identify and neutralize the feelings driving unhealthy eating habits. This psychological approach is gaining traction due to its departure from conventional focus solely on caloric intake and physical activity.

Evidence suggests that when emotional distress is not managed, it can lead to increased consumption of high-calorie, palatable foods, contributing to weight gain. By incorporating tapping, users may experience a reduction in cravings and a greater sense of control, which can positively influence long-term weight management.

Case Studies and User Experiences

Reports from individuals who have adopted the tapping solution for weight loss often highlight improvements in mood, reduced binge eating episodes, and enhanced motivation to maintain healthier lifestyles. Some practitioners offer structured tapping programs specifically designed to address weight-related emotional issues, combining tapping sequences with nutritional guidance.

However, it is important to approach such testimonials with a critical eye, recognizing the placebo effect and the variability in individual responses. The tapping solution may serve as a valuable adjunct for some, while others may not experience significant benefits.

Future Directions and Research Opportunities

As interest in integrative and mind-body therapies grows, the tapping solution for weight loss presents an intriguing avenue for further

exploration. Future research could focus on randomized controlled trials comparing tapping with standard behavioral interventions, measuring outcomes such as weight loss, psychological well-being, and metabolic markers.

Additionally, investigating the neurological mechanisms underlying tapping's effects could clarify how this technique influences stress pathways and appetite regulation. Such findings would enhance the credibility and refinement of tapping protocols tailored for weight management.

In the evolving landscape of weight loss strategies, the tapping solution represents a novel approach that addresses the often-overlooked emotional components of weight control. While not a replacement for established methods, its integration into comprehensive wellness plans may offer meaningful support for those struggling with emotional eating and stress-related weight challenges. As evidence continues to accumulate, tapping could become a recognized component in holistic weight loss programs, bridging the gap between mind and body in the pursuit of healthier living.

[Tapping Solution For Weight Loss](#)

tapping solution for weight loss: *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!

tapping solution for weight loss: *The Tapping Solution for Weight Loss & Body Confidence*
Jessica Ortner, 2014-04-23 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. 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!

tapping solution for weight loss: *The Ultimate Tapping Solution Guide* Jessy Smith, Tapping Solution, Tapping Weightloss, 2014-04-01 The Ultimate Tapping Solution Guide: Tap your way to WEIGHT LOSS, Wealth and Build Body Confidence for Women * * * LIMITED TIME OFFER! Only \$6.96 (Regularly Priced At \$15.99)*** Learn How To Use The Tapping Solution (EFT) to Lose weight, create abundance and wealth and build body confidence for Women Tapping also known as Emotional Freedom Technique (EFT), 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 panic, cravings, and self-doubt that keep you in a constant fight against your body! In this Guide Jessy Smith, Shows you how to start the Tapping and use it to lose weight and build body Confidence, create abundance and wealth for yourself and live a positive life. This is what you'll learn after downloading This Book: How EFT Tapping Theory Works 5 Easy Steps to do Tapping The EFT Tapping Procedure You Should Know The 10 Tapping Points How To tap on the points How To Do The EFT Basic Recipe- EFT in a Nutshell How to stay focused in the problem while tapping How to use the tapping (EFT) to lose weight and Build Body confidence for Women How to use tapping (EFT) to Create Abundance wealth and Money Tap Your Way To Positive Living in 3 Easy Steps ... And so Much More Take Action Right Away To Lose Weight and build your body confidence and live a fulfilling life using eft tapping BUY & Ship Today This Book, The Ultimate Tapping Solution Guide: Tap your way to WEIGHT LOSS, Wealth and Build Body Confidence for Women"... To your Success! GET Your Copy Today! and Start the eft tapping

tapping solution for weight loss: *Visualization for Weight Loss* Jon Gabriel, 2015-01-06 Join best-selling author and international weight loss expert, Jon Gabriel, as he teaches you the visualization technique he used to shed 220 pounds without restrictive dieting or deprivation. Examining the importance of visualizing, Jon takes you through the latest research on the power of the mind in order to show why this technique is so effective for weight loss. With just a few minutes of visualization every day, you'll learn how to: • Break free from negative beliefs and patterns around food • Reduce hunger and increase your metabolism • Overcome the stresses and emotional issues that can lead to weight gain • Rediscover the joy of movement • Create healthy habits for life • Eliminate junk food cravings and addictions • Improve your sleep and increase your energy All of which lead to natural, enjoyable, and sustainable weight loss. Jon also teaches you how to create your own visualizations that apply to your unique life. And then he walks you through a 16-week transformational program that includes both visualizations and nutritional guidance. The big challenge, Jon discovered, is not finding the perfect diet or exercise routine; instead, it's convincing your brain that it's safe to let go of excess weight, which you can do with visualization. When that happens, it's as if your body actually wants to be thin. And as Jon says, There is nothing easier and

more natural than losing weight when your body wants to be thin.

tapping solution for weight loss: *The Tapping Solution for Pain Relief* Nick Ortner, 2015-04-21 Do you suffer from chronic pain? If so, you're not alone. In fact, more than 100 million Americans deal with this life-changing issue every day. And if you're like most of them, you've tried all the normal solutions: doctors, injections, medications, and surgeries. While these all have a place in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides you on a journey that begins on the surface – tapping to address the pain itself – and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not think of as associated with chronic pain, such as: • Creating personal boundaries • Dealing with toxic relationships • Clearing resistance to change • Understanding the power of a diagnosis • Working through anger There are many ways the brain and body can create, increase, and prolong pain. After reading this book, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.

tapping solution for weight loss: *The Tapping Solution* Nick Ortner, 2013-04-02 In the New York Times best-selling book *The Tapping Solution*, Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In this book, he gives readers everything they need to successfully start using the powerful practice of tapping—or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

tapping solution for weight loss: *Tapping Solution to Create Lasting Change* Jessica Ortner, 2019-09-03 Navigate change with clarity and ease using the tools of EFT in this guide from New York Times best-selling author and Tapping expert Jessica Ortner. *The Tapping Solution to Create Lasting Change* gets right down to the heart of what it takes to change and have a better, healthier, and more love-filled life. -- Christiane Northrup, M.D. Why do we fear the unknown so intensely that we're willing to shy away from our deepest desires and settle for playing small? Why do we get enthused when we first start something, only to burn out the moment things feel challenging? And why, even when we get the outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? In *The Tapping Solution to Create Lasting Change*, available for the first time in paperback, New York Times best-selling author Jessica Ortner shares the lessons she's learned about what it feels like to flow through change and how to bring about real

transformation in ways that are both authentic and empowering. Her gentle, relatable guidance shows you how to use Tapping, also known as EFT, as a tool for finding the clarity and the ease you crave to move forward; how to navigate the unknown with new energy, hope and an open heart; and how to release the doubts and fears that are clouding your judgment so you can rediscover your true path. It's a new way to look at the one unavoidable constant in life--change--not as an obstacle in our path but as a doorway to joy.

tapping solution for weight loss: The Tapping Solution for Teenage Girls Christine Wheeler, 2016-05-10 Dealing with grades, bullying, friendships, parents, boyfriends . . . it's enough to make any teenage girl wish she could snap her fingers and make it all go away. The good news is, you almost can—except it's not snapping but tapping! Formally known as Emotional Freedom Techniques (EFT), this revolutionary practice can help you reduce your feelings of anxiety and overwhelm, boost your confidence, and unpack the stress backpack you may not even know you're carrying. In *The Tapping Solution for Teenage Girls*, expert EFT practitioner Christine Wheeler explains the basics of the technique (it actually involves tapping, with your fingers, on energy points on your own body, and you can do it anywhere, anytime). Then she gives you simple yet powerful instructions for tapping on common challenges such as: • Schoolwork, tests, grades, and planning for college • Appearance and body image • Dating, breakups, and dealing with sexual feelings • Divorce, siblings, and blended families Throughout the book, comments from 16-year-old Cassidy, the author's teen consultant, keep it real with helpful perspectives on how this tapping thing works—and it does work! In these pages, you'll discover that a super effective tool for dealing with stress is literally at your fingertips. If you're ready to be true to yourself, stop freaking out, and keep being awesome, *The Tapping Solution for Teenage Girls* is the perfect solution for you!

tapping solution for weight loss: I Blew My Diet! Now What? Connie Bennett, 2025-05-20 Former carbs-addicted journalist and bestselling author Connie Bennett (*Sugar Shock!* and *Beyond Sugar Shock*) knows firsthand how quickly we can lose our willpower. After eating wholesome, sugar-free, gluten-free foods for more than a decade, she blew her diet big-time and packed on 21 pounds after a heartbreaking year helplessly watching her mother succumb to cancer. Connie felt ashamed. But hitting rock bottom made her determined to discover: Why do millions of people overeat junk foods? What events, conditions, or emotions trigger mindless bingeing? How can you shed unhealthy excess weight while you heal your heart, claim calm, and shed your shame? *I Blew My Diet! Now What?* is the result of Connie's seven-year quest for answers. This engaging, eye-opening book guides you to: • Discover 21 Reasons You Blew Your Diet • Implement research-backed FEASTS (Fast, Easy, Awesome, Simple, Tested Strategies) to take back your power • Create nutritious, delicious, blood-sugar-balanced, modified ketogenic (KetoMod) meals or snacks • Boost oxytocin (the feel-good hormone) with Connie's fun, science-based Hum-Hug-Rock Relief Process This groundbreaking book—which includes entertaining cartoons by Isabella Bannerman—will help you shift your mindset from powerless to powerful while you create the healthy body you desire and the fulfilling life you deserve. For more information, visit www.connieb.com.

tapping solution for weight loss: The Science Behind Tapping Peta Stapleton, Ph.D., 2019-04-16 This book presents the research and evidence behind Emotional Freedom Technique in an easy-to-read manner and also offers client stories of their experiences. What is EFT, and what happens when you use it? Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called tapping, EFT has been utilized by thousands people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it

can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities.

tapping solution for weight loss: Weight Loss for People Who Feel Too Much Colette Baron-Reid, 2013-01-01 Here's the truth: Other people's drama is making you fat. You're a good person. You feel for other people's troubles and challenges. Heck, you're probably the go-to person for a whole list of people when the going gets tough! But is your caring nature keeping you out of the best shape of your life? Break the cycle and be the loving person you are—without letting other people's drama keep you from being a hot mamma! Weight Loss for People Who Feel Too Much focuses on the keys to weight loss for sensitive people. With a simple, practical program, bestselling author and internationally renowned intuitive counselor Colette Baron-Reid shows you how to release the extra pounds and create a new, healthy relationship with your body, your weight, and food. This 4-step, 8-week program will show you how to finally let go of what's weighing you down, physically and emotionally. You will learn how to: • Reverse empathy overload and establish healthy boundaries • Avoid the “noisy” trigger foods that lead to autopilot eating • Deal with challenging situations and avoid your detours, from procrastination to perfectionism, that sabotage the success you deserve This book is your guide to having a new healthy, loving relationship with your food and your feelings. It's the end to other people's drama—and the beginning to the body (and life) you deserve!

tapping solution for weight loss: Make Your Own Rules Diet Tara Stiles, 2016 In Make Your Own Rules Diet, Tara Stiles introduces readers to easy and fun ways to bring yoga, meditation, and healthy food into their lives. As the designer and face of Reebok's first yoga lifestyle line, author of Yoga Cures and Slim, Calm, Sexy Yoga, and the founder of Strala--the movement-based system that ignites freedom, known for its laid-back and unpretentious vibe--Tara has long been a proponent of creating a tension-free healthy life by tapping into the unique needs of her clients. In this new book, she teaches readers how to apply this inward-looking philosophy to themselves. When people understand what they need for true well-being, they can make their own rules--rules that will help them become their best selves. In her rulebook, it's no pain, much gain. In fact, Tara stresses the importance of practicing with ease--leaving the discomfort and tension behind--because what you practice is what you manifest. Readers will not only learn to create their own rules but also to understand when something isn't working anymore, so they can update their rules as circumstances change. Her approach takes readers from the kitchen, to the mat, to the cushion, in an effort to help them get to know themselves. After leading them through some basic guidelines about how to write their rulebooks, Tara lays out tips, techniques, and practices, including: - A step-by-step goal setting process so readers can figure out where they want to focus - Six yoga routines specifically designed to up energy levels, curb cravings, drop pounds, and enhance peace - Eight breathing and meditation practices to soothe the soul - 50 simple, delicious, plant-based recipes that can be made in minutes - A 7-day kick-start program and a 30-day transformation plan to launch readers on their healthy, happy, radiant path So join Tara today as she opens readers' eyes to a new way of living well that anyone can do.

tapping solution for weight loss: The Health Habit Elizabeth Rider, 2019-08-20 Discover your Health Habit for the life you want to live--and never slide backward again! What if the best health of your life isn't just about what you do--or don't--eat? The secret to having the healthy body and life you want isn't just in a rigid way of eating. It's in developing your own Health Habit. Coined by nutritionist and author Elizabeth Rider, your Health Habit is a skill, or a set of skills, that allows you to make the best choices that serve you most. By focusing on action--not just theory--you won't even have to think about being healthy. You just will be--without the deprivation, shame, and OMG--do-I-really-have-to-choke-that-down overthinking and fear that come with restrictive diets. With her fresh look at healthy living, 28-Day Kick-Start Plan, 50 starter recipes, and online

community, Elizabeth will get you started, keep you motivated, and connect you to health-conscious people around the world.

tapping solution for weight loss: Making Life Easy Christiane Northrup, M.D., 2018-01-23 You know Dr. Christiane Northrup as the best-selling author of books such as *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*—a beloved and trusted expert on everything that can go right with the female body. Now she brings her wisdom and insight to illuminate the mind, soul, and spirit as well. In this joyfully encouraging new book—as useful for men as it is for women—Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body “behave.” When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it's a whole new ballgame—and the first step in truly making your life easy. Take your well-being into your own hands as you learn to:

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Drawing on fields from epigenetics to past-life regression to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

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tapping solution for weight loss: Managing the Motherload Rebekah Borucki, 2019-08-13 A candid, humorous, and heartfelt guide to self-care in motherhood from a meditation expert and mother-of-five. *Managing the Motherload* is a practical system for sanity from a happy, ultra-productive, and sometimes tired mother of five. This five-part system will help readers create a life that they love while allowing all the items on their to-do list to flourish in their own time. In the book, meditation guide and popular YouTuber Rebekah Bex Borucki features her favorite healing and stress-reducing modalities, including her signature 4-minute meditations. Deeply personal, heartfelt stories of her struggles and tender moments raising five children are highlighted throughout the book. As a birth doula and meditation guide, Bex offers a wealth of personal and professional experience in managing the demands of motherhood and the need for self-care and stress management. I want every woman who reads this book to come away with a feeling of confidence in finding her own way as a mother and a human being. Upon finishing the pages, the

reader will have the know-how to create a path to happiness, freedom, and success that can be achieved not in spite of her tremendous responsibility as a mother but in total alignment with it. -- from the author

tapping solution for weight loss: Mantras in Motion Erin Stutland, 2019 Stutland offers nine foundational mantras in her tri-fold approach to creating change, holistic wellness and fitness, and she will help you harness your body's mental, physical and spiritual energy in service to what you want.

tapping solution for weight loss: *Permission to Put Yourself First* Nancy Levin, 2019-08-20 Worthy author Nancy Levin shows you how to turn the old model of relationship on its head and build something better and more fulfilling than you've had before. Are you ready to go back to the drawing board in your love life--and end up more satisfied than you've ever been before? In these pages, master coach Nancy Levin takes a truly fresh look at relationships, showing you how to build them better from the ground up--or perform some skillful renovations. *Permission to Put Yourself First* is for you if you fit any of these profiles: you're single and looking for a new relationship beyond what you've experienced before . . . you're happy alone but looking toward a great relationship in the future . . . you're divorced and determined never to do that again . . . or you're recovering from the death of a partner and unsure what's next. It's also for you if you're currently in a relationship that you want to refresh and restore; a relationship that challenges or threatens your boundaries; a relationship you're not sure you can salvage; or a relationship you recognize as the exact right teacher for you, even if it's not easy. Essentially, this book is for you if you're ready for something more in relationship than what the old models have offered. It's based on the essential truth that relationship is first and foremost where we learn to love ourselves. Drawing on many of the same exercises she uses with her clients, Nancy guides you through a 10-step process to dissolve your emotional and psychological roadblocks to self-love so you can have the relationship you truly desire.

tapping solution for weight loss: *The New Relationship Blueprint* Nancy Levin, 2018 Nancy's latest book takes a fresh look at relationships, showing you how to build them better from the ground up - or perform some skillful renovations where needed. This book is for you if you're ... - single and craving a new relationship that's beyond what you've experienced before - divorced and determined never to do that again - recovering from the death of a partner and unsure how to move on to other relationships - in a relationship you're not sure you can salvage - looking to refresh and restore your relationship - in a relationship that you recognise as being the right teacher for you, even if it's not easy Whatever your relationship status, if you're looking for more, this book is for you. Working from the essential truth that relationship is first and foremost where we learn to love ourselves, Nancy will walk you through a 10-step process to overcome your emotional and psychological roadblocks to self-love and the relationship you truly desire.--Publisher's description.

tapping solution for weight loss: *Clear Home, Clear Heart* Jean Haner, 2017-03-14 Have you ever entered a room and it just didn't feel right, yet you couldn't explain why? Do you sense a natural comfort with some people but are immediately stressed by others? The truth is that we're all influenced far more than we realize by the invisible energy of the people and places around us. This, along with difficult experiences in your past that still weigh you down, can keep you from being a creative force in your life. Clearing is a gentle but powerful way to release the old stress you're still carrying from your life history, as well as transform how you're affected by the energy around you each day. Many people experience immediate shifts in their energy during a clearing, and significant change often unfolds in the days and weeks afterward. In fact, clearing has even been described as accelerated meditation because it can lead to a sense of calm and happiness that typically results only after years of a mindfulness practice. In this simple, elegant guide, Jean Haner teaches you, in easy-to-follow steps, how to clear your own energy or that of any person, as well as bring harmony to the energy of the spaces you inhabit, so you can reclaim your vitality and joy, and open up infinite new possibilities in life. Healers, intuitives, energy workers, highly sensitive people, and anyone who just wants to optimize their energy and live their best life will find this to be the perfect training. Jean refines energy clearing to its pure essence—the power of the compassionate heart!

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