

# Discover How Emotional Freedom Techniques (EFT) Can Transform Your Relationship with Food

Do you find yourself reaching for unhealthy snacks in moments of stress or boredom? Are you constantly battling with guilt and shame after indulging in your favorite foods? It's time to break free from the toxic cycle of emotional eating and learn how to eat joyfully and love your body using Emotional Freedom Techniques (EFT).

## The Power of EFT

Emotional Freedom Techniques, commonly known as EFT or tapping, is a powerful healing modality that involves gently tapping on specific meridian points on your body while focusing on specific emotions or thoughts. This technique helps to shift energy patterns within your body and release negative emotions or limiting beliefs, allowing you to heal and create positive changes in your life.

EFT has gained recognition and popularity in recent years for its effectiveness in reducing anxiety, managing pain, and improving overall well-being. However, its application in the realm of food and body image issues is often overlooked.



## Tap, Taste, Heal: Use Emotional Freedom Techniques (EFT) to Eat Joyfully and Love Your Body by Marcella Friel (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 749 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 222 pages



## **Overcoming Emotional Eating with EFT**

Many individuals struggle with emotional eating, using food as a way to cope with stress, anxiety, or unpleasant emotions. This behavior can create a harmful cycle of guilt, shame, and self-sabotage that negatively impacts both physical and emotional health.

EFT provides a unique and empowering approach to breaking free from emotional eating patterns. By using tapping techniques, you can address the root causes of emotional eating, such as unresolved traumas, negative self-talk, or deep-seated beliefs about food and body image.

With EFT, you have the tools to release emotional attachments to food, build self-awareness, and develop healthier coping mechanisms. By clearing emotional blockages and creating a positive mindset, you can restore a healthy relationship with food and rediscover the joy of eating.

## **The Process of EFT for Food and Body Image**

Here's a step-by-step guide on how to use EFT to eat joyfully and love your body:

### **1. Identify Triggers and Emotions**

Start by becoming aware of the emotions that trigger your emotional eating episodes. Is it stress, sadness, or boredom? By identifying these triggers, you can address the underlying causes during your EFT practice.

## 2. The Setup Phrase

Create a setup phrase that acknowledges the problem and allows you to focus on self-acceptance and self-love. For example, "Even though I feel the urge to eat when I'm stressed, I deeply and completely love and accept myself."

## 3. The Tapping Sequence

Follow the tapping sequence by gently tapping on the meridian points while repeating affirmations related to your specific triggers and emotions. For example:

- Top of the head: "I release this stress and find peace within."
- Inner eyebrow: "I choose to nourish my body with love and respect."
- Side of the eye: "I let go of the need to use food as a coping mechanism."
- Under the eye: "I embrace my body and treat it with kindness."
- Under the nose: "I am worthy of love and acceptance, no matter my size or shape."
- Chin: "I release any guilt or shame associated with my eating habits."
- Collarbone: "I choose to eat mindfully and enjoy every bite."
- Under the arm: "I am grateful for my body and all that it does for me."
- Top of the head: "I am free to love and accept myself exactly as I am."

## 4. Reassess and Repeat

After completing one round of EFT, take a moment to reassess your emotions and triggers. If you still feel any intensity, repeat the tapping sequence until you feel a sense of calm and release.

## The Benefits of EFT for Food and Body Image

Using EFT to transform your relationship with food and your body can have numerous benefits, including:

- Reduced emotional eating episodes
- Increase in self-acceptance and self-love
- Improved body image and confidence
- Enhanced mindfulness and enjoyment of food
- Decreased anxiety and stress around eating
- Emotional release and healing from past traumas

Emotional Freedom Techniques (EFT) offer a powerful and transformative tool for anyone seeking to eat joyfully and love their body. By addressing the root causes of emotional eating and negative body image, you can break free from the toxic cycle and create a healthier, more positive relationship with food. With consistent practice and self-compassion, you can reclaim your joy, nourish your body, and embrace self-love.



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A step-by-step guide to help you stop yo-yo dieting, forgive yourself and your body, and heal your relationship with food

For many people who struggle with food, mindful eating alone is not the answer. By teaching the neurological repatterning tool of Tapping, natural foods chef and mindful eating and body image coach Marcella Friel will help you rediscover nourishment in the foods you eat. Sometimes called "emotional acupuncture," Tapping (also known as the Emotional Freedom Technique or EFT) is an energy-healing-based practice that pairs gentle, self-applied pressure with vocal affirmations to short-circuit harmful patterns such as binge eating or boredom eating. Tapping can help you lose weight—but more importantly, it will help you accept, honor, and nourish your body. Friel offers step-by-step Tapping instructions, links to online demonstrations, and cooking tutorials to prepare delicious, nutritional foods and jumpstart your healing journey.



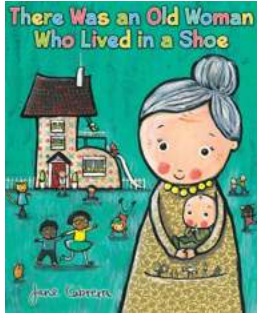
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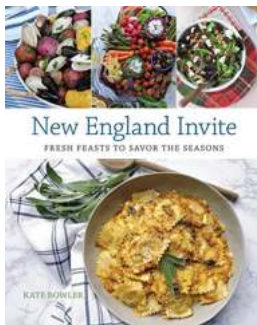
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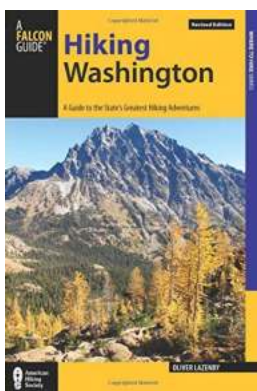
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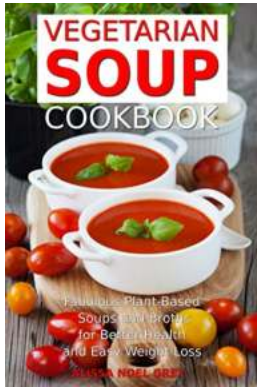
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