

Are you ready to  
*break free* from  
those feelings that  
have been holding  
you back?

For more information, or to  
schedule an appointment,  
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“Put away your skepticism; this really works.”

Dr. Wayne W. Dyer, author of *Wishes Fulfilled*

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“Emotional Freedom Techniques (EFT) has vastly improved the quality of my life and my work. . . Don’t miss this healing opportunity. . .”

Kris Carr, New York Times best-selling author of *Crazy Sexy Kitchen*

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“EFT is the most powerful new transformational technology to come along in years.”

Jack Canfield, co-author of *Chicken Soup for the Soul*

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“Nothing comes closer to ‘magic’ than the positive results I have personally witnessed using EFT on thousands of my patients who suffered from physical and emotional pain and illness. . .”

Dr. Mercola, founder of [Mercola.com](http://Mercola.com), most visited natural health site in the world

FIND YOUR  
*Freedom*  
WITH EFT TAPPING



# What is EFT Tapping?

Emotional Freedom Techniques (EFT) draws on the ancient wisdom of Traditional Chinese Medicine and blends it with cutting-edge insights of modern Western psychology. The result is a stress relief modality that can help you finally understand and eliminate those negative feelings and thought patterns that have been holding you back and even making you ill.

By “tapping” on the body’s meridian points - the same parts of your body manipulated during an acupuncture session - you can quickly dissolve the energetic blocks that have been hindering your physical or emotional recovery.

Think of it as needle-free, emotional acupuncture that can help you break free from whatever has been holding you back!



# How Can EFT Help Me?

Tapping is an incredibly versatile healing technique. No matter what’s bothering you, it can be dealt with through EFT. It’s been successfully tested and used to treat:

- Food Cravings
- Heartbreak
- Depression
- Children’s Anxiety
- Dissatisfaction with Body Image
- Weight Loss
- Headaches
- Back and Joint Pain
- Post-Traumatic Stress Disorder
- Organization Issues
- Bad Memory
- Fear
- Anxiety
- Nicotine Addiction
- Remorse
- Allergies
- Nail-Biting
- Gambling & Alcohol Addictions
- Deteriorating Eyesight
- Childhood fears
- Family strife
- Insomnia
- Many Types of Phobias

# Why Choose EFT?

Simply put, EFT Tapping is one of the easiest and fastest healing techniques available to you. Whether you use it on its own or to supplement traditional therapy or medical treatment, Tapping can supercharge and drastically reduce your recovery time.

Best of all, after a few sessions, you’ll be able to do it on your own and even teach it to your family and friends!

