



Emotional Freedom Technique

Summarized by Steven Sandberg-Lewis, ND

Based on the Chinese medicine philosophy of meridians, Emotional Freedom Technique, or Tapping, is a gentle, non-invasive way to help free up negative emotions that can affect our physical, mental and emotional well-being. This therapy can be performed daily to help calm the nervous system and create more appropriate responses to environmental stressors.

How to Use: Beginning at point 1, on the top of the head, tap lightly with dominant hand 7-12 times before advancing to the next point. Focus on taking deep, slow belly-raising breaths, though the nose, while completing the 8 points. Perform one or two cycles, twice per day, or as needed.

ENERGY POINTS

