

# “Secrets to Using EFT for Weight Loss”

**Jessica Ortner interviewing Carol Look**

**Bonus Interview- Not for Distribution**

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**Jessica Ortner:** Congratulations on buying “Try It On Everything”! This is Jessica Ortner, assistant producer of the film. When we set out to make this film, we wanted to address common challenges that people face, and two-thirds of Americans are overweight; that’s over 64% of us, and since so many people are getting such great results by using EFT to lose weight, it was a no-brainer. We knew we had to share this information with you. For many, losing weight has been a heartbreaking struggle. If you have a closet full of weight loss tapes and equipment and you have tried every diet you’ve ever heard of with no success, then I’m very happy that you found yourself here, because this information will make a huge difference in your life. We will be speaking to Carol Look, one of our movie superstars. Carol has an immense amount of experience when it comes to helping others lose weight with EFT, and she is going to share her wisdom with you. So, welcome Carol.

**Carol Look:** Hi, Jess.

**Jessica:** Thanks for joining us.

**Carol:** Thank you.

**Jessica:** Carol, let’s get right into it. What’s the main reason why the pounds don’t come off?

**Carol:** Well, I found that the reasons fall into basically three categories: Physiology, Emotions, and Energy; and all of these categories can be helped with EFT. That’s why EFT is my tool of choice for anybody struggling with this. So, let’s start with Physiology. Basically, people still eat too much. They’re putting in too many calories. I had a client who said, “Well I’m not going to count calories and I’ll refuse to,” and well, that’s OK, you don’t need to count them necessarily calorie by calorie, but she was so off base; she was taking handfuls of nuts and handfuls of chocolate, you know, and

saying, "That's enough; I'm just measuring in my hands." Clearly, there were just too many, right?

**Jessica:** A-ha.

**Carol:** So, that's one physiological issue that's obvious, but many people deny it. I'm saying the obvious but so many people say, "Oh no, I think I ate OK, this week." No, they didn't. OK?

Another one for physiology: people can be too sensitive, over sensitive to wheat or sugar. Those are the two main things that people have issues with. So, they find that their diet is full of wheat, three meals a day and they actually bloat up and have a sensitive reaction almost like a mild allergy; not a medically diagnosed allergy, but their body just doesn't feel right with it.

**Jessica:** Right.

**Carol:** That's another physiological issue. Also, some kind of hormonal change: now of course, when people are under severe stress or sleep-deprived, it changes their hormones and that changes their hunger. So, when anyone comes to me and they say they're on a food planner, or a diet, or I'll do the workshop with them, what I say to them is they must get enough sleep - right? - and they must be tapping for their stress levels. So, when you're stressed out it changes your cortisone levels, which changes your endocrine system, which changes everything, and then the body can tend to process normal foods differently. 'That make sense?

**Jessica:** Yes, so even just focusing on letting go of stress will not only help you feel better but it helps your body.

**Carol:** Absolutely, if your body is so stressed that it's using all its energy to stay awake at work and all the extra energy to take care of the kids and you're just, at the end, right?

**Jessica:** A-ha.

**Carol:** Your body doesn't feel OK letting go of the weight.

**Jessica:** Right.

**Carol:** So, in that case, I have honestly seen people risk not to eat enough to gain weight like physiologically, again, calorically, they're not eating enough and their body still holds on. Basically saying, "You know, I can't

give up anything else.” So that’s the main thing with physiology. Everything I said can be used as a target for EFT.

Now, the second is Emotions. Now, I think the emotions are far more important than the physiology and many people disagree with me. I’m not a medical doctor, but safety issues... So, people lose weight, they lose some of it and they can’t, you know, get to the end of it. They can’t really get to their goal. Because, honestly, if you asked them, they don’t feel safe and I say to them, “What’s the downside of reaching your goal?” You know, technically, they come to me and they say, “I want to lose weight”, but they don’t feel emotionally safe. Some people feel exposed. Some people feel too vulnerable. So, in fact, what they do is sabotage their diet plan to keep extra weight on as a protection. That’s just one way that people emotionally get in the way. They interfere with the pounds coming off.

What about fear? I had a client say that they had been working on weight loss for so many years. She said if I actually reach my goal, then what? Who am I? You and I did an interview, as you know, about identity issues. Who are you, if you no longer have a weight problem? You’ve had it for 30 years! So fear, safety issues, identity issues. What about grief? Holding on. I’ve had a lot of people not be able to lose weight when they’re in early stages of grief. Basic stress again and basic anxiety.

So, when someone is anxious and their first channel is to go get something out of the refrigerator - somebody else goes in and gets a cigarette, somebody else gets a drink, somebody else uses the Internet - if someone’s primary way to soothe themselves is through food and they’re totally stressed out and the kids are running around and then their job, the work is a problem... they’ll go eat again because they’re not addressing, they’re not really clearing the stress in their lives and so what would be typical? They eat. When they’re stressed out, they eat. So, that’s why the stress piece is so dramatically important with EFT. You’ve got to take the edge off the stress in your life, which may mean hurt, it may mean anger, it may mean guilt, and you need to address those emotions.

**Jessica:** Do you find that people are aware of it, and if someone is listening to this interview and they think, “Well, I know there is an issue but I’m not... I don’t know if I’m aware of it.” What can we ask ourselves to figure it out? What’s blocking us?

**Carol:** Well, I’ll tell one thing that’s important. Some people wake up the next day and they go, “That’s interesting; I think I did mindless eating last night.”

**Jessica:** A-ha.

**Carol:** What were they not aware of? So I say to them, ask yourself: if there were a feeling, an emotion that you're trying to tranquilize with food, what do you think it is? "Oh, oh, in my life, oh, it's guilt, oh, it's anger, oh, it's anxiety." Ask yourself the question, if you weren't eating – this is one of my favorite questions – if you weren't using food so many times a day and snacking and eating in the car, what would come up emotionally? Really critical, critical question to ask. Because, some people say, "Oh my gosh, if I'm not stuffing food in my mouth, I'm going to have to feel the emptiness or loneliness in my life."

**Jessica:** A-ha.

**Carol:** Which has been a threat to ask them to go on a professional eating plan.

**Jessica:** You know what's so interesting is that you mentioned grief being one of the reasons, and for those who've seen the movie: Rene was going through a lot of grief. He gained a lot of weight but his focus never was weight loss, it was always tapping on his grief and now, to date, he's lost 20 pounds. Not even focusing on weight but just letting go of the grief and it's almost like the more the grief left, his body just responded and he lost all this weight

**Carol:** Well I would say his body didn't just respond, his behavior responded.

**Jessica:** A-ha.

**Carol:** When he wasn't so grief stricken, he wasn't... I don't know him, I'm not saying I know what he was doing, but usually what people do is reach for more food, have more food, use more food at meals, snack more often because they're just distraught.

**Jessica:** Right.

**Carol:** He was absolutely beside himself with grief.

**Jessica:** Right. And, he did start a workout plan but it was almost not in a sense of struggle but something that he started to enjoy, and want to do ...

**Carol:** Right. So that's the physiology and emotional piece, and the third piece is energetic, and when I say, when you and I talk about energy we're talking about Law of Attraction and if your energy is, "I hate my body and I hate my rear end, and I hate my legs and, you know, I've got to get rid of my fat," that's the wrong energy. You're going in the wrong direction. You have to find things to appreciate about your body and about your life. You know, some people, unfortunately, will say, "My life won't be happy unless I lose 20 pounds." If that's your attitude, you're going to hold on to the weight energetically. And, again, then it doesn't matter about the mass, the calories in, the calories out. That's an energetic peace.

The energy - it's not about the food. You know my weight loss manual, that's turning into a new book, and it's called "It's not about the food," and people want to argue that. "No, I had this for lunch and this for dinner." It's about your energy and we need to focus on how good you are feeling about your life. I know you're overweight, I know you want to lose the weight, I know you are in a program, but where's your energy? Where's your electricity? Where's your enthusiasm? Where's your feeling good about your life even though you're not at your goal yet. So, that Law of Attraction, focus and feeling good, it's critical to the process. I think that's been the missing link which is why you could go to a bookstore, your local bookstore and buy 75 to 100 different diet books and they all say they worked.

**Jessica:** Right.

**Carol:** They all say the low fat works. The low carbo works. The low protein works. The low sugar works. The low, whatever! Well, it doesn't work. Each diet doesn't work for everybody because we're all different and we all have different energy around our body issues, our body image and our life. When you're miserable, you know how and when people feel miserable or depressed or sad or grumpy or crabby about work or something, you know, they head for the fridge.

**Jessica:** Right. So, you're saying this is really about loving yourself and your body the way it is in the moment.

**Carol:** That's a good start, because if you can get there then you can let go of this incredible energetic tussle you've got, "I hate my fat, let go of my fat!" You can't let go of something that you're so connected to, and hatred of your body, of your legs, of your stomach, that makes you connect. Right? Because the feelings are so strong. So you must be able to let it go while you're on, obviously, a very sensible way of eating and exercising.

**Jessica:** Right. Now, what if someone is listening to this, you've gone through the three different things and they find one thing in each category that they see is an issue. How do they figure out where to start?

**Carol:** Well, first of all, I'd say I hope that's exciting for them because many times I'll talk this way with people we haven't even done tapping yet.

**Jessica:** A-ha.

**Carol:** And the light bulb goes on and they say, "Oh, that's it." I would say, start with the emotional. Because, if you have so much fear in your life and you're so stressed out, and you're afraid of your boss and work issues are in trouble, then that affects everything else, right? The fear affects your physiology and the fear affects your energy - and again, Law of Attraction energy, not just, you know, did your body have enough energy? Which is also another thing: when you're overtired, and stressed out, and not sleeping well, you don't have enough energy, you know what? You don't feel like cooking a healthy meal - you feel like ordering a pizza!

**Jessica:** A-ha, definitely.

**Carol:** So, I would say, if someone is listening to this and they are not sure where to start, when in doubt: the emotion, and when in doubt, I promise you it's going to be fear of letting go of the weight, safety issues, and what do they do when they get there? Who are they? Now, what? And a lot of people also would say to me, you know, they don't want to keep it up. They've worked really hard, they've lost the weight and, you know, they're close to their goal or they are doing well and they get kind of exhausted.

**Jessica:** Yeah.

**Carol:** And, they say, "Uh, do I really have to maintain this?" Oh, the other piece I should've mentioned with emotions is deprivation. If you feel deprived ... that's what happens with grief, Jess. If someone has just lost someone, they feel deprived and they're not going to let go of chips or chocolate, and if you feel deprived in your life - of attention from your family members - you're going to feel pretty resentful that you're supposed to give up certain foods.

**Jessica:** Right.

**Carol:** I would say to people, “Say out loud: ‘I feel deprived,’” and measure that, 0 to 10, how true does that feel? “I feel deprived.” Let’s say they feel, “Well frankly in my gut, I really feel like a 6 or 7”, then I would tap on that.

**Jessica:** Now, for some people who haven’t done tapping before, you bring up all this stuff; it can seem kind of scary and overwhelming to get started, do you have any advice?

**Carol:** Again, I would say if you feel overwhelmed, with EFT you always need a target, a very specific target. So, if someone came to me and said, “I don’t know where to start, I feel overwhelmed,” I would say, “That’s where we start.” “Even though I feel overwhelmed, I don’t know where to start...”

**Jessica:** Right. OK.

**Carol:** It may sound silly, but if you can’t get clear on your emotions that are in your way, you know, you’re not going to be able to tap on it. So, tap on the overwhelming feeling and many people feel overwhelmed, that they come to me and say, “I’ve got 60 pounds to lose,” that could feel overwhelming to them compared to someone who’s only got 15 to lose.

But again, under this overwhelm it’s likely that they have anxiety or fear. When in doubt, everybody we know could tap on anxiety or stress and feel better. So, measure the anxiety. What are you anxious about? Your kids, your spouse, your life, your job or something coming up, and tap on that anxiety and stress, see if you can get that down, and then that would be a nice target for you to realize you can really use EFT successfully. Then you can start doing cravings but I don’t even tell people to do cravings first. It’s too much, if they feel deprived, you don’t want to take away their cravings for chocolate. You want to get them less stressed out. You want to get them to feel more solid and calm. Then they can say, “You know what, I don’t need that much chocolate.”

**Jessica:** And, that’s not a struggle.

**Carol:** Yes, exactly. That’s the Law of Attraction peace. If it’s a struggle, I haven’t seen people be successful longterm.

**Jessica:** Right. Now, different workout plans, they always, you know, tell us, “40 minutes cardio”. It always has this time thing. When it comes to tapping for weight loss, is there kind of like a standard, we should tap a certain amount of times during the day and for how long?

**Carol:** I have a standard only because I think it's easy enough to do and not too challenging, because if you ask someone to do it too many times, they won't do it. I like to do 10-15 minutes, two or three times a day. Let say 10, because I think 15 will overwhelm people. For weight loss clients, I say that because there are usually three meals a day. So, if you tapped for 10 minutes on your stress before breakfast you would notice your breakfast, you would enjoy your breakfast. What do we all do? We wolf it down! And tap 10 minutes before lunch, on being irritated with what happened in some phone call or e-mail that frustrated you; then you would do that and then you're not eating in order to shut up the feelings, you're eating because you have real honest to God body hunger. Right? And you're hungry and it's appropriate to be hungry at lunch hour and you can eat your lunch calmly.

When I first used EFT for weight loss, I would do this long day. I would have breakfast very early and go to 2 o'clock before I had lunch hour, and I noticed I wasn't hungry; you know, that's abnormal, you should be hungry at 2 o'clock if you had breakfast at 7 or 8. And I was tapping for other people not my own issues, right?

**Jessica:** Right.

**Carol:** And, I just wasn't interested, which means then I could make a different choice. It wasn't that blind hunger, "Where's the refrigerator? Give me the first thing, you know, put something in my mouth!" A lot of times people wait too long between meals.

**Jessica:** Right.

**Carol:** They're too stressed out. They're working on a project and then they become ravenous and when you're ravenous you don't make the healthiest choice. I know all of this is going to be making sense to people listening.

**Jessica:** Yes. And, so when we decide to get on this journey, do you find that what you're tapping on, the challenges that you keep tapping on, change as you start losing weight or is it usually a common theme?

**Carol:** Well, I would say the common theme for anybody who's using a substance like food or any other substance is underlying anxiety, and stress. So, that usually stays the same. Basically I say to them that EFT is the best stress relief tool you and your family could possibly own and it's right at your fingertips, right?



So, I would say that stress and anxiety, because we live in this world with our families and the environment and our job, so you can't prevent something stressful from happening at work, and if your tendency is to eat when you're stressed out, and a month from now your boss blows up at you and gives you a deadline that's unrealistic, you may choose food again. So, you want to use the tapping for that ongoing stress, handling your emotions, so anxiety and stress, I would say, stays the same. The other issues start to change. If you don't feel safe losing weight because you're afraid people are going to tease you or say, "Oh you're so serious about weight loss," or, "Come on, why don't we just have chocolate," you know, that peer pressure... you're going to have work on that and then when you worked on that it should go away.

**Jessica:** OK. Most people want to start working out more or tone up their body and in order to get that we definitely have to move our bodies more and that's a big challenge for people, to get themselves to the gym or walking outside. How do you find that works with tapping? How can we address it?

**Carol:** Well, the wonderful thing about EFT is that it addresses resistance and emotions. So, if you're feeling is, "I hate exercise; I hate getting up early in the morning to go to the gym; I don't want to put on my sneakers..." that's a target for EFT. Remember anything you're going through can be a target, so don't force yourself to go to the gym, but say, "Even though I resent having to go to the gym, I deeply and completely accept myself." "Even though I hate getting sweaty and putting on my jog clothes, even though I hate...." whatever your issue is that is preventing you from going to the gym, that becomes a target for EFT. So, in combination with the wonderfully healthy eating plan and the workout plan.... Also don't push yourself too hard. What people do is they start a workout plan and they want to do it eight days a week, for an hour. And it's really, again, the way I was saying, it's not about the food and the calories, it's really not about the number of minutes doing cardio. Because if you're miserable pushing on the treadmill, it backfires, you know, because you don't get the results. You don't get the mathematical results that you should. Haven't you seen people that go to the gym and you think, you know, two years later they haven't change one quarter of an inch?

That's pushing against Law of Attraction. "Pushing, I hate my body! I've got to get rid of calories. I hate my body," and I mean, I've seen it backfire with everybody, with myself. So, again, you want to get into that energetic peace of, "You know what, I appreciate going to the gym. I appreciate taking a

beautiful walk outside. I'm tired, but I can do a little bit today." I don't have to do an hour of cardio.

**Jessica:** Right.

**Carol:** So, it's got to be enjoyable or else it becomes a burden and a chore and you know how we feel about burdens and chores. We eventually abandon them and resent them.

**Jessica:** I just love that. I mean, for me, personally, doing EFT for this is just taking out the struggle of how to do things, and I also love the aspect of loving yourself the way you are now, and it just makes the whole process so much easier instead of beating yourself up all the time.

**Carol:** It really does, but I'll tell you, with adults ... I've done this with teenagers, adolescents that need to lose weight, and they get that!

**Jessica:** A-ha.

**Carol:** But adults think that if I accept myself as I am right now it's going to stick to me. They think the pounds are going to stay on, and it's not factually true. "Oh no, I don't want to be happy with myself, I want to be mad at myself for eating!" That doesn't work. "I want to feel guilty that I ate too many cookies last night!" That's not going to help you lose weight. But people are still convinced that if you're mean to yourself and you crack the whip then, you know, you'll get there faster. It's the opposite. If that's the one thing people could take away, appreciate and accept your body ... and there's a target for EFT: "Even though I hate my body and I'm really unhappy with it, I'm not where I want to be yet, I deeply and profoundly love and accept myself anyway..."

**Jessica:** Wow! That's huge for people!

**Carol:** It really is, it really is.

**Jessica:** Well, Carol, I'd love to do some tapping and help the listeners, just get in the momentum of tapping and how it works.

**Carol:** Great. How about if we did deprivation or just anxiety? What would you like to do?

**Jessica:** Let's do deprivation.

**Carol:** Alright. So, everybody listening say out loud, “I feel deprived in my life.” Now maybe you feel deprived of food already. Maybe you feel deprived of love, time, attention. What do you feel deprived of? And then measure how true that feels on a 0-10 point scale. “I feel deprived.” Maybe you feel deprived of sleep? Remember deprivation is an emotion and emotions have energy and that’s what we want to collapse or neutralize so then you don’t use food to fill that hole of deprivation. OK? So, then we go to the karate chop point right on the side of either hand and just say the very, very simple EFT statements. “Even though, I feel deprived in my life.”

**Jessica:** “Even though I feel deprived in my life.”

**Carol:** And I want more.

**Jessica:** And I want more.

**Carol:** And I don’t want to give anything up.

**Jessica:** And I don’t want to give anything up.

**Carol:** I deeply and profoundly love and accept myself.

**Jessica:** I deeply and profoundly love and accept myself.

**Carol:** Even though I feel deprived in my life.

**Jessica:** Even though I feel deprived in my life.

**Carol:** Don’t make me give anything else up.

**Jessica:** Don’t make me give anything else up.

**Carol:** I deeply and profoundly accept myself anyway.

**Jessica:** I deeply and profoundly accept myself anyway.

**Carol:** Even though I feel deprived.

**Jessica:** Even though I feel deprived.

**Carol:** And I can’t give anything else up.

**Jessica:** And I can’t give anything else up.

**Carol:** I accept who I am.

**Jessica:** I accept who I am.

**Carol:** And how I feel.

**Jessica:** And how I feel.

**Carol:** Eyebrow: "I feel deprived."

**Jessica:** I feel deprived.

**Carol:** Side of the eye: "There's not enough for me."

**Jessica:** There's not enough for me.

**Carol:** Under the eye: "I feel deprived."

**Jessica:** I feel deprived.

**Carol:** Under the nose: "There's not enough for me."

**Jessica:** There's not enough for me.

**Carol:** Chin: "This deprivation."

**Jessica:** This deprivation.

**Carol:** Collarbone: "I feel so deprived."

**Jessica:** I feel so deprived.

**Carol:** Under the arm: "No wonder I can't lose weight."

**Jessica:** No wonder I can't lose weight.

**Carol:** Top of head: "No wonder I can't lose weight."

**Jessica:** No wonder I can't lose weight.

**Carol:** Eyebrow: "I feel too deprived already."

**Jessica:** I feel too deprived already.

**Carol:** Side of the eye: "Don't take anything away from me."

**Jessica:** Don't take anything away from me.

**Carol:** Under the eye: "I feel deprived."

**Jessica:** I feel deprived.

**Carol:** Under the nose: "There's not enough."

**Jessica:** There's not enough.

**Carol:** Chin: "I feel deprived."

**Jessica:** I feel deprived.

**Carol:** Collarbone: "No wonder I won't give up more food."

**Jessica:** No wonder I won't give up more food.

**Carol:** Under the arm: "I feel deprived already."

**Jessica:** I feel deprived already.

**Carol:** Top of the head: "I feel this deprivation."

**Jessica:** I feel this deprivation.

**Carol:** "But I want to feel calm and peaceful."

**Jessica:** But I want to feel calm and peaceful.

**Carol:** Good. Take a deep breath. Now that's just a little bit more advanced EFT, meaning I'm talking, sort of telling a story, rather than just following the bouncing ball and saying the same thing over, and over, and over again. You could actually go to the points and just say, "This deprivation, this deprivation, this deprivation." It works, but there's more to it, and I wanted to just give a little bit of variety there in the statement.

**Jessica:** Right. And it's really just saying how you feel, right?

**Carol:** Just saying how you feel. People are often, “Oh I’m afraid, what if I do it wrong?” You can’t do it wrong, if you’re tuned in to your feeling. Now someone might do one round of, “I feel deprived” and then they might say, “Actually I feel sad.” I encourage them to then change the word and say, “I feel sad, I feel deprived and sad.” What was that like, even though we didn’t even measure you, what was that like for you?

**Jessica:** It was good. I mean, it felt great. I think it’s something that most people can really relate to.

**Carol:** I think so too.

**Jessica:** Especially, when they’ve been struggling with weight all this time. You do get this mentality that in order to be healthy you have to deprive yourself. It’s just a belief that isn’t true.

**Carol:** It is a belief that is widely held, but it’s not true. You do not have to. It’s really about your attitude when you eat. You know what I say, you saw me at the last workshop. If you want a piece of cake, don’t beat yourself up and feel guilty for wanting it or eating it. Enjoy every minute.

**Jessica:** Yeah.

**Carol:** Otherwise, where is your energy? “I shouldn’t. I’m bad. I’m not supposed to. I’m a bad person. This is going to make me gain weight.” I mean that attitude, “This is going to make me gain weight ...” It’s not the chocolate cake that makes you gain weight!

**Jessica:** Right. And it’s also about being more conscious. So you’re consciously enjoying it.

**Carol:** Yeah, at present.

**Jessica:** I would love to do some tapping on, you know, we talked about loving yourself the way you are and you said a lot of adults struggle with that. Do you think we could do some tapping on that?

**Carol:** Absolutely. Now, again I would ask the audience to think of their body and measure. Basically we’re measuring how much you like it or how much you don’t like it. Pick your entire body, or a body part, and say, “I love my body.” OK? So Jess, say that out loud, “I love my body.”

**Jessica:** I love my body.

**Carol:** 0-10, I want to ask people to say, how true is that, and most people are going to be below a 5. Anyone listening to this for weight loss is going to be below a 5. "10" would be absolutely true: "I love my body." Most people will be a two, a three, or a four, of truth, in other words we're measuring now the truth, "How much do you love your body?"

**Jessica:** And a lot of times it's regardless of how their body looks, really, because you have people who are really thin and look amazing, and still don't love their body.

**Carol:** Exactly. So, then our target for EFT is the truth that, "I don't love my body," that that's actually the truth that people are really feeling and if they're feeling it, they're exuding it, they're admitting it, they're vibrating there, and as far as Law of Attraction, then Law of Attraction gives you more things to not love about your body. A very simplistic view of it, but ... so let's say our topic then is the truth that, "I frankly don't love my body." OK?

**Jessica:** Right. OK.

**Carol:** Karate chop: "Even though I'm upset with my body."

**Jessica:** Even though I'm upset with my body.

**Carol:** I don't like being fat.

**Jessica:** I don't like being fat.

**Carol:** I don't like being overweight.

**Jessica:** I don't like being overweight.

**Carol:** What if I decided to accept myself, anyway?

**Jessica:** What if I decided to accept myself, anyway?

**Carol:** Even though, I don't love my body.

**Jessica:** Even though, I don't love my body.

**Carol:** And everyone, we're still on the karate chop point, "I deeply and profoundly accept myself anyway."

**Jessica:** I deeply and profoundly accept myself anyway.

**Carol:** Even though, I don't love my body.

**Jessica:** Even though, I don't love my body.

**Carol:** Certainly, don't like being overweight.

**Jessica:** Certainly don't like being overweight.

**Carol:** I choose to accept who I am and where I am.

**Jessica:** I choose to accept who I am and where I am.

**Carol:** Eyebrow: "I don't love my body."

**Jessica:** I don't love my body.

**Carol:** Side of the eye: "Part of me hates my body."

**Jessica:** Part of me hates my body.

**Carol:** Under the eye: "I don't like my body."

**Jessica:** I don't like my body.

**Carol:** Under the nose: "I want to get rid of some of it."

**Jessica:** I want to get rid of some of it.

**Carol:** Chin: "I hate being overweight."

**Jessica:** I hate being overweight.

**Carol:** Collar bone. "I'm embarrassed."

**Jessica:** I'm embarrassed.

**Carol:** Under the arm: "I don't like my body."

**Jessica:** I don't like my body.

**Carol:** Top of the head: "I don't love my body."



**Jessica:** I don't love my body.

**Carol:** Eyebrow: "What if I could accept my body?"

**Jessica:** What if I could accept my body?

**Carol:** Side of the eye: "While I'm on this journey."

**Jessica:** While I'm on this journey.

**Carol:** Under the eye: "What if I could accept and love my body?"

**Jessica:** What if I could accept and love my body?

**Carol:** Under the nose: "Even though it's not perfect."

**Jessica:** Even though it's not perfect.

**Carol:** Chin: "What if I could accept and love my body?"

**Jessica:** What if I could accept and love my body?

**Carol:** Collarbone: "Even though I'm not where I want to be yet."

**Jessica:** Even though I'm not where I want to be yet.

**Carol:** Under the arm: "I want to accept my body."

**Jessica:** I want to accept my body.

**Carol:** Top of the head: "I want to want to love it."

**Jessica:** I want to want to love it.

**Carol:** Eyebrow: "I could appreciate parts of my body."

**Jessica:** I can appreciate parts of my body.

**Carol:** Side of the eye: "I want to love my body."

**Jessica:** I want to love my body.

**Carol:** Under the eye: "I want to appreciate my body."

**Jessica:** I want to appreciate my body.

**Carol:** Under the nose: "My body is very strong."

**Jessica:** My body is very strong.

**Carol:** Chin: "And now, I know how to lose the weight."

**Jessica:** I know how to lose the weight.

**Carol:** Collarbone: "I could almost feel excited about this."

**Jessica:** I could almost feel excited about this.

**Carol:** Under the arm: "I could almost feel excited about this."

**Jessica:** I can almost feel excited about this.

**Carol:** Top of the head: "I choose to appreciate my body."

**Jessica:** I choose to appreciate my body.

**Carol:** And accept where I am right now.

**Jessica:** And accept where I am right now.

**Carol:** Good. Take a breath.

**Jessica:** I don't know about listeners but I feel pretty good.

**Carol:** That was now, again, I was combining things. I was just kind of letting my intuition go and those sentences were really important. I just didn't want to do the very, very basic.

**Jessica:** Well, I'm happy that you didn't do the basic that was amazing. Thank you so much, Carol.

**Carol:** My pleasure.

**Jessica:** And thank you for all this information, I mean, this really makes such a difference in people lives to hear this, so thank you, thank you, thank you.

**Carol:** My pleasure. I think it'll make a lot of sense and then if someone feels like using EFT on a sugar craving, go ahead, but when they feel deprived they are not going to use EFT on a sugar craving.

**Jessica:** Right. I love it. It's like having, you know, people really say it's good to have a workout buddy, it's like EFT is your workout buddy. You know, we turn to it and it'll help you out no matter what you're facing.

**Carol:** So, I recommend three times a day for 10 minutes and if you can't do that 2 times a day for 10 minutes. Just 10 minutes to take the edge off; take that anxiety off before you go and have your lunch or your dinner.

**Jessica:** Wonderful. OK. Thank you. And, everyone, I hope that you enjoyed this interview as much as I have and if you want to learn more about Carol and all the great work that she does you can go to [www.TryItOnEverything.com](http://www.TryItOnEverything.com) and click on the expert's page and find all her other great work. So, until next time, everyone, keep tapping!