

When cravings demolish every diet... tap into

EMOTIONAL FREEDOM TECHNIQUE

Chocolate, biscuits, cakes... any mouth-friendly food can wreck a diet in the time it takes to chew. But you can curb cravings with a stunning new therapy - say hello to Emotional Freedom Technique (EFT).

WHAT'S THE STORY?

Think of EFT as psychological acupuncture that works on the same energy meridians as acupuncture but uses finger tapping, rather than needles, to release negative emotions. It's a whizz at sorting phobias, but it's getting great results with emotional overeaters.

"Giving in to cravings is often a way of avoiding feelings or reducing stress," says practitioner Sally Canning. "Food can act as such an effective mask that we have no idea of the connection. Diets don't address the emotional issues and the lost weight will return unless the anxieties built up over months or years have been identified and eliminated."

HOW DOES IT FEEL?

At an initial consultation with a therapist, you'll identify the problem, decide how bad it

is on a scale of one to ten and work out an honest statement about how you feel at that moment. You'll repeat the statement as you rub points on either side of your chest. Next, you'll choose a shortened version of the phrase and tap specific points on your face, upper body and hands. You'll be taught to tap, hum and count through a prescribed sequence, to take a deep breath and evaluate how you then feel about the problem. The strength of your feelings should reduce - if they don't, you'll go round again. It sounds lengthy but, once mastered, it'll take only two minutes to complete. When you've finally resolved your issue, you'll be left with the memory but without the associated feelings and the need to overeat.

HOW LONG UNTIL RESULTS KICK IN?

"Confident individuals get results in one or maybe two sessions, plus some homework," reckons Sally. "For complex issues, a couple of weekly sessions, homework and a revisit to reinforce the process should do it." The bliss



"This is effortless food management!"

Denise Quail, 54, tried EFT : with amazing results,

"I discovered I had high blood pressure, high cholesterol and my weight had shot up to 15 stone. Using EFT, I addressed the emotional issues that were causing me to overeat. In three months I'd lost two stone and laid to rest a lot of emotional baggage!"

of EFT is that you can top up your tapping any time you feel a craving. *Sally Canning has a practice in Notts. (01909-472097; www.innersolutions-uk.com). For practitioners, try www.theamt.com. EFT sessions cost around £40-60.*