



Tapping to Feel Radiant and Lose Weight

- Are you frustrated because you have spent valuable time and money on diets that haven't worked?
- Are you someone who knows what to eat and yet you keep eating the wrong food?
- Are you tired of feeling deprived of your favorite foods?
- Is there a constant battle going on in your head between what you want to eat and the foods you know your body needs to thrive?
- Do you eat because you are bored, anxious or stressed?

If you answered yes to any of these questions the Tapping to Feel Radiant and Lose Weight Program offers the solution you have been looking for. You will eliminate cravings, feelings of deprivation and self doubt while increasing motivation, self-confidence and success.

In this program I teach you how to use the most powerful tool in modern psychology called Tapping (also known as EFT) to gently release the thoughts, feelings and beliefs that keep you stuck.

- Would you love to stop struggling with what you eat?
- Do you want natural, permanent weight loss without feeling deprived?
- Does feeling comfortable in your body sound good to you?
- Are you ready to find a new sense of peace around food?

What is different about this program?

In this program instead of focusing the food, we use tapping to address the underlying feelings and beliefs that cause you to make poor food choices or overeat. With tapping you will find a new sense of peace around food.

Benefits of the Tapping to Feel Radiant and Lose Weight Program

- A new way to manage food cravings
- Reduce the stress that drives you to eat foods for comfort
- Feel radiant and confident by clearing away negative feelings about your body
- Discover your real needs and begin to feel satisfied.

The reason tapping is so effective around weight loss is it taps into your natural pharmacy. You literally have a pharmacy inside of you.

Feelings of stress and deprivation create an overproduction of a hormone called cortisol, which is directly related to gaining weight especially around your belly. Even stressing about losing weight prevents you from losing weight. Feelings like pleasure and satisfaction create hormones that boost your metabolism.

In this program I teach you how to create the biochemistry that naturally supports your weight loss. Tapping on the various acupuncture points moves your body from stress mode to relaxation mode.

***Could it really happen?
It is possible and available to you now!***

I help people get results when nothing else works. Working with me – someone who is professionally trained in EFT – you can quickly experience the solutions you need to achieve greater health and balance in body, mind and spirit. You deserve a life of health and ease. Commit to lasting benefits now.

Outline of Tapping to Feel Radiant and Lose Weight Program

Session #1 – How Do You Feel About Your Body?



How you feel about the way you look is going to affect your body chemistry. Research has shown that every thought and feeling we have, everything we say to ourselves affects our cells. Our cells are listening. In this session we are going to get clear on some of the ways you talk to yourself about your body. You will learn how to use tapping to end the negative self-talk that leads to poor eating choices. You'll create a new relationship with yourself and begin to love your body any size, age or weight.

Session #2 - Cravings



Cravings come from physical and emotional needs. In this session you will learn how to be with your cravings in a whole new way. Instead of running from them you will welcome them for the messages they are giving you. Being healthy and at your ideal weight isn't about never indulging again. As you let go of your cravings you experience food with pleasure and satisfaction.

Session #3 – Listening to Your Body's Messages



In this session you discover how to listen to the messages from your body. The truth is no one lives in your skin and can understand your experiences the way you do. Your body is sending you messages all the time. When you listen to your body you are able to give yourself the food, kindness and understanding that only you know you

need. You will get tools and techniques to tune into your body's messages.

What You Receive in Your Tapping To Feel Radiant and Lose Weight Program

- 3 sessions of private coaching on the phone or skype. These sessions give you the tools you need to change your relationship with food and your body.
- A recording of your session (if session is on the phone)
- Learn how to use Tapping at home to achieve your goals.
- Personalized Tapping Scripts to use at home between sessions
- Email access to answer any questions that might come up (24 response time)

Price: \$225

If you're curious about this program and would like to explore the possibility of working together, sign up for a **FREE 30-minute consultation**. This free session is your opportunity to ask me questions, tell me your story, and find out more about what I do. Contact me at Ingrid@eatwellenjoylife.com to see if it "feels" like the right fit for you and your needs.