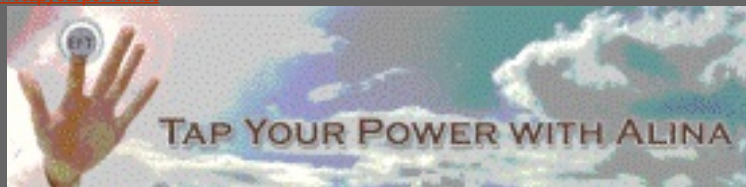


<http://www.tapyourpower.net><http://www.tapyourpower.net>

EFT For Self-Care

Recently I meet with a friend recovering from a long-standing health condition. When I asked about the specifics of her condition and her healing she looked into my eyes, shrugged her shoulders, and said, "Ahh, the body". This is a conscious woman who sees herself as a spiritual being on a human path. It was something in the way she said "the body" that inspired me to write this month's article- Love Your Body, It's the Only One You've Got.

Self-care is a conscious decision to do what's right to get fit and stay healthy on a mental and/or physical level. Years ago as a doula, I'd often recognize deteriorating care by new moms as a sign that things were going downhill rapidly. One study found that those that reported better self-care post heart failure were less likely to have elevated levels of two biomarkers of myocardial stress and systemic inflammation.

As Dr. Joel Fuhrman writes, *"The finest health care in the world is proper self care: learning to live so healthfully that you can safely avoid hospitals, doctors, drugs, and surgery."*

[Full article and tapping guide here](#)

In this issue:

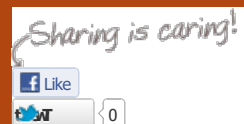
Self-Care

Love Tap Radio

Workshops

Past issues:

Do You Have A Secure Bond With Your Partner? Take the A.R.E. quiz



Upcoming Workshops



September/October Seattle **Level 1 and 2** now open

For details and registration visit

<http://www.tapyourpower.net/SeattleEFT.html>

October 15th - 1/2 day **Matrix Reimprinting** workshop in Portland at the Garden Sanctuary in Multnomah Village. Workshop is already filling up! You must have taken Level 1 and 2 EFT or have at least 2 years experience with EFT to attend. [Click here](#)

Next **Tapping Practice Day** will be November 12th in our home on Whidbey. Only 2 spaces left [email me](#) to hold your spot



August 10th at 10 am

Is your love life and your finances connected? On Love Tap with Alina. Listen live or download the recording by [clicking here](#)

To schedule a 15 minute call [email me for a free consult](#)