

Tapping for Food Cravings Still Successful after Twelve Months!

Tapping Away Your Food Cravings



www.foodcraving.com.au

Presenters:

**Dr Peta Stapleton
& Brett Porter**

Supported by

SlimMinds™

Hundreds of thousands of people worldwide have benefited from applying the easy to learn Emotional Freedom Technique (EFT) to obtain long lasting relief from emotional and physical discomfort. Now you can learn how to use this technique to address your difficulties with food or drink habits and cravings!

In this **clinical workshop**, you will learn:

- What Triggers Food Cravings and Emotional Overeating
- The EFT "tapping" technique
- How to apply "tapping" to all aspects and triggers of your food or drink habits, including self sabotaging, limiting beliefs, emotions, memories, body sensations and many more

- How to know what to say while tapping (and why!)
- Applications of EFT to other aspects of your life

How does it work?

The developers of EFT see it as being similar to acupuncture without the use of needles. EFT is a technique of *awareness, insight and action without judgement*. EFT is a private and safe technique to discover the truths about your discomforts. EFT helps resolve the conflicting aspects of the mind and body to sharpen your awareness and purpose so you can get the changes and differences you want in your life. EFT can be used at any time on Every Feeling Thing; emotional or physical, specific or general, past, present or future.



Pioneering the world's first clinical trial of EFT for food cravings at Griffith University, Dr Stapleton, Ms Sheldon and Mr Porter found that 12 months after an 8 hour treatment program ended, participants' cravings for the food they targeted remained **significantly low, power over food and restraint increased and BMI decreased.**

The clinical trial program is now available to the general public!

Date: July 24th and 25th 2010
Time: 9.30am - 3.30pm (6 hrs each day)
Cost: \$400 for 12 hour program

SPECIALS:

- **Bring along a friend a receive a \$50 discount each off the full price**
- **Receive a copy of the self guided Tapping Away Food Cravings program FREE with your attendance (RRP- \$220)**

Venue: Lakeside Group Room
Suite 8 North Building
34-36 Glenferrie Dr, Robina QLD
Robina East Quays

**Includes morning tea
Bring your lunch or go to the nearby tavern
or coffee shop for lunch**

Bookings Essential

**Peta - 0419736583
Email- peta@slimminds.com**



Registration Form

**Food Cravings and
The Emotional Freedom
Technique**

www.foodcraving.com.au

Title: _____ Name: _____

Address: _____

State: _____

Postcode: _____

Phone: _____

Email: _____

Method of Payment

- Cheque/Money Order—payable to SlimMinds Pty Ltd
- Visa
- MasterCard
- Bankcard

Dates

- July 24th and 25th (6 hours each day)

Amount

- \$400 for whole program**
- \$350 each if registering 2 people**
- Tick if you would like to receive a free copy of the Tapping Away Food Cravings Self Guided program (RRP \$220)

Credit Card # _____ Exp. date _____

Signature _____

Tapping for Food Cravings Still Successful after Twelve Months!

Many thousands of people worldwide have benefited from applying the easy to learn system of Emotional Freedom Technique (EFT) to obtain long lasting relief from many concerns—and now food cravings!

Often likened to ‘psychological acupuncture’, the technique stimulates pressure points on the body without needles. "Psychological acupuncture can help override our emotional and physiological responses to different stimuli, including food," Psychologist Dr Stapleton has said. Pioneering the world’s first clinical trial of EFT at Griffith University for food cravings, Dr Stapleton, Ms Sheldon and Mr Porter found that 12 months after an 8 hour treatment program ended, participants’ cravings for the food they targeted remained **significantly low and furthermore their restraint had increased and their BMI (Body Mass Index) and the power of food had decreased.**

The clinical trial program is now available to the general public!

www.foodcraving.com.au

2 x 6 hour programs available from March 2010 *with* **Dr Peta Stapleton & Brett Porter**



APS Psychologist

Post Registration to:

Dr Peta Stapleton, The Lakeside Rooms, PO BOX 123, Robina 4226
Or Fax: (07) 5530 6817 Or scan and email: peta@slimminds.com



"EFT offers great healing benefits"
Deepak Chopra, MD

SlimMinds™