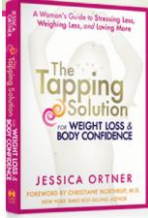


LEARN MORE ABOUT THE POWER OF TAPPING



As taught in *The Tapping Solution For Weight Loss & Body Confidence* by Jessica Ortner



Stress can harm your health and make you fat.

Mayo Clinic says, "The long-term activation of the stress-response system - and the subsequent overexposure to cortisol and other stress hormones - can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including weight gain."

<http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress/art-20046037>

Stress has been linked to belly fat, increased appetite, a slower metabolism and inflammation.

Your stress even impacts your cravings!

Harvard Medical School says, "Stress also seems to affect food preferences. Numerous studies - granted, many of them in animals - have shown that physical or emotional distress increases the intake of food high in fat, sugar, or both. High cortisol levels, in combination with high insulin levels, may be responsible. Other research suggests that ghrelin, a "hunger hormone," may have a role."

http://www.health.harvard.edu/newsletters/Harvard_Mental_Health_Letter/2012/February/why-stress-causes-people-to-overeat

Tapping makes stress relief possible.

"Tapping targets the root cause of health and wellness challenges by interrupting the body's stress response quickly and effectively."

- Dr. Mark Hyman, MD., author of #1 New York Times bestseller *The Blood Sugar Solution*

"As a practicing psychiatrist with over 25 years of clinical experience, I see EFT as the most promising new treatment I've ever encountered."

- Eric Leskowitz, MD., Department of Psychiatry, Harvard Medical School

What is Tapping?

Tapping (also known as EFT) is a stress relief technique based on ancient Chinese acupressure points and modern psychology. Tapping on acupressure points while you focus on your stress sends a calming response to the brain making it possible to relax.

Harvard studies show the stimulating selected meridian acupoints decreases activity in the amygdala, as well as other parts of the brain associated with negative emotions. In fMRI and PET brain scans, you can clearly see the amygdala's alarm bells being quieted when acupoints are stimulated.

<http://www.21stcenturymed.org/fMRI-acupuncture-harvard.html>

Although the Harvard study focused on stimulating meridian acupoints with needles (acupuncture), a growing number of studies confirm the same positive impact when acupoints were stimulated without needles.

http://innersource.net/ep/images/stories/downloads/Acupoint_Stimulation_Research_Review.pdf

Dr. Peta Stapleton is a Clinical Psychologist who has spent the last 20 years researching weight loss and specific eating behaviors. In a study she conducted with Griffith University School of Medicine in Australia she documented the impact of tapping on weight loss. Her controlled study included 89 women who were between 31 and 56 years old and clinically obese used tapping over an 8-week period. They completed approximately two hours of tapping a week, which averages out to a little over 15 minutes a day. Without diet or exercise, the average weight loss was 16 lbs.

Praise for Jessica Ortner's *The Tapping Solution For Weight Loss & Body Confidence*

“Whether you are addicted to sugar, hate exercise, or think that it’s not possible for you to have confidence in your body, your solution is in this book.”

- *Christiane Northrup, M.D., author of New York Times bestseller Women’s Bodies, Women’s Wisdom.*

“As a physician fully aware of the many health benefits of maintaining a healthy weight, I’ve long been on the lookout for a book I could recommend to patients who were ready to get off the dieting treadmill and really do the internal work necessary in order to achieve an optimally healthy weight permanently. Look no further. This is that book.”

— *LISSA RANKIN, M.D., OB/GYN, New York Times best-selling author of Mind Over Medicine*

The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell.”

— *CHERYL RICHARDSON, New York Times best-selling author of The Art of Extreme Self-Care*

Jessica describing her book (TRT 2:35)

<https://www.youtube.com/watch?v=f5Ne44pSY98>



Jessica demonstrating Tapping (TRT 5:12)

<http://www.thetappingsolution.com/chapter2>



Using Tapping to Give Back

Weight loss and body confidence are just two areas where Tapping changes lives. Jessica's family, the Ortners, is passionate about using Tapping to heal and serve around the world. Check out this video (TRT 5:00) that shows how The Tapping Solution Foundation is serving kids with cancer and survivors from Newtown and Rwanda. It also shows how Tapping is helping kids learn effectively.

<http://tappingsolutionfoundation.org/>

