



Tapping for Weight Loss and Radiant Health

- 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 stuff? 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 Into Weight Loss and Radiant Health 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 have been keeping you stuck.

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

What is different about this program?

Since you already know what to eat, 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 for Weight Loss and Radiant Health Program

- Tapping is an excellent tool for managing food cravings
- Tapping reduces stress that often drives you to eat foods for comfort and tranquility
- Tapping helps you feel attractive and confident by clearing away negative feelings about your body
- Tapping allows you to discover your real needs so instead of feeling deprived you feel satisfied.

The reason tapping is so effective around weight loss is it taps into your natural pharmacy. It changes the chemistry of your body.

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 help you to lose weight.

In this program I teach you how to create the biochemistry that naturally supports your weight loss and food freedom. 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. I understand how hard it is from personal experience. [Check out my story here](#). Working with me – someone who is professionally trained in nutrition and EFT – you'll begin to feel good in your body. You'll feel inspired to eat healthy food.

Outline of the Tapping for Weight Loss & Radiant Health 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 your food that is nourishing and pleasurable.

You will receive a personalized script based on what we discover during the session to tap on until the next session.

Session #2 – Listening to Your Body's Messages



This week you are going to 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.

Session #3 - Making Friends with Your Saboteur



Often we make progress but then get off track. That is normal. In this session we will meet your inner saboteur and make her your friend. You will find out how to work with her when she shows up. You'll discover what to do when you fall off track and how to come back into balance. You will be empowered with tools that keep you moving forward toward your goal.

What You Receive in the Tapping Into Weight Loss and Radiant Health Program

- 3 sessions of private coaching on the phone or skype. These sessions give you the tools you need to support your natural weight loss.
- A recording of your session (if session is on the phone)
- Learning how to use Tapping at home to achieve your goals.
- Tapping Scripts to help you move forward between sessions
- Unlimited 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** to find out more about how I can help you feel good in your body. 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.