



<http://www.tapyourpower.net>

Food and Your Emotions

Are you obsessed about your body size and what you eat? You aren't alone. It's been estimated that 5% of the US population binges or overeats on a regular basis. If you were to include the number of people that worry about eating too many calories that number goes up to 8 million in this country alone. I am not talking about eating disorders diagnosed either but rather the crazy looping food thoughts that many people especially women seem to take for granted as part of life. All that stress about what we look like, will others know what we are eating, how we're going to be seen by our partners, etc actually increases cortisol levels which can actually cause you to gain weight even if you aren't overeating!

Here are some suggestions on how to get food freedom:

[Full article here](#)

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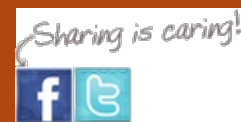
[Love Tap Radio](#)

[Workshops](#)

Past issues:

[What's Your S Archetype? How Do You Work With It Using EFT?](#)

[click here](#)



EFT HUB
Talk, Tap and Take Part

EFT, Focused Intention, and Getting Yourself Out of the Way in this video for the

EFT Hub's Tapping TV

[My interview for the EFT Hub on the role of intention in EFT](#)

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. Workshops 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 4 spaces left [email me](#) to hold your spot



[July 13th at 10 am Removing Blocks to Intimacy Part 1](#)

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

#1 Independently rated EFT practitioner for 29 consecutive months. To read my testimonials [click here](#)