

EFT Summary Fact Sheet

Overview

You tap with the fingertips of two or more fingers on different places on your body. While tapping you speak aloud sentences that deal with an issue that is emotionally charged. This teaches your body to reduce suffering and emotional responses like cravings.

Below is an overview of the EFT points you'll have to tap on.

Between top of the wrist and base of the little finger (KC)



Top of head at the crown (TH)



Beginning of the eyebrow just above the nose (EB)



Outside of your eye socket near the corner of the eye (SE)



On the bone under your eye bottom of your eye socket (UE)



Between bottom of your nose and top of your upper lip. (UN)



Between point of your chin and bottom of your lower lip (CP)



Where the breastbone, collarbone and first rib meet (CB)



About 4 inches below your armpit (UA)



DISCLAIMER - While using EFT you agree to take full responsibility for your own physical health.

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