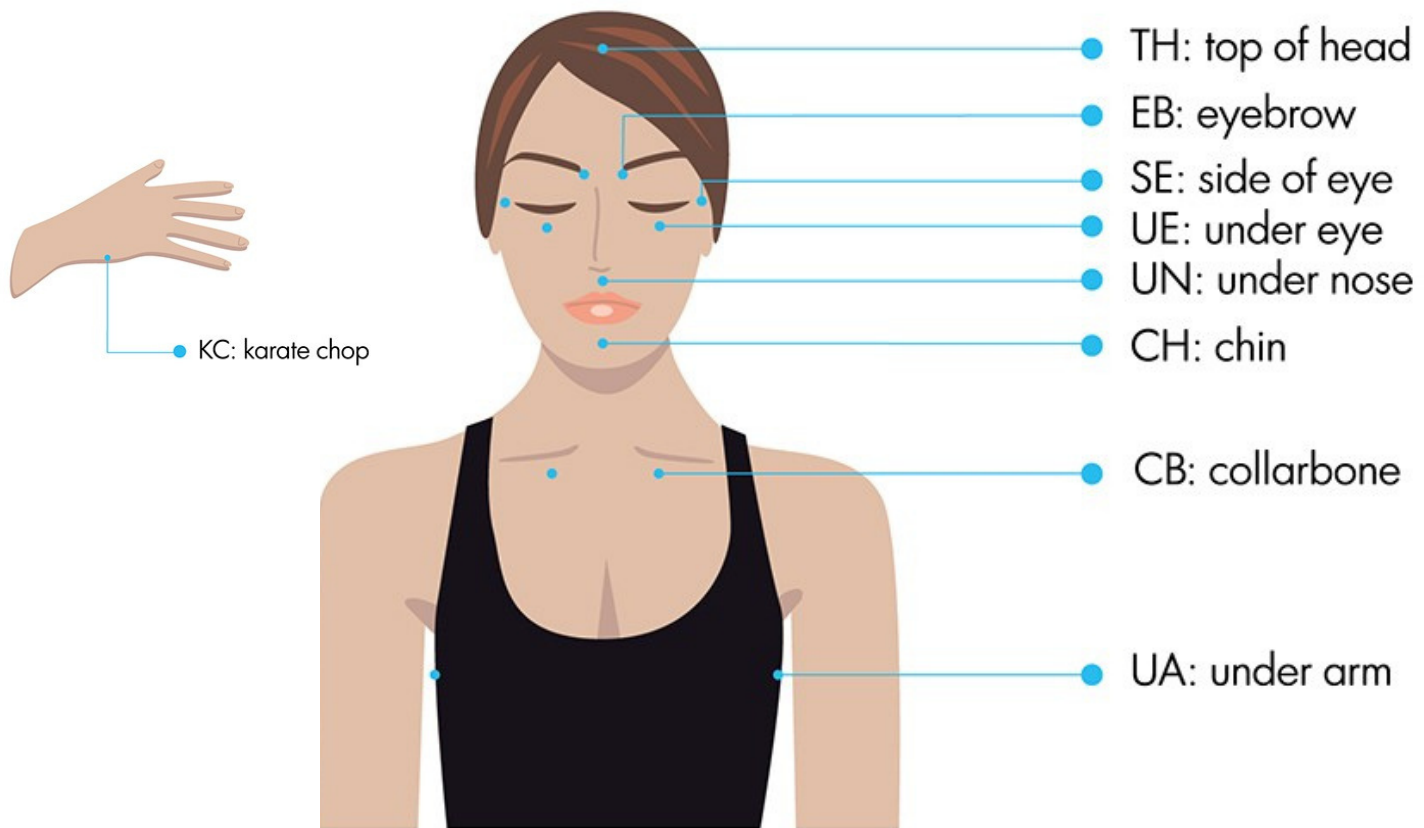


EFT Tapping Points



EFT Tapping:

One effective way to help create a balance in the body and retune the responses (or trigger points) is to do EFT (Emotional Freedom Technique). This is a technique that creates harmony by tapping on specific points of the body's energy system; acupuncture points or meridians. And it's super simple. To do this:

1. Become aware of the trigger and the body's response to it.
2. Rate the feeling you have about the trigger on a 1-10 scale: 10 worst.
3. Tap 3-4x using a finger or thumb on a meridian point. Slow your breathing as you do this.
4. Say the intended affirmation as you tap.
5. Continually repeat until the response is lessened or gone.

