



Identify and Release Your Toxic Beliefs about Menopause  
and Claim a Vibrant and Thriving Midlife!

# The Menopause / EFT Project



**Created By: Gail Sophia Edgell, Carrie E. Pierce and Leanna Fredrich**

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- The Magnificent Menopause and Beyond/ EFT Partnership

## Introduction

This special program has been carefully designed to address what we've found to be the top three major Menopause-related issues that plague most women as they make their Menopause transitions.

Not only do we discuss these issues in detail here-as well as the possible causes behind them- we offer a solid solution for dealing with them head-on, and pulling up their very roots in order to bring you peace of mind, a strong sense of wellbeing and freedom as you move forward to the next stage of your life.

The Menopause portion of this program has been created by Menopause specialists, Gail Sophia Edgell, Founder and President of [www.360Menopause.com](http://www.360Menopause.com) and Carrie E. Pierce, Founder and President of [www.Menopauserus.com](http://www.Menopauserus.com), using the latest studies and the vast hands-on experience they've gained from working directly with their thousands of peri menopausal and Menopausal clients.

The Emotional Freedom Technique portions of this program have been created and customized specifically for you by EFT specialist and Life Coach, Leanna Fredrich, Founder and President of [www.AmazingMondays.com](http://www.AmazingMondays.com).

You can learn more about Gail, Carrie and Leanna in the final pages of this program.

So right about now, you might be asking yourself, ‘Why EFT? What is it exactly and what makes it so powerful?’ -and ‘Why EFT combined with Menopause education??!’

***The answer is astoundingly simple- yet tremendously powerful:***

Menopause has been called by several highly regarded and well known health care providers ‘THE single most important and drastic event to happen to the female body-and brain- in the course of a woman’s lifetime’... even more dramatic and challenging than that of actual childbirth!

More and more, studies are bearing this out and with every passing day, more information is being provided about exactly how the processes of peri menopause and Menopause cause the brain and endocrine systems of women to totally rewire, and in doing so cause a host of life-altering symptoms.

Simply put: we’re taking this opportunity to educate you about some of these hormone related changes- and the symptoms and conditions they create- so you can better understand exactly what’s happening to you and why.

And in the course of doing that, we’re suggesting EFT as a highly effective means of dealing with these issues because many of them are tightly intertwined with emotions, thoughts, beliefs and deep feelings; those existing either because of past issues and unaddressed traumas- or because of chemical/hormone imbalances and the emotions they generate.

Why is EFT so effective at freeing emotional burdens and toxic conditions, habits and mindsets? Good question!

Here's your answer:

Emotional Freedom Technique is a meridian-based energy therapy developed by Gary Craig.

EFT is a form of psychological acupressure that uses a gentle tapping technique to stimulate traditional Chinese acupuncture points. By tapping on these selected meridian points we gain access to our body's fuse boxes where we can neutralize those electrical memories which have gotten 'stuck' in the body.

This then amounts to 'expanding your comfort zone from the inside-out'.

Thankfully the Chinese mapped out the body's energy system over four thousand years ago. This map was divided into twelve meridians (plus the governing and conception vessel making fourteen in all) that run through the body.

Each meridian has dozens of 'points' on it where the system can be accessed. Some of these 'points' run deep into the body while other 'points' come close to the surface. These 'points' are like little fuse boxes where we can access the current and then enjoy greater emotional freedom.

Here's some research on EFT that will help you begin to understand what a powerfully helpful tool it can be while going through something as mentally, emotionally and physically overwhelming as Menopause:

Recent research on what happens when people use EFT show that, very simply, EFT calms the brain.

When we feel anxious, our brain decides that the creative and problem-solving parts of the brain are 'unessential' and starts shutting them down. We become very focused on one thing and one thing only: *survival*.

The problem is that many of the situations we are anxious or have negative emotions about have *nothing* to do with survival!

Once we calm our mind then we can think clearly and have access to the full power of the problem-solving parts of our brain.

Have you ever been emotionally hijacked? Someone says something, you have an anxiety-provoking thought and your body is flooded with negative emotion. You've just been hijacked!

It could be anything:

- Having to speak in front of a group.
- Finding out someone you care about doesn't feel the same way.
- Being embarrassed in front of your peers.
- Not getting something you desperately want.

Even just hearing the words:

- "You're only thinking of yourself."
- "There isn't enough to go around."
- "Who do you think you are?"
- "You should be satisfied with what you have."
- "You can't always have what you want."
- "You don't deserve it."

- The tone of voice when someone said those words.
- The look they had on their face when those words were said.

All of these experiences are stored in the intricate filing system of our mind- and in our body through our nervous system.

Particular events stay with us because at the time we had a physical reaction to them, we then coupled those feelings with a meaning or an explanation about what it all meant about us and about the world.

We filed these reactions away and continued to add to them when something similar caused those same feelings to trigger.

Over time that file got bigger until it became a feeling of certainty, of conviction – a **belief**.

Our beliefs – those strong feelings of conviction- are held in our body as bundles of neurons that fire together sending out electrical impulses that connect feelings with thoughts. This process happens so fast we can hardly tell what's going on – the thought that simulates the feeling or the feeling that links to the memory. We do know this – Our experience of it is one of being emotionally hijacked.

### How the Past becomes the Present

The feeling may be fear, rejection, humiliation, anger, guilt, shame, embarrassment, a threat or a danger. The reaction may be to defend, attack, freeze or experience a deep desire to disappear. Cognitively, we know this isn't the same scenario we've experienced before but our body reacts the same way it did when we had the experience the first time.

The old feelings are getting in the way of taking new actions in our lives. These old memory 'zaps' are keeping you in a comfort zone that has turned into a prison, and is keeping you from living the life you desire.

This phenomenon- coupled with the many and varied emotional aspects of peri menopause and Menopause- combine to create a heady mix of negative thoughts and feelings, increased levels of anxiety and depression and an oftentimes overwhelming loss of sense of self.

Like a dog wearing an electrical collar, there is an invisible fence that defines where we can go and how far we will let ourselves go. When we get too close to the boundary, we get a little 'zap' telling us it's not safe to go any further.

So here's a question for you: As you find yourself moving into Menopause and Midlife what's on the outside of your comfort zone?

- Attracting a new love relationship?
- Getting out of a toxic relationship?
- Reaching your desired weight?
- Obtaining financial freedom?
- Creating a new business or starting a new career?
- Feeling more at peace with yourself, your emotions, your past and/or your body?

What's stopping you? Menopause-related physical, emotional or mental symptoms? Insecurities? Lack of energy, drive or focus?

### ***EFT: Freedom at your Fingertips***

The way to greater freedom is to expand your comfort zone from the inside-out. Plain and Simple.

Much like the invisible fence that has an electrical current running through it, we also have an electrical current running through us.

If we want to cut the current of electricity to the fence we could go directly to the fuse box and flip the switch which would stop the flow of electricity.

Why not go directly to the body's fuse box and neutralize the 'zaps' that stops us from moving forward toward our dreams, living with more peace and being free to expand our experiences in the world?

By tapping on specific points on the body, we send a small electrical current along these meridian lines clearing them of the old 'zaps' that have gotten stuck in our body system.

We tap on specific points on the body while focusing on the active or live thought/feeling which then sends an electrical response through the body's energy system and the thought/feeling gets neutralized.

### ***Think of it as a math equation:***

-1 (old memory zap) + 1 (tapping) = 0

A negative plus a positive cancel each other out.

Simply put, you've got the answers at your fingertips!

Now that you're more familiar with what EFT actually is, and how and why it works so effectively, let's take a second to discuss the layout of this program and how to best utilize it as you move forward:

This program is broken into three specific, core segments:

- *Anxiety and Panic Issues*
- *Weight Gain and Body Image Issues*
- *Self Esteem Issues*

First, we'll deal with definitions and explanations of each issue by topic.

Second, we'll touch on a few of the more common causes of each issue.

Third and finally: we'll provide EFT tapping scripts built around addressing each issue.

The format is simple, uncomplicated and easy to follow. What's not to love about that?!

So without further delay, let's get started.

There's lots to learn- and a lot of joy, peace and vibrancy to be gained!

## Basic EFT Instructions

(For more information about EFT go to [www.EFTTappingCenter.com](http://www.EFTTappingCenter.com) )

1. **The Setup Statement:** Naming the problem combined with a general affirmation phrase.
2. The 'Letting Go' TAPPING SEQUENCE (Round #1): This consists of tapping the sequence of 8 EFT body points while you focus on the problem or negative feeling/though while repeating the Reminder Phrase out loud.  
  
(The reminder phase is a word or statement that keeps you tuned in to the problem.)
3. Take a deep breath.

### The Setup Statement:

The Setup Statement sounds like this:

“Even though I feel/have...(problem or thought), I deeply and completely accept myself anyway.”

The Setup Statement is repeated out loud while you tap with two fingers the karate chop point (KC) of the opposite hand.

(See diagram on Page 13)

### **The Reminder Phrase:**

“This... (thought or feeling)”

The Reminder Phrase is repeated while tapping the 8 body points.

This directs your mind to focus on the negative thought patterns that block your ability to reach your goals and allows EFT to neutralize them.

### **The 8 Body Points:**

**Eyebrow** – on the bone where the hair from the eyebrow begins

**Side eye** - on the bone at the orbit on the outside of the eye

**Under eye** – below the pupil of the eye, on the high cheek bone

**Under nose** – right below the nose and above the top lip

**Chin** – it's above the chin, in the crease below the bottom lip

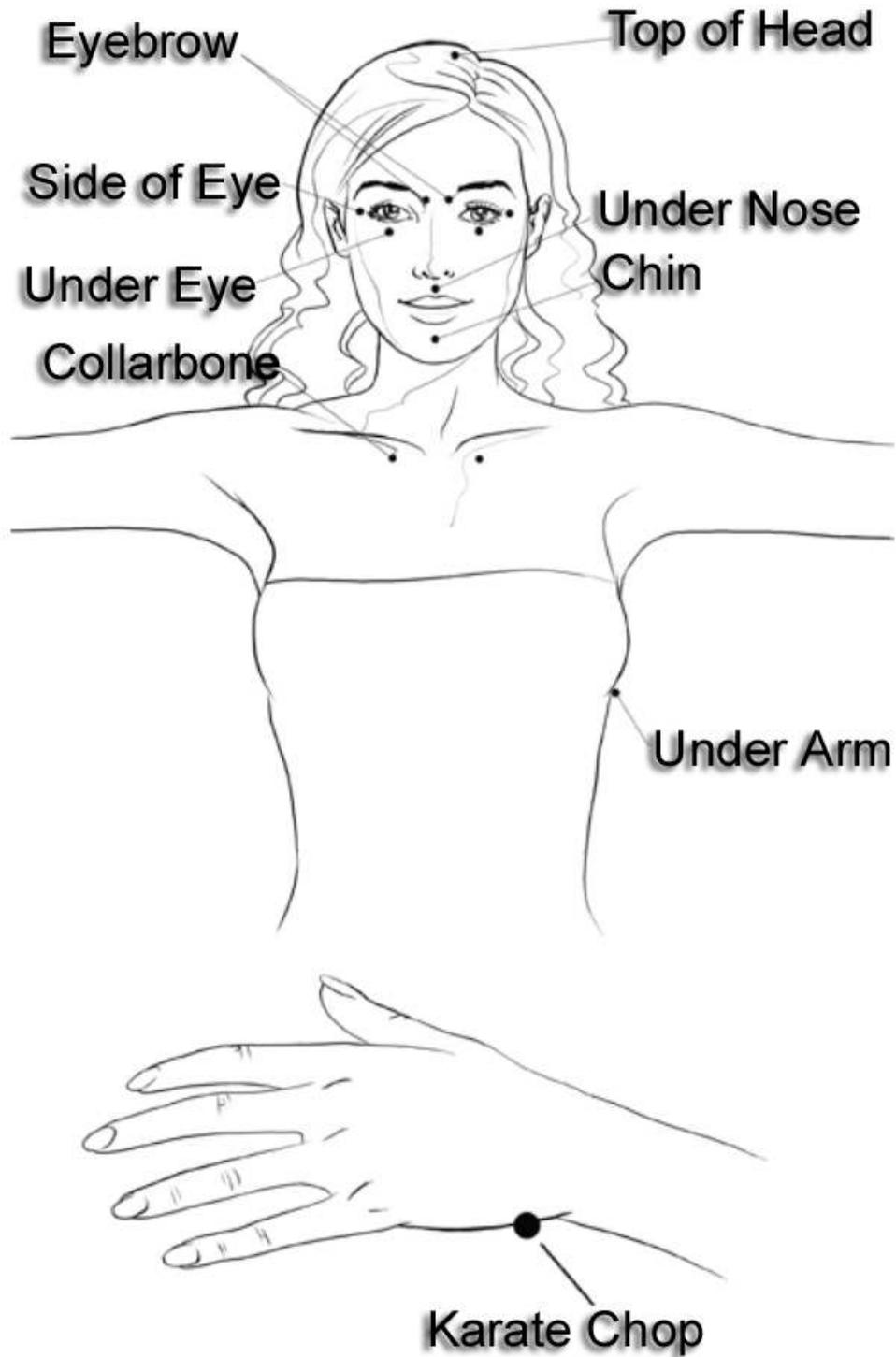
**Collarbone** – 1 inch from the notch in the throat and 1 inch on either side. You can also make a fist or use an open hand and tap where a man's necktie would be.

**Under arm** – in-line with the nipple or where a bra strap would be below the arm pit

**Crown** – drum the fingers around the top of the head

(See diagram on Page 13)

# Tapping Points



## Anxiety, Irritability and Panic

You've heard the terms. Perhaps you've even experienced Anxiety, Irritability or Panic yourself.

Each can be debilitating, very uncomfortable and can quite literally take you 'out of the game'.

If not addressed and treated, these issues can cause relationships, careers and livelihoods to be lost- not to mention the loss of peace of mind and the ability to vibrantly and freely participate in life.

The terms 'Anxiety' and 'Panic' are typically used interchangeably, but from a clinical perspective, they are vastly different.

According to the Diagnostic and Statistical Manual of Mental Disorders which was written by the American Psychiatric Association, 'Anxiety' is used to describe several illnesses under the category of 'Anxiety and related disorders'. These disorders include panic disorder, phobias, compulsive disorders, and stress disorders.

The difference between Panic and Anxiety is best described in terms of intensity: intensity of the symptoms and the length of time the symptoms occur.

During a panic attack, symptoms are sudden and extremely intense.

These symptoms typically occur without warning, peak within a very short period of time (approximately 10 minutes), then subside.

Sometimes attacks last longer, or happen one right after the other, making it difficult to determine when one ends and the next begins.

According to the American Psychiatric Association a panic attack is characterized by four or more of the following symptoms:

- Palpitations, pounding heart, increased heart rate.
- Sweating
- Trembling or shaking
- Sensations of shortness of breath
- Feelings of choking
- Chest pain or discomfort
- Fear of dying
- Fear of losing control
- Numbness or tingling
- Chills or hot flushes
- Feelings of being dizzy, unsteady
- Feelings of unreality or being detached from oneself

General Anxiety symptoms may include:

- Sleep disturbances
- Difficulty concentrating
- Muscle tension
- Fatigue
- Restlessness
- Shortness of breath
- Irritability
- Dizziness
- Increased heart rate

Some anxiety symptoms are similar to panic attacks, but are generally less intense. Anxiety sufferers seem to have these symptoms at a low level all the time. The symptoms can last days, weeks or even months.

For many women, anxiety and panic issues worsen during peri menopause and Menopause but why exactly is this?

Let's take a closer look:

**The Connection – Menopause and Anxiety/Panic Attacks**

A large number of women experience an increase in panic attacks and/or anxiety during their peri menopausal years (usually beginning in the late 30s and continuing on until the mid- to- late 40s, in most women), and this issue only worsens as they approach full-blown Menopause (usually occurring by age 51 or so).

A cross sectional study with over 3,300 Menopausal women in the Journal Archives of Internal Medicine proved this very thing.

So why do sensations of panic and anxiety increase as a woman's hormones begin to shift and become imbalanced?

The processes of peri menopause and Menopause usually arrive in a woman's life at a time when she is least able to deal with the physical, emotional and mental challenges this time demands.

Sex hormones get out of synch, adrenals become fatigued and burn out, metabolism slows because of ensuing endocrine imbalances like hyper and hypothyroidism , skin and hair changes begin to develop and become a cause for concern, and a host of other issues accrue.

Couple these challenges with the heightened emotional states and the fuzzy thinking that hormone imbalances so often bring, and what you end up with is a woman who is on total overload.

To better understand how all these things are interconnected let's take a moment to better understand the female endocrine system:

Hormones-both male and female- require cholesterol to be manufactured, synthesized and delivered within the body. If a woman follows a low fat diet, or takes cholesterol lowering medications, doing so then impedes and negatively impacts her hormonal development and balance.

Couple this with insufficiently functioning adrenal glands pumping out too much cortisol, and not enough DHEA, and you end up adding fuel to the already raging fire that is Hormone Imbalance.

These imbalances then negatively impact the thyroid gland, which brings on pronounced fatigue, weight gain, delayed sexual response and further imbalances the predictability of menstrual periods. Thyroid hormone –or the lack thereof- impacts every single cell in the human body.

So what all this means is, a woman's hormones- ALL of them- are involved in the Menopause process- and ALL of a woman's hormones impact her sense of wellbeing-positively or negatively. And hormone imbalance almost always has a role to play in anxiety and panic issues during midlife.

***So what are the more mainstream treatment options for anxiety?***

Prescription drugs are available for panic disorders and generalized anxiety and are classified as anti-depressants and/or anti-anxiety medications.

Anti-depressants are often used to treat panic attacks because they work by altering one or more of the brain chemicals, serotonin, norepinephrine, and dopamine. The most common class of anti-depressants is SSRI drugs which are selective serotonin reuptake inhibitors.

Anti-anxiety drugs are generally prescribed as a last resort because they can become habit forming and carry with them other rather serious side effects and risks.

Studies have shown that drug-free cognitive behavioral therapy proves to be effective in treating panic disorder and anxiety issues, but takes time. This type of therapy focuses on changing both behaviors and thought processes over time.

Panic focused psychodynamic psychotherapy is also thought to be effective. This therapy stems from Freud's theories and focuses on getting the individual to be aware of their 'unconscious conflicts and fantasies, and to identify defense mechanisms.'

-Again, very time consuming before results are achieved.

More and more, it's being shown that EFT (Emotional Freedom Technique) is working quickly for almost all users of the technique; ridding sufferers not only of the awful symptoms associated with anxiety and panic issues- but addressing the underlying emotions and unacknowledged belief systems that lie at the root of these issues.

This said however, if you are peri menopausal or/Menopausal and are suffering any of the symptoms or issues we've just discussed, we strongly encourage you to have a full physical with your personal physician as you implement the EFT tapping scripts.

One factor that contributes to anxiety and panic attacks is the level of stress we live with each and every day.

The part of our brain that registers emotion first, the Amygdala, is so sensitive that for most of us our Amygdala's are constantly in overdrive.

Researchers have found that our Amygdala is more sensitive than we ever realized.

-We can actually sense fear even before we see it consciously!

In one study with a group of people who were blind, they showed frightening images on a screen. Although the participants could not see the images, their Amygdalas registered fear anyway. That's pretty darned sensitive!

So when you go through your day, driving in traffic, watching the news, dealing with conflict, your sensitive Amygdala is overly stimulated.

Add all the emotionally charged memories that can be triggered at any time and all the hormone imbalances of peri menopause and Menopause, and it's no wonder so many of us are stressed out!

Perhaps, when we hit Menopause, we're just tired of handling all that stress and our body signals it needs us to find a healthier way of coping. Menopause is after all, and should be acknowledged as being, Life's ultimate Reset Button!

If you're experiencing a high level of anxiety or it has progressed to panic attacks then it's time you learned how to calm and manage your Amygdala. The poor little thing is pooped!

The first step to calming your Amygdala is to start meditating on a daily basis. This could just be for 10-15 minutes per day. You can keep it simple by just doing some stretching, yawning and deep breathing or you can buy a meditation CD and listen to it.

Emotional Freedom Technique is a powerful tool to calm your Amygdala and release stress. In early studies they found that just tapping for a few minutes lowers cortisol (a stress hormone) and raises the levels of 'feel good' hormones like endorphins and dopamine.

Just 5 – 10 minutes of tapping everyday will help you lower anxiety so your creative, optimistic and resourceful self can come out to play again!

## Your Tapping Scripts for Panic Attacks/ Anxiety

**Karate Chop Point: Tap while saying out loud:**

*'Even though I am feeling so fearful I love and accept myself anyway.'*

*'Even though I feel like I can't breathe and that I might die I love and accept myself anyway.'*

*'Even though my chest is tight and my stomach hurts I accept my feelings.'*

**Eyebrow: Tap while saying out loud:**

*'All this fear.'*

**Side of Eye: Tap while saying out loud:**

*'I don't know why I feel this way.'*

**Under Eye: Tap while saying out loud:**

*'I can't breathe.'*

**Under Nose: Tap while saying out loud:**

*'I'm shaking.'*

**Chin Point: Tap while saying out loud:**

*'I'm so afraid.'*

**Collarbone: Tap while saying out loud:**

*'My hands are tingling.'*

**Under Arm: Tap while saying out loud:**

*'I'm feeling dizzy.' (Continued)*

**Top of Head:** Tap while saying out loud: *'What's happening to me?'*

*Important Note: Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.*

**Positive Round:**

**Eyebrow:** Tap while saying out loud:

*'I choose to breathe deeply and slowly.'*

**Side of Eye:** Tap while saying out loud:

*'I am calm and still.'*

**Under Eye:** Tap while saying out loud:

*'I have so much to be grateful for.'*

**Under Nose:** Tap while saying out loud:

*'I am thinking clearly.'*

**Chin Point:** Tap while saying out loud:

*'Life loves me.'*

**Collarbone:** Tap while saying out loud:

*'I am surrounded by peace.'*

**(Continued)**

**Under Arm: Tap while saying out loud:**

*'Love is wrapped around me.'*

**Top of Head: Tap while saying out loud:**

*'I am safe.'*

## Fear of Having Another Panic Attack

**Karate Chop Point: Tap while saying out loud:**

*'Even though I am afraid of having another panic attack I love and accept myself anyway.'*

*'Even though I feel the fear in my stomach I accept those feelings.'*

*'Even though I think I feel symptoms of a panic attack coming I love myself anyway.'*

**Eyebrow: Tap while saying out loud:**

*'What if it happens again?'*

**Side of Eye: Tap while saying out loud:**

*'What if I lose control?'*

**Under Eye: Tap while saying out loud:**

*'I can't trust my body.'*

**Under Nose: Tap while saying out loud:**

*'I'm so afraid.'*

**Chin Point: Tap while saying out loud:**

*'I might make a fool of myself.'*

*(Continued)*

**Collarbone: Tap while saying out loud:**

*'Panic Attacks are terrifying!'*

**Under Arm: Tap while saying out loud:**

*'It might happen again.'*

**Top of Head: Tap while saying out loud:**

*'I can't control it.'*

***Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.***

**Positive Round:**

**Eyebrow: Tap while saying out loud:**

*'I choose to be calm.'*

**Side of Eye: Tap while saying out loud:**

*'I take good care of myself.'*

**Under Eye: Tap while saying out loud:**

*'I breathe calmly and peacefully.'*

**Under Nose: Tap while saying out loud:**

*'All is well.'*

**Chin Point: Tap while saying out loud:**

*'I am safe and loved.'*

**Collarbone: Tap while saying out loud:**

*'I choose to focus on things I love.'*

**Under Arm: Tap while saying out loud:**

*'Peace and well-being surround me.'*

**Top of Head: Tap while saying out loud:**

*'My whole body is calm and relaxed.'*

Waking up with Anxiety

**Karate Chop Point: Tap while saying out loud:**

*'Even though I just woke up and I am already anxious I love and accept myself anyway.'*

*'Even though I have this tightness in my stomach I accept those feelings.'*

*'Even though I woke up feeling afraid and overwhelmed I love and accept myself anyway.'*

**Eyebrow: Tap while saying out loud:**

*'All this stress.'*

**Side of Eye: Tap while saying out loud:**

*'I'll never get everything done.'*

**Under Eye: Tap while saying out loud:**

*'What if something bad happens?'*

**Under Nose: Tap while saying out loud:**

*'What if I can't handle it?'*

*(Continued)*

**Chin Point: Tap while saying out loud:**

*'I'm already uptight and the day hasn't started yet!'*

**Collarbone: Tap while saying out loud:**

*'I can't relax.'*

**Under Arm: Tap while saying out loud:**

*'I'm dreading the day.'*

**Top of Head: Tap while saying out loud:**

*'So afraid.'*

**Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.**



## Positive Round

**Eyebrow: Tap while saying out loud:**

*'What can I look forward to today?'*

**Side of Eye: Tap while saying out loud:**

*'I choose to breathe deeply and relax my muscles.'*

**Under Eye: Tap while saying out loud:**

*'I am resourceful and strong.'*

**Under Nose: Tap while saying out loud:**

*'I choose to believe that life is basically safe and wonderful.'*

*(Continued)*

**Chin Point: Tap while saying out loud:**

*'How will I play today?'*

**Collarbone: Tap while saying out loud:**

*'I love feeling calm and peaceful.'*

**Under Arm: Tap while saying out loud:**

*'I look forward to the joy today will bring.'*

**Top of Head: Tap while saying out loud:**

*'I love and embrace today!'*

*Fear of Losing Myself*

**Karate Chop:**

*'Even though I feel myself withdrawing I want to love myself anyway.'*

*'Even though I'm becoming shy, timid and fearful I accept my feelings anyway.'*

*'Even though I used to be stronger, I'm not now and I want to accept myself anyway.'*

**Eyebrow: Tap while saying out loud:**

*'I'm so afraid.'*

**Side of Eye: Tap while saying out loud:**

*'There are so many changes in my life right now.'*

**Under Eye: Tap while saying out loud:**

*'I'm letting my world get smaller.'*

**Under Nose: Tap while saying out loud:**

*'All this anxiety.'*

**Chin Point: Tap while saying out loud:**

*'I don't like new things.'*

**Collarbone: Tap while saying out loud:**

*'I've lost so much.'*

*(Continued)*

**Under Arm: Tap while saying out loud:**

*'Life is not safe.'*

**Top of Head: Tap while saying out loud:**

*'I feel out of control.'*

**Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.**

## Positive Round:

**Eyebrow:** Tap while saying out loud:

*'I choose to face life with joy.'*

**Side of Eye:** Tap while saying out loud:

*'I have so much to be grateful for.'*

**Under Eye:** Tap while saying out loud:

*'I choose to stretch and try new things.'*

**Under Nose:** Tap while saying out loud:

*'I love having adventures!'*

**Chin Point:** Tap while saying out loud:

*'I am well cared for and safe.'*

**Collarbone:** Tap while saying out loud:

*'I embrace change.'*

**Under Arm:** Tap while saying out loud:

*'I am strong and powerful.'*

**Top of Head:** Tap while saying out loud:

*'I love life!'*

## Weight Gain/Body Image

So you looked in the mirror and you're not happy with what you find looking back at you... when did this sagging start? When did these wrinkles show up? Where did this excess weight and flab come from and what the heck do I do now??!

It all seems to just creep up on us while we're busy innocently trying to live our lives!

Many people think that as we age, weight gain is inevitable. And looking at the U.S Obesity trends you might choose to believe this too. In 2010, all U.S states had at least a 20% obesity rate with some states exceeding 30%. This is shocking and alarming, however it does NOT mean that weight gain as we age is unavoidable!

The first thing you must realize is: people are not just gaining weight over the age of 40. **All** ages are now reported to be heavier than they've ever been at any time in history.

This definitely poses a problem when aging because if you begin Menopause overweight, that trend will certainly continue and you will more than likely continue to pack on pounds as the years roll by.

It's now been shown that if a child is obese between the ages of 10-13 he/she has an 80% chance of becoming an obese adult.

So why are we gaining so much weight as a society in general?

- poor eating habits
- overeating or binging
- lack of exercise
- family history of obesity
- medical illnesses
- medications
- stressful life events or changes
- family and peer problems
- low self-esteem
- other emotional problems such as depression

And what are risks and complications of excess weight?

- increased risk of heart disease
- high blood pressure
- diabetes
- breathing problems
- cancer
- sleeping difficulties

All that noted however, it is VITALLY important that we discuss the causes of weight gain in peri menopausal and Menopausal women because many more critical components may be at work and if not corrected could have far reaching negative impact on your overall health!

*Let's take a closer look:*

Menopause can exacerbate the issues of weight gain and negative body image. There are several known reasons for this.

It's estimated that upwards of 90% of peri menopausal/Menopausal women between the ages of 35-58 gain weight. That weight gain is thought to be approximately 10-18 pounds total, gradually accumulating at a rate of about a pound a year.

While it's been a long held belief that lack of exercise, eating too much and slowed metabolism were chiefly responsible for this accruing weight, new medical studies are proving otherwise.

It's now believed that hormone imbalance is primarily responsible for Menopausal weight gain; declining estrogen, progesterone, DHEA and/or testosterone all play a role in this problem- as does stress, Metabolic Syndrome, depression, toxicity within the body, undiagnosed food allergies, possible thyroid issues, and chronic inflammatory conditions.

During Menopause it's well known that estrogen and progesterone decrease dramatically. This isn't news.

The ovaries began producing less and less estrogen, causing monthly ovulation to cease. The body then sources small amounts of estrogen from other places within the body, primarily the adrenal glands and the fat cells.

Fat cells are known to produce estrogen, consequently the body will begin to store fat in order to increase estrogen levels. Lowered progesterone levels also exacerbate the primary symptoms of Menopause, including weight gain and bloating/water retention.

Testosterone contributes to the development of lean muscle. Once testosterone levels decline- they tend to take the ability to develop and maintain muscle with them; leaving a body that is storing fat cells and slowing metabolically.

Chronic stress causes overworked adrenals to release cortisol -and cortisol then triggers the body to store fat as well. Stress also robs us of

quality sleep and works to keep the body 'whipped'- worsening already out- of- whack hormones.

Add to this mix, the possibility of an under functioning thyroid, possible insulin resistance and endocrine system disrupting toxicity- and there is A LOT more to Menopausal weight gain than JUST calorie counting and portion control!

That being said however, food DOES have a role to play- and we should be mindful, especially at this stage of our lives, to not just FEED our bodies- but to NOURISH them with high-quality food, quality vitamin and mineral supplementation, plenty of essential fatty acids and omegas and proper hydration.

All of these have a part to play in keeping us balanced, fit and well. The tendency in this country to eat a low fat/ high carb diet also exacerbates issues. Certain fats (the Omegas and essential fatty acids) are critical to hormone balance, stable emotions and a properly functioning metabolism- while high carbohydrate consumption can exhaust the adrenals, trigger food cravings, cause damaging dips in blood sugar and subsequent insulin-resistance.

According to numerous Dietitians we've interviewed here, the role of functional foods in Menopause can help control weight, balance estrogen, manage symptoms and help reduce the effects of Post menopausal diseases such as: metabolic syndrome, heart disease, etc.

***Some of these important foods and dietary adjustments are:***

- Whole grains
- Omega 3 fatty acids
- Cruciferous vegetables; like broccoli and cabbage (but watch out if you have thyroid issues!)
- Fresh fruits

- Phytoestrogens (Phytoestrogens have two classes: lignans and isoflavonoids: Lignans are found in grains, certain seeds, fruits, vegetables and flaxseed. Isoflavonoids are found in legumes like soy, lentils, chickpeas and peanuts.)
- Reducing refined sugar, caffeine, tobacco and alcohol
- Not 'starving' yourself
- Drinking enough water daily and staying properly hydrated

If you find that perhaps you have food issues such as over or under eating, then underlying emotional aspects must be looked at and addressed. This is where EFT can be such a valuable tool.

Here's how it works for addressing the issues around weight gain and body image:

EFT has been shown to lower cortisol levels quickly and efficiently. Cortisol is often called the 'fat chemical' because when you have high levels of cortisol, your body holds onto fat. So by using a tool like EFT to lower cortisol levels you naturally set yourself up for a more efficient metabolism.

EFT also helps to release negative emotions that come up when we look in the mirror and see a lot of things we don't like. Once you lower your negative emotions, you can then make the choice to love your body throughout the aging process.

*Tapping Scripts for the Issue of Weight Gain*

**'Gaining Weight that Won't Come Off'**

**Karate Chop:**

*'Even though I don't like the way my body looks I accept my feelings.'*

*'Even though I try to lose weight. I starve myself, exercise, diet and it just doesn't work I choose to like myself anyway.'*

*'Even though nothing I try takes the weight off I accept myself anyway.'*

**Eyebrow: Tap while saying out loud:**

*'My stomach is too big.'*

**Side of Eye: Tap while saying out loud:**

*'My thighs are big and jiggly.'*

**Under Eye: Tap while saying out loud:**

*'My arms are flabby.'*

**Under Nose: Tap while saying out loud:**

*'Ugh. I don't like how I look!'*

**Chin Point: Tap while saying out loud:**

*'My body just doesn't look like it used to.'*

**Collarbone: Tap while saying out loud:**

*'I don't like looking in the mirror.'*

*(Continued)*

**Under Arm: Tap while saying out loud:**

*'It's so depressing.'*

**Top of Head: Tap while saying out loud:**

*'I'm fat and nothing works.'*

**Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.**



**Positive Round:**

**Eyebrow: Tap while saying out loud:**

*'I am thankful for my body.'*

**Side of Eye: Tap while saying out loud:**

*'My body is strong and healthy.'*

**Under Eye: Tap while saying out loud:**

*'My body has served me well through the years.'*

**Under Nose: Tap while saying out loud:**

*'I love and accept myself the way I am.'*

**Chin Point: Tap while saying out loud:**

*'I love even the jiggly parts!'*

**Collarbone: Tap while saying out loud:**

*'I choose to be gentle with myself.'*

**Under Arm: Tap while saying out loud:**

*'I choose to be kind to myself.'*

**Top of Head: Tap while saying out loud:**

*'I am thankful for every part of me.'*

## My Body Has Betrayed Me!

### **Karate Chop:**

*'Even though my body is betraying me I accept my feelings.'*

*'Even though I never know what my body is going to do since going into menopause I forgive it.'*

*'Even though I can't trust this body of mine, I love and accept myself anyway.'*

### **Eyebrow: Tap while saying out loud:**

*'I can't trust my body.'*

### **Side of Eye: Tap while saying out loud:**

*'It's doing crazy things.'*

### **Under Eye: Tap while saying out loud:**

*'I'm gaining weight for no reason.'*

### **Under Nose: Tap while saying out loud:**

*'What's going on?'*

### **Chin Point: Tap while saying out loud:**

*'My body doesn't look like it used to.'*

### **Collarbone: Tap while saying out loud:**

*'That's not a good thing!'*

*(Continued)*

**Under Arm: Tap while saying out loud:**

*'What's up?'*

**Top of Head: Tap while saying out loud:**

*'Is this how it's going to look the rest of my life?'*

**Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.**



**Positive Round:**

**Eyebrow: Tap while saying out loud:**

*'I still love my crazy body!'*

**Side of Eye: Tap while saying out loud:**

*'I will treat it gently.'*

**Under Eye: Tap while saying out loud:**

*'I send love and acceptance to my body daily.'*

**Under Nose: Tap while saying out loud:**

*'It is amazing what it does for me every day.'*

**Chin Point: Tap while saying out loud:**

*'I am strong and beautiful inside and out.'*

**Collarbone: Tap while saying out loud:**

*'I feel great. I am grateful for my life.'*

**Under Arm: Tap while saying out loud:**

*'I choose to give myself unconditional love.'*

**Top of Head: Tap while saying out loud:**

*'I am safe.'*

It's interesting in life, how we let external factors such as the media and society influence how we feel about ourselves. What gives 'Them' the right to set the standards of what is acceptable and/or beautiful? Sadly enough we buy into it.

Poor body image leads to a perpetual cycle of feeling low about how you look on the outside without even taking a look as to what is offered on the inside.

This can easily be changed by challenging your own thought patterns and beliefs.

EFT is an especially great tool when addressing weight gain and body image issues.

Here's a tapping script on feeling beautiful and sexy right now no matter how your body is shaped:

*I Don't Feel Sexy Because I'm Too Fat*

**Karate Chop:**

*'Even though I don't feel sexy anymore I accept my feelings.'*

*'Even though I don't feel beautiful I still want to love and accept myself.'*

*'Even though I'm too fat to be sexy I accept my feelings.'*

**Eyebrow: Tap while saying out loud:**

*'I don't feel sexy.'*

**Side of Eye: Tap while saying out loud:**

*'My body has changed.'*

**Under Eye: Tap while saying out loud:**

*'I feel all droopy and fat.'*

**Under Nose: Tap while saying out loud:**

*'That's not sexy!'*

**Chin Point: Tap while saying out loud:**

*'I'm not beautiful.'*

**Collarbone: Tap while saying out loud:**

*'I don't like seeing my body.'*

*(Continued)*

**Under the Arm: Tap while saying out loud:**

*'My body is all soft and round.'*

**Top of Head: Tap while saying out loud:**

*'I'm too fat.'*

**Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.**

**Positive Round:**

**Eyebrow: Tap while saying out loud:**

*'Maybe soft and round can be sexy!'*

**Side of Eye: Tap while saying out loud:**

*'Being beautiful starts in the mind.'*

**Under Eye: Tap while saying out loud:**

*'I don't have to be perfect to be sexy.'*

**Under Nose: Tap while saying out loud:**

*'I choose to love myself exactly as I am.'*

**Chin Point: Tap while saying out loud:**

*'I am worthy of my own love.'*

**Collarbone: Tap while saying out loud:**

*'I choose to accept my body just the way it is.'*

**Under Arm: Tap while saying out loud:**

*'I give myself the gift of unconditional love.'*

*(Continued)*

**Top of Head: Tap while saying out loud:**

*'All is well.'*



## Self Esteem

If you happen to be one of the millions of women who have a poor body image, the core of that issue stems directly from a lack of Self Esteem. Self Esteem is really Self Love.

According to Webster's Dictionary, Self Esteem is 'a confidence and satisfaction within oneself.' It's the person's overall evaluation or appraisal of his or her own worth.

Self Esteem can be impacted by belief systems, social status, physical appearance (body image) pop culture and/or peer pressure.

In the journal 'Human Development', those with Self Esteem issues may show some- or all -of the following symptoms:

- Self Criticism – dissatisfaction with oneself.
- Hypersensitivity to criticism
- Chronic indecision – not from a lack of information, but from fear of making a mistake
- Excessive desire to please – being unwilling or unable to say “no”
- Perfectionism – no mistakes allowed
- Excessive guilt
- Potential hostility– and Irritability
- Negativity - lack of the ability to enjoy life
- Envy Looking at this list above

***On the other hand, people with a great Self Esteem share the following characteristics:***

- They stand firmly and confidently by what they believe in
- Trust their own judgment and don't feel guilty when others do not like their choices
- Live in the present and do not worry about the past or the future
- Trust themselves when making decisions and don't ridicule themselves when they fail
- Believe no one is superior or inferior to themselves
- Enjoy life and activities
- Realize that how they feel and what they believe inside is the exactly what they will attract in their lives.

***Menopause and Self Esteem:***

If a woman approaches Menopause with poor Self Esteem, it can spell disaster for her and make the journey much harder than it has to be. Let's face it Ladies, Menopause happens to all women- eventually- and brings with it numerous physical, emotional and psychological changes. This process might be met with feelings of relief, peace and acceptance- or depression, anxiety and illness, depending.

How a woman accepts this inevitable time in her life depends largely upon the cultural and societal norms that prevail in her day to day life, and yes, a woman's response to the Menopause process will vary significantly depending upon the culture in which she grew up.

The more the culture in question views Menopause as a natural occurrence in a woman's life- and not a disease process to be conquered, cured or overcome- the easier and more enriching the Menopause experience will be.

The more Menopause is viewed as a 'loss' -of youth, vitality, beauty- the more likely that a woman will experience pain, illness and emotional issues as she makes the transition.

Society and pop culture dictate a woman's sense of Self Esteem, and self perception. This is most unfortunate- but true.

In societies where aging is considered a loss, handicap or journey toward death, Menopause has proven to be a rather bumpy ride for women.

On the contrary, in cultures where it is viewed as being a natural, normal process- and a time of true freedom- Menopause proves to be a rather easy time of transition- and a time of self-growth and self-actualization.

It's a proven phenomenon that young girls who are taught to feel positive about the act of menstruation and the process of womanhood, seem to have fewer medical issues surrounding their cycles; less pain, less cramping, less emotional symptoms.

One has to wonder, if we as women were taught to embrace Menopause instead of viewing it as an 'ending' a 'loss' a time of 'illness and aging'- and 'enemy to be conquered at all costs'- would we fare better with the process?

Heaven help us if we don't fit the 'ideal' society tells us we should. Worse yet, Heaven help us if we DO! Trying to live up to today's artificial idea of Beauty is next to impossible:

Leaking breast implants, anorexia, bulimia, rising skin cancer rates, plummeting self esteem... huge prices to pay for pursuing an Ideal that is based solely upon fiction....

Enough is enough! How much longer will we feed this craziness?

It's time for real, hardcore, honest self evaluation- and it's way past time to replace our inner panic and insecurities around the process of Aging with self-awareness and self-respect.

*It's time we realized: Aging will happen- but only if we're lucky!*

The simple truth is: Aging is not a disease- or a deformity- to be hidden at any and all costs. Beauty is present- on every level and at every stage of Life- PERIOD.

We must look for it, seek it out- and acknowledge it-- when and where we find it. The only way to lasting, genuine Beauty, is to work from the inside out.

--Surely this isn't news!

The minute that you decide YOU are in charge of how you feel each and every moment in your life, the better your life will be in the years to come.

You can diet and exercise fanatically but if you perpetually tell yourself you're fat, or ugly- or unworthy- the universe is going to provide that for you. You will continue to self-sabotage in order to fulfill what you truly believe about yourself. -Never has the saying 'Change your Thoughts, Change your Life been more true!

This is where EFT comes in and is so astoundingly powerful!

Let's take a closer look...

*Tapping Scripts for Lack of Self Esteem*

**'Looking and Feeling Old'**

**Karate Chop:**

*'Even though I am looking old I accept myself anyway.'*

*'Even though I have all these wrinkles I accept my feelings.'*

*'Even though I have all these saggy bits I want to love and accept myself anyway.'*

**Eyebrow: Tap while saying out loud:**

*'It's happened! I'm looking old.'*

**Side of Eye: Tap while saying out loud:**

*'My skin is wrinkly.'*

**Under Eye: Tap while saying out loud:**

*'My chin is droopy.'*

**Under Nose: Tap while saying out loud:**

*'I have bags under my eyes.'*

**Chin Point: Tap while saying out loud:**

*'My arms are saggy.'*

*(Continued)*

**Collarbone: Tap while saying out loud:**

*'Ugh! I hate it'*

**Under Arm: Tap while saying out loud:**

*'I don't even like looking at myself.'*

**Top of Head: Tap while saying out loud:**

*'I look old!'*

**Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.**



**Positive Round:**

**Eyebrow: Tap while saying out loud:**

*'I choose to accept the changes I see.'*

**Side of Eye: Tap while saying out loud:**

*'I choose to love myself despite my older looks.'*

**Under Eye: Tap while saying out loud:**

*'I treat myself with kindness.'*

**Under Nose: Tap while saying out loud:**

*'I am beautiful inside and that beauty shines out.'*

**Chin Point: Tap while saying out loud:**

*'I choose to focus on what I love about my looks.'*

**Collarbone: Tap while saying out loud:**

*'I choose to stand out and make a difference in this world.'*

*(Continued)*

**Top of Head: Tap while saying out loud:**

*'I use my life experience to contribute in powerful ways.'*

*My Husband Left Me for a Younger Woman*

**Karate Chop:**

*'Even though my husband left me for a younger woman I still want to love and accept myself.'*

*'Even though I feel like I wasn't enough for him I accept my feelings.'*

*'Even though I feel rejected and discarded I want to love myself anyway.'*

**Eyebrow: Tap while saying out loud:**

*'I wasn't enough.'*

**Side of Eye: Tap while saying out loud:**

*'I am too old.'*

**Under Eye: Tap while saying out loud:**

*'No one will ever love me again.'*

**Under Nose: Tap while saying out loud:**

*'I'm not good enough.'*

*(Continued)*

**Chin Point: Tap while saying out loud:**

*'I've been abandoned.'*

**Collarbone: Tap while saying out loud:**

*'What do I do now?'*

**Under the Arm: Tap while saying out loud:**

*'How dare he after all I've done for him!'*

**Top of Head: Tap while saying out loud:**

*'I'm all alone.'*

This is a huge issue with a lot of different aspects. If this happened to you recently and the grief, anger and rejection is fresh, it will require patience with your tapping.

Each time you tap on the issue you will be releasing some of the negative emotion and healing. Be gentle with yourself, start with this script, continue using your own words and keep on tapping!

Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.

**Positive Round :**

**Eyebrow: Tap while saying out loud:**

*'I choose to love myself even though this happened.'*

**Side of Eye: Tap while saying out loud:**

*'I adore my own company!'*

**Under the Eye: Tap while saying out loud:**

*'I choose to use this time to get to know myself again!'*

**Under Nose: Tap while saying out loud:**

*'What do I like?'*

**Chin Point: Tap while saying out loud:**

*'What do I want to do?'*

**Collarbone: Tap while saying out loud:**

*'I'm so fascinating!'*

*(Continued)*

**Under Arm: Tap while saying out loud:**

*'I am lovable and valuable.'*

**Top of Head: Tap while saying out loud:**

*'New beginnings can be exciting if I let them be.'*

**'Loss of Purpose'**

**Karate Chop:**

*'Even though I don't know what my purpose is I accept my feelings.'*

*'Even though I don't feel valuable anymore I want to love myself anyway.'*

*'Even though others don't value my ideas because I'm too old I want to love and accept myself anyway.'*

**Eyebrow: Tap while saying out loud:**

*'Do I have anything valuable to offer?'*

**Side of Eye: Tap while saying out loud:**

*'My children are grown.'*

**Under Eye: Tap while saying out loud:**

*'No one really needs me.'*

**Under Nose: Tap while saying out loud:**

*'No one listens to what I say.'*

*(Continued)*

**Chin Point: Tap while saying out loud:**

*'No one cares what I think.'*

**Collarbone: Tap while saying out loud:**

*'I'm not valuable.'*

**Top of Head: Tap while saying out loud:**

*'I'm not important.'*

**Keep tapping on the negative until your emotional intensity is at a 4 or lower on a scale of 0-10. Then you can move to the positive round.**

Positive Round:

**Eyebrow: Tap while saying out loud:**

*'I accept and use my own power.'*

**Side of Eye: Tap while saying out loud:**

*'It is safe for me to speak up for myself.'*

**Under Eye: Tap while saying out loud:**

*'I have so much to offer the world.'*

**Under Nose: Tap while saying out loud:**

*'I love contributing my gifts.'*

**Chin Point: Tap while saying out loud:**

*'I love all the possibilities opening up to me at this time in my life.'*

**Collarbone: Tap while saying out loud:**

*'I honor who I am.'*

*(Continued)*

**Under Arm: Tap while saying out loud:**

*'I don't have to prove myself to anyone.'*

**Top of Head: Tap while saying out loud:**

*'I choose to feel peace.'*

## *The Most Commonly Asked Questions About EFT*

- **Why do I have to focus on the negative?**

This is one of the most frequently asked questions about EFT. It's confusing to many why we would want to dwell on the negative feelings – after all, those of you who are familiar with the Law of Attraction have been instructed to focus on the feelings you do want and to stay away from the feelings you don't want.

As if it was that easy!

The reality is you are experiencing these undesirable thoughts and feelings and it is those feelings and thoughts that are mucking up the attraction of your desires. Think about it! Are you having to 'make up' the thoughts and feelings you're tapping on?

Of course not – they already exist and it's not going to serve you to ignore them. Even if you could monitor your thoughts with the intention of catching every undesirable thought, it's been speculated that only 5% of our thoughts are at the conscious level which means 95% of our thoughts are at the unconscious level.

What's really striking about those numbers is that 80% of our thoughts are the same thoughts we had yesterday! Catching your thoughts would be a full time job!

So what can we do instead? Well that's where EFT comes in. We focus on how we feel! Our feelings are a much better indicator of when we're giving our attention to something which is activating something in our body that is keeping us in our comfort zone at that time.

We tune in to those less-than-desirable feelings or those little ‘zaps’ that are happening as you go near the boundary of your comfort zone because that is when the circuit is ‘live’ and that is when you have your greatest opportunity to neutralize it.

- **How often should I tap?**

It is highly recommended that you tap at least once every day and more when needed. Having a daily practice will make tapping a habit. The upside of that is you’ll be wiring your brain to handle stress and anxiety in a new and constructive way by tapping instead of stewing in your thoughts.

Face it – everyone has cycles where we feel we’re more emotional or easily triggered by the events in our lives. Expect that there might be certain times in your life when you’ll be doing more tapping – be thankful you have found something to get you through those times differently than you’ve ever done before!

- **How long do I tap?**

One tapping round will only take you a couple of minutes to do. Since it doesn’t take much time you’ll probably want to choose a couple of rounds to do at one sitting. You’ll be tapping at each point approximately 7 or so times. Don’t worry about trying to count how many times you’ve tapped – just keep saying the reminder phase while you’re tapping and you’ll have tapped as many times as you need.

- **How hard should I tap?**

You will want to tap with intention – not so hard you’re beating yourself up and not so soft that you’re barely touching the skin. It’s much like if you were drumming your finger on a table.

- **When is the best time of day to tap?**

The 'best' time is when you find yourself feeling bad, low, anxious, discouraged, angry, frustrated, etc. The wonderful thing about the tapping is that you don't have to live with the feelings that drag you down and sap your energy!

- **How will I know which topic is right for me?**

The benefit of using the scripts is that you'll be focusing on issues all around the topic you're working on. Initially go through each of the tapping sequences. Be careful about skipping because "That's not my issue".

The mind is very self protective and will keep the truth of what is blocking you hidden so you will stay 'safe.' It's best to go through all of the tapping sequences at least once, then go back to focus on those areas you feel address your fears. Also feel free to add your own phrases when they come to you. You don't have to stick exactly to the script as it's written.

For an added bonus refer to the positive sequences throughout your day as energy boosters!

- **Can you tap too much?**

The short answer is "no." Let's face it, some days we feel more fragile than others – it's like our triggers are closer to the surface and it seems like it doesn't take much to send us into a tailspin. It could simply be that you've taken a few steps forward and you've gotten close to another comfort zone and now new issues are rising. What many of us do when this happens is we freeze, stall, or even worse – we sabotage the progress we've made.

Now you no longer have to resort to those old behaviors because you'll just 'tap on it' and yes, you may find that you're tapping more on those days!

The bigger problem is when people are feeling good- they stop tapping! It's like saying, "I feel so good from exercising that I think I'll stop for awhile!" DUH!

The good feeling comes from what you're doing-- so keep doing it!

Developing daily practice of tapping is Key. On days that you feel wonderful, spend your 10 minutes doing several rounds of the positive affirmations or 10 minutes of gratitude tapping and you'll be anchoring those wonderful feelings in your body's memory bank!

- **What are some of the signs of energy releasing?**

You might experience any of the following:

Yawns

Sighs

Tearfulness

Getting the giggles

You might feel energetic or become tired

The feeling moves to another part of the body

The feeling shifts in how it feels – moving from sharp to heavy, tight to tingly, localized instead of spread out

**\*\*REMINDER:** Make sure to drink plenty of water before and after doing any energy work. You need to be hydrated to optimize your body's

healing system and to flush out toxins released from the work you're doing.

- **How will I know if it's working?**

This is a great question and one that can range from seeing strong and obvious changes, to being aware of the small and subtle shifts in your day-to-day life. If you had an extreme fear of water and now you are taking swimming lessons, it's easy to tell that the EFT 'worked'.

Or maybe there was a particular memory from an event that easily hijacked you in the past and now when you think of it you there is a noticeable change in the way you feel.

Strange thing is, once the energy has been released around an event that event doesn't come to mind as often- or even at all.

Other comments routinely heard from people who have been tapping on a regular basis are: they notice a general sense of wellbeing and self confidence. They are pleasantly surprised to find that old situations which would be typically stressful are now relaxed and easy for them.

They also find themselves open to new ideas and taking actions they have avoided in the past. Sometimes the shifts are so subtle that we don't notice them at all!

One of the amazing things about EFT is that people often forget that they 'used' to get bothered by something!

Many times it's the people in our lives who notice the changes. You may find people 'sense' something different about you; they can feel something is different even if they can't put into words what has changed.

What they're noticing are the subtle shifts that are taking place on the energetic level, where real and lasting change occurs.

- **Should I tap privately? How do I tap when I'm at work or at a social gathering? What can I do when I'm in a meeting and I'm feeling emotionally hijacked and I can't start tapping all over myself – people will think I've lost my mind!?**

Here are a few ideas:

Go into the bathroom and tap like mad!

Touch and press each point (instead of tapping) and take a deep breath. Do this at each point while saying the reminder phase either out loud or silently within.

There are several points on the inside of both wrists and you can activate several of them just by crossing your hands over each other at the wrist and tapping both wrists together. You can also rub or press the wrist points without being noticed.

Visualize the tapping. See yourself in your mind's eye tapping at the karate chop point while saying the set-up statements and then moving through the body points saying the reminder phase. This works especially well at night when you're in bed!

David Benor M.D. does a hybrid of EFT and EMDR called WHEE. He offers a few other suggestions:

You can squeeze your toes; first you squeeze your left big toe down against the ground, then your right big toe down, and so on.

Many of the points are in areas we rub when we're stressed or fidgeting, such as the collarbone point, chin point, or pressing the fingers together at the bridge of the nose (there are meridian points there also!).

Tapping the finger points with the thumb. There are wonderfully powerful meridian points located on our fingers!

Part of the original EFT recipe called for finger tapping: tap at the base of the nail bed, on the side of the finger facing the body of the thumb, index finger, middle finger, ring finger, and pinkie. You can tap with the opposite hand or you can tap with the thumb of the same hand.

Once you get the hang of it, it's easy to do anywhere!

***A word about working with an experienced EFT practitioner:***

Working with a practitioner who is trained and experienced in EFT is a huge gift to you! As we said before, our mind is very self protective. When you work with an EFT practitioner they will know how to peel the layers back around the issue and get to the core much faster than you could do by yourself.

Someone else can more easily see what may not be visible to you because you've become accustomed to it. When you feel like you've hit a wall tapping on your own- or you see that you are dealing with a bigger issue then you want to deal with by yourself- get the support and guidance of an EFT professional.

## *Getting to Know Your Team: About Gail, Carrie and Leanna*

### Gail Sophia Edgell



Gail Sophia Edgell (B.S. in Exercise Science) is a pioneer in the field of women's health and wellness. For over 20 years, Gail has implemented numerous health and fitness programs for Fortune 500 companies.

In 2000 she founded Inside Out Wellness Ltd., a personal-training company created specifically to help individuals struggling with medical issues.

Today she is President of [360Menopause.com](http://360Menopause.com) where she teaches women how to live a vibrant life through education and innovative health options.

Gail is co host of the nationally syndicated radio show *Magnificent Menopause & Beyond™* and has made over 20 live appearances on *Women's Heart Beat Radio*.

Gail released Part 1 of her six co-authored book series with Carrie Pierce, *'What the Hell is Happening to Me?'* which is available through Amazon. You can see a listing of all of Gail's books at <http://amzn.to/Izw1Uc>. She is a guest blog writer for Boomer Living Senior International, and Menopause Chit Chat.

Gail continues to gain exposure as an expert in the field of health and wellness with her latest project, [HolisticMarketingMentors.com](http://HolisticMarketingMentors.com) which

assists health and wellness professionals attract and retain clients and increase profits.

Gail truly lives what she believes by making health and fitness an everyday part of life. In fact, she has been an amateur boxer and a fitness competitor over the years.

## Carrie E. Pierce



The Cosmetics, Health and Skin Care industries have been Carrie's career focus for over 25 years.

Throughout her career, Carrie has served as Guest and Corporate Makeup Artist for numerous major, international cosmetic companies and as a Hollywood film, TV and special effects makeup artist.

She's provided skin care and makeup artistry services for the fashion industry, as well as restorative make up procedures for burn and scar patients, cancer patients, domestic violence survivors and women suffering with Self -Esteem issues.

Carrie is a licensed Aesthetician, Certified Color Analyst, Menopause Skin Care Specialist, Author, Public Speaker, President and Founder of [www.Menopauserus.com](http://www.Menopauserus.com), and is co host of the syndicated radio show 'Magnificent Menopause & Beyond©' (with Gail Edgell).

She's a regular contributor to the women's health, beauty and fashion online community, Minerva Place and also writes regularly for Kalon Digital Magazine.

It's Carrie's mission and her passion to show women a healthier, more loving way to be the best they can be – especially as they move through the Menopause process- and it's her belief that Menopause can actually be 'The Change- for the Better!

**To purchase Carrie's books go here:**

<http://www.amazon.com/Carrie-E.-Pierce/e/B006YWF5JY>

## Leanna Fredrich



Leanna is a Mindset Coach and an expert in helping top performers in business and sports stay focused, motivated, passionate and moving past the fears that keep them from creating and keeping the success they desire. Her mission is to remind people of what they have forgotten; that life is to be lived fully with passion, purpose, joy and abundance!

Leanna Fredrich has trained, inspired and provided coaching services for the last 12 years to numerous clients. She has conducted trainings for corporations including the Tony Robbins Company and Live Out Loud. She authored the book 'Motivational Mondays' and coauthored five more books. Leanna has advanced certification in both EFT and Psych-K.

For more information about Leanna's life-changing products and programs and to get the free videos on how to eliminate stress, anxiety and overwhelm please visit [www.amazingmondays.com](http://www.amazingmondays.com).

### **IMPORTANT:**

While EFT can be used by most people it is important to remember that it is very powerful. If you experience a strong reaction during the tapping it is important to KEEP TAPPING. It will subside and you will get through it but you must KEEP TAPPING.

### **Disclaimer:**

EFT (Emotional Freedom Technique) is a member of a new class of treatment techniques and protocols referred to as Energy Therapy.

While EFT has produced remarkable clinical results, it has only been used in its current form since 1992, and is considered in the experimental stage.

There are many theories as to how and why it works, why it sometimes doesn't work but there is no accepted scientific explanation as of yet. As a result of its experimental nature, no EFT practitioner knows with certainty in advance how someone can be helped or if the technique will help a particular person with a particular problem.

EFT and other Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems. However, they are not meant to replace appropriate medical treatment or mental health counseling.

If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise your clients to do the same.

