



EFT & Reflexology

How to Fuse EFT + Reflexology to Lose Weight

Exercising Love and Compassion



Jacqueline Abrams

LoseWeightwithEFT.com



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Published by: Jacqueline Abrams

Visit **LoseWeightWithEFT.com** to access the **25-Video Course** on weight loss, including balancing your hormones, boosting your metabolism, removing negative energy blocks, and balancing all the organs and glands in your body. *This way your body can work synergistically again-so you can naturally lose weight.*

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Welcome...

Are you looking for a safe and natural way to lose weight? What if I told you that your hormones are not functioning as well as they could be? What if I told you that your metabolism needs a little help? Would you agree? What I'm teaching you in this book has been around for over 5,000 years. *There are places on your body that you are going to learn about that will help you lose those stubborn pounds!*

I am here to help you physically lose weight and emotionally heal by releasing negative energy blocks and revitalizing your metabolism! You may not even know that you have unresolved emotions—but they are what is holding you back from losing weight, focusing, getting enough rest at night, and having the energy to enjoy your life.



I hope you find this book helpful and transformative, and that it brings you peace, healing, and lasting changes in your life...

I pray it is a blessing to you!

Jacqueline Abrams

LoseWeightwithEFT.com



Please keep in mind that EFT Tapping is not a substitute for professional medical care or advice, and that this book and the scripts are not intended to diagnose, treat, or cure any medical or mental health condition. If you have any concerns about your mental or physical health, please seek the guidance of a qualified healthcare professional.

How to Lose Weight With EFT...

People all over the world are struggling trying to find a way to lose those stubborn pounds. For some reason, what used to work for us to stay the size we want to be no longer works, and people are looking for a more “permanent” solution so they don’t have to search any longer.

I have good news for you... it’s not your diet, or lack of exercise, it’s actually your energy. Negative energy, to be precise, is what is holding you back, but it’s not your fault. We all run into people who are negative or even if they’re not saying negative things, they are stressed. That energy has a way of bringing us down when we don’t even realize it.

The thing is, we don’t even realize what is happening. We didn’t become overweight overnight, it happened over time. Well, the weight gain happened over time, but it was the result of the negative energy blocking our energy which has an affect on our hormones, our metabolism, and all the organs, tissues and glands associated with that meridian pathway struggle for energy.

It’s as though you’re not getting enough blood or oxygen, but on a silent level to the extent that you don’t even know that anything is blocking you, because it’s your energy pathways (meridians) that are blocked.

I know what you're thinking... How is my weight the result of my past or even current emotions or unresolved issues. How does that block my energy pathways, or Meridians as the Chinese call it. Traumatic events in our lives, whether we were abused, or hurt emotionally, leave us with unresolved emotions, even a tragic car accident that scared you or a break up with someone you were close to could leave unresolved emotions in your subconscious.

Why is this important?

This is what no one is telling you. It's important for the same reason some people need to see a psychologist – to talk about their feelings. They need to get them out or make sense of them. But the problem is this negative energy affects us in ways that we can't place a finger on. When someone needs to see a psychologist, they know it in one way or another, but when weight creeps up on us around our belly, we have no idea that it is the result of our emotions.

On the pages that follow, I am going to tell you a little about myself and where I'm coming from, and I'm going to teach you how to remove these negative energy blocks – and more reasons on why you should.

How Is This Different?

I am going to teach you about natural ways to lose weight permanently, because once you learn, you'll know how to do it for life. Reflexology is like acupressure. I'm going to teach you pressure points for weight loss, and also about the Emotional Freedom Technique (EFT) to remove negative energy blocks. Please note that most people that teach EFT-only teach EFT-but they are leaving so much on the table. Reflexology has been around for over 5,000 years, and there are points all over your body that control your weight, help with digestion, your hormones, metabolism, and so much more!

When I tried EFT for the first time, I was really stressed out. They say to rate your stress level, or pain level, on a 1-10 scale. I was a 10. Then, after the first session, I rated myself again and I was a 5. I didn't feel but maybe half as stressed as I did when I first started... so I did it again to see what would happen. After the third time, I went from a 5 to a 2. I barely felt that anxiety. I knew it was there, but it was no longer on the "front shelf," but placed so far back it was no longer an issue.

For the first time in months, I was finally able to let go and see the bigger picture. I was able to focus again and be productive, and that, to me, made all the difference in the world. After that, I realized that I could use EFT tapping for so many things, so I started experimenting, and was thrilled with the results.

A Little About Me

I grew up with basic southern cooking. My mother made me peanut butter and jelly like everyone else I knew. She was a great cook, but didn't know anything about nutrition, so I didn't grow up with health conscious eating, I just ate what I knew I loved.

When I was 19 years old, I got into health food and that changed my life. I started working in a health food store before people really knew about nutrition and vitamins and eating healthy. I used to drink so much carrot juice that my hands were orange... but before you become alarmed at that thought, it was natural and didn't mean that it was bad for me or anything, it was just a side affect.

When my friends were reading romance novels, I was reaching Earl Mindell's Vitamin Bible. Then I got a job as a receptionist for a short while and in between calls and tasks, I was reading it through, highlighting, underlining and dog-earing pages all over the place. This book changed my life and it was the beginning of my journey for the next 30 or so years into wellness and helping others understand things that just aren't taught in school. While most people go to the doctor for everything, I began taking nutritional supplements instead.

I was a health food freak, as they called it, and got into organic food before it was even sold in the grocery stores. Okay, yes, that dates me a little, but it's okay. This is my history and I'm not ashamed of being thought of as a health food freak, because it is who I am.

About Reflexology ...

This is when I learned about reflexology. I was fascinated that all your organs were in your hands, feet and ears. Little tiny points all over your ears were a little foreign to me to think about, but the larger areas on the palms of your hands and bottoms of your feet were interesting to me and I began experimenting by massaging hands and feet.

I remember massaging my mother's feet, and when I went over the area where her liver and kidneys were, it sent her through the roof. She got angry with me, saying "that really hurts" as she peed her pants. I lessened the pressure, but I really wasn't massaging those areas any harder than I was the rest of the areas that she was enjoying so much.

I learned from that experienced to get feedback as I massaged because I didn't want that to happen again to anyone else. But I'll never forget the look on my mother's face. I felt so bad, I was like "I'm sorry, Mom" but the feeling never left. As I think back now, I still feel bad when I see that look on her face in my mind's eye... but it's a lesson that I learned that has helped me understand that it really works.

Reflexology has been around for years. It has ancient origins, with practices resembling it documented in Egypt, China, and India over 5000 years ago. The modern form of reflexology was developed in the early 20th century by Dr. William H. Fitzgerald, who introduced the "zone therapy" in 1913. Eunice Ingham took it further in the 1930s and 1940s, who renamed it "reflexology."

EFT was developed by Gary Craig in 1995. *Together, they work miracles!*

Negative Energy ...

I also learned about negative energy. Some call it emotional energy, or “stuck” emotions, but it’s all basically the same thing. Emotions that we feel that get stuck inside us can cause a myriad of negative responses that we do without even thinking. This negative energy blocks the positive energy from flowing, and remember how I first was introduced to EFT to get rid of anxiety? That anxiety became overwhelming because I was blocked with negative energy that prevented me from focusing or doing anything because that is all I could think about.

It doesn’t matter where the negative energy comes from. It can be from someone you ran into that you know, or someone that you don’t even know that had negative energy that permeated everyone around them without even knowing it. You know the kind, I’m sure you know someone who is always complaining. If that’s you? It’s not a put down. I get to moaning and groaning... until I see this behavior in myself. I stop myself and get rid of the negative energy, knowing it is controlling me and my emotions of dissatisfaction or frustration or even anger.

Emotions are not generally “temporary,” and what I want to emphasize here – because you really need to know this is “Unresolved feelings and emotions that are left unresolved can harm you.”

When these negative emotions get stuck somewhere in your body, it’s blocking the flow of positive energy. When you have these blocks, you can’t lose weight no matter what you try, you can’t move on, you can’t function... you can’t get out of your “funk,” but even worse?

Negative Energy ... Continued

These negative energy blocks can cause havoc on your health.

I'm going to say it again in case you didn't take me seriously. If you are holding onto hostility, or saying negative things to describe yourself, you are causing stress hormones that block your ability to lose weight.

The negative energy causes dis-harmony with your organs, tissues, glands, hormones, metabolism.... should I go on? Or are you thinking right now about your thyroid, tissues, and glands, and your hormones that stored negative emotions could be wreaking havoc on, which is causing your metabolism to malfunction.

Negative energy blocks disrupt the body's natural flow of vitality, leading to a wide range of physical, emotional, and mental health issues. Over time, these blocks may manifest as chronic fatigue, unexplained aches and pains, anxiety, depression, or even weakened immunity. When energy pathways are blocked, the body struggles to heal itself, potentially contributing to insomnia, digestive disturbances, and heightened stress responses.

Trapped emotions can cause irritability, hopelessness, or emotional numbness, a sense of disconnection or purposelessness. These blocks create illness and emotional distress, making energy-clearing practices—such as EFT—essential for restoring balance and well-being. PLEASE NOTE: It's not a one-time thing.... it's a lifestyle.

Let Things "Roll Off Your Back"

I learned how to never let things get to me. My mother told me at least 100 times that I was the *"strongest person she knew"* because no matter what, I wouldn't let temporary circumstances control me. I used to freak out when my bank account was \$800 negative and call my Mom and my husband all stressed out... because I was stressed out -- but then I realized *"now I have managed to get everyone stressed out!"*

Do you want to know what changed my behavior?

I realized this negativity wasn't serving anyone. It was hurting everyone that I held near and dear to my heart. When I realized that what I was doing was disturbing other people's peace, that's when I decided I had to make a change for the better... and I no longer let overwhelm, anger or frustration control me. Instead, I asked the Lord for help.

After that, if I discovered that my bank account was \$800 negative because something went through before it should have and everything is now catawampus, what I started doing was I just walked away and went into the bathroom and closed the door, so I could stop and pray.

I asked the Lord for peace, so I didn't freak out, and for wisdom, so He could guide me on how to handle it. I knew He was "the" One Person Who could help. So I did what I always should have done.

It's funny how we allow our behaviors to control us, and we continue to allow - it even though we know better!

By the Grace of God, I Changed

That was the pivoting point in my life. When I gave it all to the Lord and prayed for peace, everything changed for the better.

When I decided that my reactions or overreactions to everything and allowing myself to get all stressed out – and getting those I loved the most all stressed out so they couldn't focus on whatever they were doing and could only think about me? I don't know what I was disrupting with my mother, but I know my husband was trying to focus when I would call and freak out to him on the phone at work, and I know my husband cannot focus when he is upset.

When I would pray – before reacting – it changed everything.

That's when I started delivering messages that would have otherwise been an outrage, with peace? My Mom couldn't believe that I wasn't upset over it. Well, I was, but I gave it to the Lord when I prayed – first – and asked Him to give me peace and help me resolve it. My husband took the disturbing news better, because when I delivered it in peace with the message that it's going to be okay in my voice, because I was calm, it didn't disrupt his focus at work.

Everything changed for the better. I was not out of control, I was at peace. You know the “peace that surpasses understanding” that the Bible talks about? That's the very peace I was experiencing, “no matter what” because I chose to make that one change in my life and give it to the only One Who can change things... starting in my heart.

Stuck Emotions Are Blocking You

That was my story. Not everyone does that, obviously, so let's turn the focus off of myself and turn them toward people who still overreact and get all stressed out about things, so we can revert back to negative energy and how it affects you.

If you ever exited a relationship – whether it was a breakup or a nasty divorce – those emotions don't just go away. They get stuck in your body until you release them and force them to out of your body through an intentional release of those debilitating emotions.

What proof? Think of a tragic time in your life that you still live through or feel those emotions when you think back and remember them. If you are still moved by those emotions, they are still inside you.

It's like a boyfriend or girlfriend you had so many years ago. You might still think they were the “love of your life” and feel really intense emotions when you think of them. Or, you might think that was just a thing of your past... which indicates it doesn't affect you anymore.

If you have something that still affects you, then those negative emotions are still lingering inside of you, blocking your energy flow and causing havoc to your organs, tissues, glands, hormones and even your metabolism.

The most important thing is – they are causing health related issues.

Releasing Energy Blocks...

No matter what you've been through, it is in your past. If you need to get control of yourself, I would encourage you to ask the Lord for help and peace to get you through this.

Releasing Those Negative Emotions Could Save Your Life!

People get sick if their energy is not flowing. They have constant headaches for example, or they are anxious and cannot sleep... or they are suffering from far worse issues like they have health-related issues that they have no idea where it came from.

...As with any health issue, the "root cause" is key.

Why do I say that? That's what I learned long ago when reading Earl Mindell's "Vitamin Bible." When you are deficient in vitamins or minerals, your body doesn't have what it needs so organs begin to malfunction, and everything is affected and they begin to fail.

The good news is once you discover what the "root cause" actually is in your case, and deal with it... that is when you begin healing. Your body is able to heal and recover now that there is no longer a lingering issue that was playing havoc with one or several of your organs "starving" from being blocked from nutritional deficiencies, or what is causing it.

Negative energy "blocks," are blocking your organs from the energy they need to function the way they were meant to be functioning.

Tapping Scripts...

Why is it such an important topic that I am spending so much time trying to explain to you about negative energy? Because when your body is not functioning “synergistically,” the way that it was meant to function, and everything is catawampus, then you will never be able to heal until you release those negative emotions.

That’s why I’m going to provide you with these tapping scripts. All you have to do is tap (not too lightly, you will want to feel it) in each area that is described with your fingers – for as long as you make the statement. These statements will help you to release stored emotions.

In other words, if this is the first time tapping, then this is just the beginning. I go over three (3) main areas where people hold onto emotions about their weight, but there are other things that are causing anxiety and lack of sleep in your life that may need to be addressed – sooner rather than later.

If you watch videos on Youtube, you’ll discover other people’s issues but not always your own. Sometimes it is impossible to find the right scripts for you and what you are experiencing right now. That’s why I want to encourage you to search for affirmations that you need for whatever your issues are, and journal your experiences.

You can spend time tapping on those affirmations, and then find a place to write down (or type on your computer) your feelings after each tapping session.

Focus on Positive Words...

Please do Not Focus on any words that are negative... find an alternate word or phrase that is positive, and go from there.

Most people that teach EFT for whatever issues are focusing on the negative. I understand they want your subconscious to remember the negative circumstances to “relate to,” before using positive words. I just don’t agree. I don’t believe in beating someone down before building them up. It’s a waste of time and effort and defeats the purpose.

What I want you to focus on are positive words, feelings, statements, emotions and affirmations. Yes, I know I said both feelings and emotions, but I meant to say them both. The reason is this: there is a difference between underlying emotions of your past and how you are feeling right now at this very moment – *because feelings change*.

Tap to change your attitude.

Say you are sad about something, think of something positive and build on that thought. For example, if you lost a friend, say “That person was someone special, during that season of my life. Now, I can be stronger in the future when I think of that person than I ever was before.” Rather than statements that keep you depressed, try to focus or think of a way to find positive affirmations to help you to heal.

Just don’t be dishonest, or your subconscious will know and disregard everything you say. What you say has to be positive to make a difference – otherwise, you’ll waste your time and remain negative.

Positive Affirmations for Real Change...

Do you have issues about yourself because you wish you were thinner? "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control." Galatians 5:22-23 (Self-control is a divine gift, not just willpower.) Be kind to yourself!

The one thing you can change is your attitude. "For the Spirit God gave us power, love, and self-discipline." — 2 Timothy 1:7.

Once you change your attitude about yourself, everything else will follow. That's why I want you to ponder what you need, make a list of positive affirmations (search for "affirmations for _ _ _") and begin tapping with positive affirmations for real change. This will remove energy blocks that are getting you down and holding you back.

Now, go over that list and think about the ones that you need right now and incorporate it into your tapping. Intentionally use positive words, because anything negative will activate stress hormones. Ephesians 2:10 says "your life has divine intention—no accident, no coincidence."

If you need help saying positive things about yourself? Here is what the Lord says about you: Genesis 1:27, God created you in His own image, i.e. you are unique and valuable. If you have trouble loving yourself? Deuteronomy 31:8— Even in valleys, God is present and fighting for you. See yourself through God's eyes. Pray: "Lord, fix my heart on who You say I am—not my feelings or emotions, not my past, not my mistakes, not my struggles. Anchor me in Your truth. Amen."

A Change for the Better...

One thing is for certain, and that is “negative energy begets negative energy and positive energy begets positive energy.”

What do I mean by that? The more negative you are, the more negative you are molding yourself to be. The more you begin using positive words in your life to describe yourself or your circumstances, the more positive you will learn to be.

It's like me, my example, when I said I used to freak out all the time and cause my closest family members to freak out also? The more positive you are, the more you will have an influence on those around you. You can start today in creating a new, positive environment for yourself.

Do you hate looking at yourself? We've all been there!

Maybe you have been letting yourself go. I know when I get depressed I don't want to put on makeup or do my hair... but when I absolutely have to go somewhere, I feel better if I doll myself up a bit. I feel more confident, that I am more prepared for facing the world.

Even if you need more clothes that look better on you, that are looser or more flattering to your figure, it's okay to spoil yourself. If you can't afford it, second hand clothing is cheap. Look for things that cheer you up, that are cute and other people will smile at and then you'll have something to wear that will make you feel good while working on “you.”

Negative Words Activate Stress Hormones

One last thing on negative energy before I move on to tapping, but only because it's so important that you know this. I have a 25-video course on losing weight through EFT and reflexology... anything and everything is included that could possibly be the issue causing you to hold onto extra weight. There is an underlying cause, that needs to be addressed. From hormones that need to be balance to your metabolism that needs to be stimulated, and organs that need to be harmonized so your entire body works synergistically again. If something is "off," I will help you reset your system to begin burning fat to use as energy again.

No More Negative Words... Why? Because negative words activate stress hormones, which will trigger your body to retain fat! I want you to focus on releasing negative energy with positive words. God created all things into fruition "through words." He spoke, and it came to be into existence. He didn't have to tell us His secret, but it's in the Bible "to give us an example of how to change the circumstances in our own life."

If you find yourself speaking negativity in your life by using negative words, intentionally stop and say "that's not what I meant to say, void that destructive thought -- replace those words with these positive words." It will begin to make all the difference in the world.

If you are in the habit of using curse words, then intentionally stop cursing yourself and those around you and change your words so you start "blessing" yourself and all those around you.

Using Tapping & Reflexology to "Reprogram Your Subconscious"

Think of your body like a house with an electrical system. Throughout your body, there are special spots (like light switches) that can send messages to your brain. We call these "tapping or reflexology points".

When you tap these spots with positive affirmations, something amazing happens:

- It creates a tiny electrical signal;
- that signal travels through your body's connective tissues;
- and goes straight to the parts of your brain that deal with emotions.

The really cool part is what happens next:

- Your brain starts to calm the "alarm system" (the amygdala);
- It turns on the "problem-solving" part of your brain (called the prefrontal cortex) that helps you think more clearly; and
- Over time, your brain learns a new way to think about those things that used to bother you.

It's teaching your subconscious to remember something that used to upset you but without feeling as upset about it. It's like watching a scary movie a second time - it's not as scary anymore.

Even if you feel stressed that way again, your subconscious mind will remember this new, calmer way of responding to that situation. It's literally training your subconscious "not" to overreact, showing it that there is a better way of handling it if it ever happens again.

EFT Reduced Cortisol by 37%

– The “Belly Fat” Hormone

As you probably know, cortisol is one of the stress hormones that causes us to gain weight or to hold onto weight.

In 2021, a study in Explore found that EFT reduced cortisol by 37%—key for weight loss since stress hormones drive fat storage, especially around the waist:

"The Effect of Emotional Freedom Techniques on Stress Biochemistry: A Randomized Controlled Trial"

- Published in: Explore: The Journal of Science and Healing (2021)
- Authors: Stapleton et al.
- DOI: [10.1016/j.explore.2020.12.008](https://doi.org/10.1016/j.explore.2020.12.008)

Key Findings:

1. Cortisol Reduction:

- Participants who practiced EFT for 30 minutes experienced a 37% drop in salivary cortisol (vs. 19% in control groups).
- Cortisol (the "stress hormone") is linked to belly fat storage and sugar cravings.

2. Anxiety & Depression:

- EFT groups showed significant reductions in anxiety (40%) and depression (35%) scores.
- Emotional eating often stems from these states.

3. Long-Term Benefits:

- Effects persisted at 3-month follow-up, suggesting EFT rewires stress responses.

EFT Alters Gene Expressions...

"Differential Gene Expression after EFT Treatment: A Novel Pilot Protocol for Salivary mRNA Assessment":

- Goal: Investigate if EFT tapping alters gene expression linked to stress and inflammation.
- Method: Analyzed salivary mRNA before/after EFT sessions.

Key Findings

1. Downregulated Stress Genes:

- Reduced expression of pro-inflammatory cytokines (e.g., IL-6, TNF- α), suggesting lower systemic inflammation.

2. Upregulated Repair Genes:

- Increased activity in genes related to neuroprotection and immune modulation.

3. Biomarker Potential:

- Salivary mRNA proved feasible for tracking EFT's molecular effects.

Implications

- EFT may "reprogram" stress-related gene expression, supporting its use for:
 - Chronic stress;
 - Autoimmune conditions;
 - Mental health (anxiety/depression).

Why It Matters

First evidence that EFT's benefits may extend to epigenetic levels, validating its impact beyond psychology. *"EFT doesn't just calm your mind—it may quiet your stress genes too."*

Over 300 Studies on EFT!

EFT has been extensively researched with over 300 studies validating its effectiveness for mental, emotional, and even physical health:

1. EFT Reduces Stress & Anxiety

- **Cortisol Reduction:** Multiple studies confirm EFT lowers cortisol (the stress hormone) by 24–37%—sometimes in just one session.
- **Anxiety Relief:** EFT has been shown to reduce anxiety symptoms as effectively as cognitive behavioral therapy (CBT) in some cases.
- **PTSD & Trauma:** Veterans, abuse survivors, and disaster victims experience significant symptom relief, with effects lasting months.

2. EFT Helps with Depression & Emotional Issues

- **Depression:** Clinical trials show EFT reduces depressive symptoms, often with longer-lasting benefits than medication alone.
- **Phobias & Fears:** People with phobias (e.g., fear of heights, spiders) see rapid improvement, sometimes in a single session.
- **Emotional Eating & Cravings:** Tapping reduces food cravings and binge-eating urges by addressing underlying stress triggers.

3. EFT Improves Physical Health

- **Chronic Pain:** Studies report pain reduction in conditions like fibromyalgia, arthritis, and migraines.
- **Insomnia:** EFT improves sleep quality by calming the nervous system.
- **Autoimmune & Inflammation:** Some research suggests EFT can lower inflammatory markers (like IL-6), benefiting conditions like IBS and autoimmune disorders.

4. EFT Changes the Brain & Gene Expression

- **Brain Scans (fMRI):** EFT reduces hyperactivity in the amygdala (fear center) while increasing activity in the prefrontal cortex (rational decision-making).
- **Epigenetic Effects:** Preliminary research shows EFT may modify gene expression, turning off stress-related genes and enhancing repair mechanisms.

Over 300 Studies... Continued

5. Why EFT + Reflexology

- Combines “Talk Therapy” (EFT) + Acupressure (Reflexology): The verbal acknowledgment of stress while tapping on meridian points to clear negative energy – together, they help to heal anything malfunctioning in your body.
- Fast & Accessible: Unlike traditional therapy, EFT can be used anywhere, and Reflexology can be self-applied and often works in minutes.
- Addresses **Root Causes**: Instead of just managing symptoms, EFT helps release stored emotional trauma (blocks) and Reflexology gets your metabolism moving again and helps heal your hormones, organs and glands.

In a pilot study on the physiological effect of EFT, the genetic expression changed in 72 genes implicated in overall health. Generally, immunity genes were up-regulated while inflammation genes were down-regulated.

This included genes associated with:

- 1. Diabetes (Type 1 & Uncontrolled Type 2)
- 2. Hyperthyroidism (Overactive Thyroid)
- 3. Cancer (Various Types)
- 4. Chronic Obstructive Pulmonary Disease (COPD)
- 5. Addison’s Disease (Adrenal Insufficiency).
- 6. Tuberculosis (TB)
- 7. Crohn’s Disease & Ulcerative Colitis (IBD)
- 8. Celiac Disease (Untreated)
- 9. Chronic Kidney Disease (CKD)
- 10. Heart Failure
- 11. Alzheimer’s/Dementia
- 12. Rheumatoid Arthritis (RA)
- **And the list goes on...**

It's Important to Monitor Your Progress

SUDS stands for “Subjective Units of Distress Scale,” and it's a way of measuring the intensity of emotional or physical discomfort on a scale of 0 to 10. When you begin tapping, it's important to establish a baseline SUDS score, which represents the current level of distress or discomfort related to your issue.

As you tap along with the script, you'll periodically check in with your SUDS score and see if it has changed. Ideally, you want to see a decrease in your SUDS score as you tap, which indicates that you're releasing tension, stress, or negative emotions related to your issue.

Measuring your SUDS score can help you track your progress over time, and can also help you identify specific areas or aspects of your issue that may need more attention or focus. It can also help you notice patterns or triggers that may be contributing to your distress, and allow you to create a more targeted and effective tapping script.

Overall, using SUDS score as a tool for measuring emotional or physical distress can help you gain greater awareness and insight into your own emotions and experiences, and can be an important step towards healing and transformation.

Score Chart

SUDS scale



0: No distress is present

1-3: Mild distress, with symptoms that are noticeable but not interfering significantly with daily functioning

4-6: Moderate distress, with symptoms that are interfering with daily functioning

7-9: Severe distress, with symptoms that are significantly interfering with daily functioning and causing significant impairment in daily life

10: Extreme distress, with symptoms that are overwhelming and causing an inability to function normally

Where / Why to Tap:

First, you should place your hands on your heart and exercise love and compassion toward yourself... as you take several deep breaths. Just relax and feel the energy in your hands coming from your heart.

There is a great deal of electromagnetic energy in your heart, and also in your hands. When you begin with your hands on your heart, it combines this energy for an even greater tapping experience because it illuminates all the energy from your hands and fingertips into everywhere you are tapping.

The following are some basic, and some additional areas where I will have you tapping in the scripts that follow:

Tapping on the “Side of the Hand:”

People call this the “karate chop” point, but it’s just the side of the hand. Signals from here are transmitted directly to your brain regarding self-criticism, guilt, and feelings of unworthiness.

Tapping on the “Top of the Hand:”

Helps with emotional processing, reducing stress, and balancing energy – and connects to 23 meridians / energy pathways to really get the energy flowing throughout your body!

Where to Tap... Continued

Tapping “All 10 Fingertips Together:”

I do this to activate all the emotions in the fingertips, knuckles, webs of the fingers, palms, the entire hands by making an energy ball and tapping all fingers and thumbs together several times.

Tap All Over the “Top of Your Head” – with All 10 Fingers:

The top of your head is known as your Crown Chakra. It is all about bliss, higher consciousness, fulfillment, spirituality. Surrounding that immediate area are emotions such as joy, contentment, satisfaction, and happiness.

Tap “All Around Your Ears ” – with Fingers Spread:

It is important to calm this area by tapping or even running your fingers through as though you are putting your hair behind your ears. It involves self-judgment; self-sabotage, “fight or flight” stress response.

Tap “All Over the Top of Both Your Eyebrows:”

Your forehead is linked with worry, overthinking, and mental stress. Over your eyebrows – or along your eyebrows are also areas that influence your weight, your height, the way you look and how you hold your weight.

Where to Tap... Continued

Using Index Fingers – Tap “Inside Your Eyes”:

On the ridge of your nose, inside your eyes are deep emotions, linked to the heart and spirit. Be sure to be honest with yourself during these sessions!

Tap Using Middle Fingers – “Outside Corners of the Eyes:”

These areas are linked to joy, laughter, and social connection, which relates to decision-making and emotional balance.

Tap Using Three Middle Fingers – “Under the Eyes:”

Under the eyes is grounding, and governs fear, stress, and vitality (dark circles or puffiness here can indicate emotional exhaustion or unresolved fear).

Tap Using Three Middle Fingers – “Under the Nose:”

This area is associated with vitality and life force... and we all want more of that in our lives. Tapping wakes you up and makes you come alive.

Tap Using Three Middle Fingers – “Above the Chin:”

This area taps into your emotional stability and grounding, and feelings of insecurity, to help you in these areas.

Where to Tap... Continued

Tap Using All Fingertips – On “Both Sides of the Collar Bone:”

Tapping on your collar bone calms your nerves and boosts your vitality. Just a few inches lower are your K27 points, which are also revitalizing!

Tapping on Your Side / Under Armpit 3-4” (Both if You Can):

Under the armpits is called “The Great Embrace” for stress relief, Immune function, and emotional balance. You can use fists and knuckles, too. You might want to go further and use those fists/knuckles on the bottoms of your ribcages on both sides is linked to emotions like anxiety, fear, anger, and unresolved stress.

End by Tapping on the Back of the Head:

I haven’t seen or heard of anyone that teaches EFT use a lot of these points I mentioned, they only use the basic ones for some reason. This area on the back of the head is important, because it is all about emotional holding, fear, trauma or resistance to change.

The following pages are lists of areas from the hands/fingers to the head/face and on the body with their corresponding emotions under **“Emotions Released While Tapping”**, including a list of “weight loss trigger areas” so you are aware of these reflexology points on your body and how they can help you lose weight.

Emotions Released While Tapping...

Emotional Areas on the Face:

1. Inside the Eyes -

- Deep emotions, linked to the heart and spirit.

2. Outside the Eyes (Corners) -

- Linked to joy, laughter, and social connection, which relates to decision-making and emotional balance.

3. Under the Eyes -

- Governs fear, stress, and vitality (dark circles or puffiness here can indicate emotional exhaustion or unresolved fear).

4. Between the Nose and Upper Lip (Philtrum) -

- This area is associated with vitality and life force.

5. Between Under the Bottom Lip and Chin -

- Emotional stability and grounding, and feelings of insecurity.

6. Between the Eyebrows (Third Eye Area) -

- Linked to intuition, insight, anger and frustration.

7. On the Sides of the Eyes (Temples) -

- The temples are linked to stress, tension, and decision-making.

Emotionally, this area can reflect overthinking or mental strain.

Emotions Released While Tapping...

Emotional Areas on the Top of the Head:

1. Top of the Head – Crown Chakra –
 - Bliss, higher consciousness, fulfillment, spirituality.
2. Top of the Head Surrounding the Crown –
 - Linked with joy and enthusiasm.
3. Surrounding Areas on the Top of the Head –
 - Contentment, satisfaction, happiness.
4. Back of the Head – (Tap on the Back of the Head!) –
 - Emotional holding, fear, trauma or resistance to change.
5. Forehead –
 - Linked with worry, overthinking, and mental stress.
6. Sides of the Head – Around the Ears –
 - Self-judgment; self-sabotage, “fight or flight” stress response.

Your “amygdala” plays a crucial role in processing fear, anxiety, and other negative emotions for survival, like over-reacting emotionally. It helps us detect potential threats and trigger the “fight or flight” response. It should be your “goal” to sooth your amygdala and keep it calm when you start to freak out about something. Just run your fingers over your ears like you are putting your hair behind your ears, or tap all around them making positive statements to remain calm.

Emotions Released While Tapping...

Emotional Areas on Your Fingers and Hands:

1. Side of the Hand -

- Speaks directly to the brain regarding: Self-criticism, guilt, and feelings of unworthiness.

2. Top of Left - Middle of the Hand - Gamut Point -

- Helps with emotional processing, reducing stress, and balancing energy - and connects to 23 meridian pathways!

3. Thumbs -

Worry, overthinking, anxiety.

4. Index Fingers -

- Fear, insecurity, indecision.

5. Middle Fingers -

- Grief, sadness, emotional stagnation.

6. Ring Fingers -

- Grief, sadness, emotional stagnation.

7. Little Fingers (Pinkie) -

- Nervousness, lack of confidence, low self-esteem.

8. "Center" of the Palm of the Hand -

- Emotional balance, grounding.

9. "Heel" of the Palm of the Hand -

- Survival instincts, fear, stress.

Emotions Released While Tapping...

Emotional Areas on Your Fingers and Hands:

(Continued...)

○

10. "Thenar Eminence" Below the Thumb -

- Willpower, motivation, self-expression.

11. "Hypothenar Eminence" Below the Pinkie -

- Communication, emotional expression, creativity.

12. "Knuckles" of the Fingers/Thumbs -

- Frustration, anger, emotional release.

13. "Webs" Between the Fingers/Thumbs -

- Emotional connections, relationships, communication.

Emotions Released While Tapping...

Weight Loss Reflexology Points:

1. Webbing Between Thumbs and Index Fingers –
 - Your appetite control points. Reduces cravings, balances hunger signals, relieves stress-eating.
2. Inside Your Hand Below the Thumb –
 - Boosts digestion.
3. Base of Your Thumbs, Near Wrist Crease –
 - Thyroid points – Supports metabolism, balances hormones.
4. Fleshy Part of the Thumb/Inner Palm –
 - Improves digestion, reduces bloating.
5. Very Tip of the Middle Finger –
 - Balances hormones (linked to weight).
6. Upper Third of the Ear's "Triangle" Notch –
 - Curbs emotional eating, calms stress.
7. Tragus – Small Flap Covering the Ear Canal –
 - Reduces appetite, soothes digestion.
8. "Endocrine" Point on Lower Ear Lobe –
 - Regulates hormones (thyroid, insulin).

Emotions Released While Tapping...

Weight Loss Reflexology Points:

(Continued...)

9. Jawline Point: Below Cheekbone, in Line with Pupils -

Reduces water retention, slims face.

10. Chin Point: Midway between lower lip and chin tip -

Controls sugar cravings.

11. Third Eye Point (Between Eyebrows) -

Calms stress-induced eating.

12. Top of the Head (Crown Point) -

Balances hormones, reduces fatigue.

11. The Great Embrace - About 3" Below the Armpit -

Stress relief, Immune function, Emotional balance.

Emotions Released While Tapping...

Weight Loss Points on Your Body:

1. Collarbone –
 - Calms your nerves and boosts your vitality.
2. Spleen Point: (Inner Leg, 3 Finger-Widths Above Ankle Bone) –
 - Boosts digestion, regulates blood sugar, reduces water retention.
3. Stomach Point (Called "Leg Three Miles") –
 - Energizes digestion, burns fat, reduces fatigue.
4. Navel (Sea of Energy – 1.5 Inches Below Belly Button) –
 - Strengthens core, improves gut health, reduces bloating.
5. Liver Point (Great Surge–Top of foot, between big and second toe) –
 - Detoxifies liver, balances hormones, reduces fat storage.
6. Calming Point (2 Finger-Widths Above Wrist Crease (center) –
 - Reduces stress-eating, soothes digestion.
7. Lung Point (Chest– Below Collarbone, Outer Chest) –
 - Boosts oxygen flow, supports calorie burn.
8. Kidney Point (Sole of Foot–Center of the Ball of the Foot) –
 - Energizes metabolism, reduces fatigue.
9. Quchi – Elbow Crease (Outer Elbow Crease When Bent) –
 - Detoxifies, reduces inflammation.

Emotions Released While Tapping...

Weight Loss Areas on Your Body:

(Continued...)

10. Sanyinjiao – Inner Ankle (3 Finger-Widths Above Inner Ankle) –
Willpower, motivation, self-expression.

11. Yanglingquan – Outer Knee (Below Knee, Outer Leg) –
Mobilizes fat stores, supports gallbladder.

12. Zhongwan – Stomach (Between Belly Button and Sternum) –
Controls appetite, soothes indigestion.

11. “Webs” Between the Fingers/Thumbs –
Emotional connections, relationships, communication.

Before You Start Tapping...

Before you begin tapping, it's important to create a calm, comfortable, and undisturbed space where you can fully focus on your emotional and physical sensations. Find a quiet room or a peaceful outdoor space where you won't be interrupted, and make sure you have everything you need within reach... like water, and take long, deep breaths!

Have a glass of water nearby to keep yourself hydrated, and journal your experiences—jot down any insights, emotions, or physical sensations that come up during the tapping process. This can help you track your progress and identify any patterns or themes that may arise.

Take a few deep breaths, with your “hands on your heart”—allow yourself to settle into a state of relaxation and receptivity. Trust that you are safe, supported, and capable of tapping into your own inner wisdom and healing power. You deserve this time and space to nurture yourself and explore your emotions in a gentle, compassionate way.

Let's Start Tapping...

Don't worry... All you do is “tap” where I tell you to “tap” and read the following words “out loud” to yourself as you go through the tapping scripts.

"Self Love and Compassion..."

Tapping on the Side of the Hand...

Even though I feel this deep hurt in my confidence and inability to control my weight, I honor my feelings, and I offer myself love and compassion.

Tapping on the Top of the Left Hand ..

Even though I'm struggling to believe in myself right now, I'm showing up for myself because I am worthy of the effort.

Tapping all 10 Fingertips Together...

Even though this setback has shaken me to my core and it has had a big impact on me, I deeply and completely love, honor, forgive and accept myself.

All Over the Top of Your Head – with All 10 Fingers...

I choose to forgive myself for the mistakes I've made.

All Around Your Ears – With Fingers Spread...

I give myself permission to overcome this setback in my time.

All Over the Top of Both Your Eyebrows...

These overwhelming emotions are calming now.

Index Fingers – Each Side of the Ridge of Your Nose...

I'm tuning into those feelings with compassion.

Three Middle Fingers – Outside Corners of the Eyes

I can see this as a learning experience. I honor my path.

Three Middle Fingers – Under the Eyes

I choose self-compassion, especially when times are tough.

Three Middle Fingers – Under the Nose

With every tap, I acknowledge my feelings and calm my nerves.

Three Middle Fingers – Above the Chin

There is strength in adversity, I choose to recover & bounce back.

All Fingertips – On Both Sides of the Collar Bone

I acknowledge the power of self-love and choose to love.

Middle Fingers – Side / Under Arm 3-4" (Both if You Can)

I breath in healing... and I breath out negativity
(pain/suffering).

End by Tapping on the Back of the Head

I choose to love myself and show myself compassion from this day forward – so I can give myself a break and learn from this.

*Take a Few Deep Breaths in Reflection
– Then Carry On...*



Loving Reflection

JOURNAL YOUR TAPPING EXPERIENCES—WITH LOVE

Write down your EFT Tapping experiences—with love.

(Without judgment or criticism or it will release stress hormones.)



"Release Negativity..."

Tapping on the Side of the Hand...

I have guilt and pain from the struggle of losing weight that I choose to love and forgive myself and release all negative emotions.

Tapping on the Top of the Left Hand ...

I'm used to being angry and frustrated, but I choose to release all negative feelings so I can focus on positive things about myself.

Tapping all 10 Fingertips Together...

I've had many setbacks in my life and all these emotions are overwhelming so I no longer want to be a person who lives in the past - I choose to release all those past mistakes and emotions.

All Over the Top of Your Head - with All 10 Fingers

I choose to forgive myself for the mistakes I've made in the past.

All Around Your Ears - With Fingers Spread

I choose to live without self judgment - I release all negativity.

All Over the Top of Both Your Eyebrows

I will no longer beat myself and add to those negative emotions.

Index Fingers - Each Side of the Ridge of Your Nose.

I am going to exercise compassion and build on positive emotions and say loving things to myself as though I am speaking to my inner child.

Three Middle Fingers – Outside Corners of the Eyes

Living positively is a choice – I release all negative emotions.

Three Middle Fingers – Under the Eyes

I choose self-compassion, and honor myself for the life I've lived so far and choose to leave all negativity behind me.

Three Middle Fingers – Under the Nose

I only use positive words about myself – I love and nurture myself

Three Middle Fingers – Above the Chin

I am strong – I can do this – I can release all negative emotions

All Fingertips – On Both Sides of the Collar Bone

I will no longer judge myself from my past – I am starting over

Middle Fingers – Side / Under Arm 3-4" (Both if You Can)

I choose to release negativity – and ask myself to remind myself when I am negative to release all negativity in my life!

End by Tapping on the Back of the Head

I breath in healing words... I love myself; and I breath out negative emotions – and I leave all that pain/suffering in the past.

*Take a Few Deep Breaths in Reflection
– Then Carry On...*



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Embrace Your Future..."

Tapping on the Side of the Hand...

I am no longer a product of my past – I will not focus on negative self destructive things; I choose to embrace my future with positive choices!

Tapping on the Top of the Left Hand ...

I always knew what I shouldn't do but I did it anyways; I am starting over and pledge to love myself and make positive choices!

Tapping all 10 Fingertips Together...

All those things I did wrong in my life that got me to where I am today are a thing of the past; from this day forward, I choose to love myself and demonstrate my love through the choices I make!

All Over the Top of Your Head – with All 10 Fingers

I will think things through before acting – is this a positive choice?

All Around Your Ears – With Fingers Spread

I want to make positive choices in my future to change my story!

All Over the Top of Both Your Eyebrows

I am not going in a backward direction – I am moving forward!

Index Fingers – Each Side of the Ridge of Your Nose.

That cycle of self sabotatge and self judgment is in the past; I choose to embrace my future and make choices intentionally that are good for me and be satisfied with the choices I make.

Three Middle Fingers – Outside Corners of the Eyes

I am going to feel good about the positive choices that I make.

Three Middle Fingers – Under the Eyes

My future is full of positive choices that I intend to make for myself because I love myself and want to nurture myself as a little child.

Three Middle Fingers – Under the Nose

If I make a mistake, then I will choose to forgive myself.

Three Middle Fingers – Above the Chin

I will no longer get upset; I will just start over the next day.

All Fingertips – On Both Sides of the Collar Bone

Every day, starting today, I will make the right choices for me.

Middle Fingers – Side / Under Arm 3-4" (Both if You Can)

In the future, today onward, I choose to enjoy my life and look forward to the future with joy and enthusiasm!

End by Tapping on the Back of the Head

Each day is a new opportunity for me to love myself and make positive choices for my future... starting today!

Take a Few Deep Breaths in Reflection

- Take a sip of Water

Then, Reflect...



Loving Reflection

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What's Next?

REMEMBER TO HYDRATE...

Drink plenty of water to assist the energetic release, as tapping creates a flow of energy, and this can help to flush out any toxins that may have been released during the tapping process.

YOUR OWN TAPPING SCRIPTS...

Use the blank tapping scripts provided below. Nourish your body with love, healthy food, and participating in activities that bring you joy and comfort. Make self-care a priority, and be gentle and compassionate with yourself as you are on your own healing journey.

JOURNAL... using the following pages provided in this book on what comes up during your own tapping experiences with love and compassion. Take note of any changes in your feelings, and behaviors. Celebrate positive shifts or insights that arise, and be patient with yourself if progress feels slow.

Trust the process and know that you are on the path to greater self-awareness, self-love, and self-acceptance.

Visit **LoseWeightwithEFT.com** to get my **25-Video Course** on (1) balancing your hormones; (2) boosting your metabolism; (3) reducing stress and anxiety; (4) harmonizing your polarities; (5) balancing all your organs and glands; (6) increasing your “feel good” hormones; and (7) stimulating your energy hormones for focus and energy you’ll want to spring clean your house... and *so much more!*



Your Own Tapping Script...

Tapping on the Side of the Hand...

Tapping on the Top of the Left Hand ...

Tapping all 10 Fingertips Together...

All Over the Top of Your Head – with All 10 Fingers

All Around Your Ears – With Fingers Spread

All Over the Top of Both Your Eyebrows

Index Fingers – Each Side of the Ridge of Your Nose.



Three Middle Fingers – Outside Corners of the Eyes

Three Middle Fingers – Under the Eyes

Three Middle Fingers – Under the Nose

Three Middle Fingers – Above the Chin

All Fingertips – On Both Sides of the Collar Bone

Middle Fingers – Side / Under Arm 3-4" (Both if You Can)

End by Tapping on the Back of the Head

*Take a Few Deep Breaths in Reflection
- and a Sip of Water...*





Loving Reflection

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Your Own Tapping Script...

Tapping on the Side of the Hand...

Tapping on the Top of the Left Hand ...

Tapping all 10 Fingertips Together...

All Over the Top of Your Head – with All 10 Fingers

All Around Your Ears – With Fingers Spread

All Over the Top of Both Your Eyebrows

Index Fingers – Each Side of the Ridge of Your Nose.



Three Middle Fingers – Outside Corners of the Eyes

Three Middle Fingers – Under the Eyes

Three Middle Fingers – Under the Nose

Three Middle Fingers – Above the Chin

All Fingertips – On Both Sides of the Collar Bone

Middle Fingers – Side / Under Arm 3-4" (Both if You Can)

End by Tapping on the Back of the Head

*Take a Few Deep Breaths in Reflection
- and a Sip of Water...*





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Your Own Tapping Script...

Tapping on the Side of the Hand...

Tapping on the Top of the Left Hand ...

Tapping all 10 Fingertips Together...

All Over the Top of Your Head – with All 10 Fingers

All Around Your Ears – With Fingers Spread

All Over the Top of Both Your Eyebrows

Index Fingers – Each Side of the Ridge of Your Nose.



Three Middle Fingers – Outside Corners of the Eyes

Three Middle Fingers – Under the Eyes

Three Middle Fingers – Under the Nose

Three Middle Fingers – Above the Chin

All Fingertips – On Both Sides of the Collar Bone

Middle Fingers – Side / Under Arm 3-4" (Both if You Can)

End by Tapping on the Back of the Head

*Take a Few Deep Breaths in Reflection
- and a Sip of Water...*





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Your Own Tapping Script...

Tapping on the Side of the Hand...

Tapping on the Top of the Left Hand ...

Tapping all 10 Fingertips Together...

All Over the Top of Your Head – with All 10 Fingers

All Around Your Ears – With Fingers Spread

All Over the Top of Both Your Eyebrows

Index Fingers – Each Side of the Ridge of Your Nose.



Three Middle Fingers – Outside Corners of the Eyes

Three Middle Fingers – Under the Eyes

Three Middle Fingers – Under the Nose

Three Middle Fingers – Above the Chin

All Fingertips – On Both Sides of the Collar Bone

Middle Fingers – Side / Under Arm 3-4" (Both if You Can)

End by Tapping on the Back of the Head

*Take a Few Deep Breaths in Reflection
- and a Sip of Water...*





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