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# Emotional Freedom Technique (EFT)

By Kelly Aiello RHN, Certified Brain Health Coach



# Lifestyle Recommendations for Optimal Performance

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# Lifestyle Recommendations for Optimal Performance

You insure your car, your home, your boat, and even expensive pieces of jewelry. But have you ever considered taking proactive steps to care for your brain? By providing it with the right nutrients, you can ensure your most valuable asset will remain in optimal working order. For many, it can even improve! That's right, by treating your brain right, you can get even more out of it than you thought possible!

Protecting and nourishing your brain is even more important if you have sustained a brain injury or are starting to see a decline in brain energy and function.

There are many foods that fuel the brain and should be eaten in abundance to support optimal cognitive performance.

If you follow my nutritional advice AND add in the following lifestyle changes, there's no telling where your brain may take you!

**Ready To Check Out The Blog...**



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# About Kelly

My name is Kelly Aiello, and I'm a registered holistic nutritionist (RHN) and a Certified Brain Health Coach. What is a natural nutritionist? It is a trained nutrition expert who understands the power of appropriate lifestyle upgrades in combination with using the correct food choices to assist in eliminating nutrient deficiencies to help your body work the way it was designed.

I created HappiHuman.com as a place to connect with people all over the world, just like you, who are looking to live a happier, healthier life. I want to give you the tools you need to unlock your full potential and to live the kind of life you have always imagined.

When it comes to nutrition, there is a lot of conflicting information. It seems like every week there is a new study or a new fad diet that appears to contradict the news from last week. I can help you cut through all the hype and learn what your eating habits should look like to fully optimize your health.

The truth is everyone is different and biochemically unique. As such, your body has different needs. It also means there is not a single one-size-fits-all diet for everyone. I work with you to create a bespoke nutrition plan that is based on scientific principles and is tailored to your body, your way of life, and your goals.

If you have questions about my services or if you would like to make an appointment, please call Sierra or Danielle at 236-425-2205. Feel free to contact me directly: [Kelly@HappiHuman.com](mailto:Kelly@HappiHuman.com) or 250.574.5044 and together, we will work to discover the ideal eating plan for you so that you can become whole food optimized!



# Why Work With Me?

My life did not begin like that of a nutritionist - quite the opposite, actually. I grew up eating a predominantly Standard American Diet rich in refined carbohydrates, loaded with white sugar, additives, and preservatives. As a result, I was overweight and chronically unwell, catching anything and everything that was going around. As my mom and sister suffered the same weight problems as I did, we often went on diets together, trying pretty much anything out there.

Of course, it was no surprise that we would starve and be miserable until we finally caved and realized the current diet-of-the-month wasn't working or in our best interests at the time. Thus, yo-yo dieting became the norm and continued when I became an adult and moved away from home.

What also continued were the compounding health problems I experienced, including back pain, osteoarthritis, sinus infections, and thyroid issues. I thought this was normal for everyone and just a natural byproduct of getting older. But then again, I had also thought it was normal for all young women to grow up trying every type of diet out there only to gain back any weight lost in no time. We tried to follow the recommended food pyramid at the time - predominantly low fat and high carb, but had no idea at the time that we were actually starving our bodies!

In the late 90's, I relocated to Ottawa, Ontario for my first teaching job, and soon met Joe - the love of my life and man I eventually married. We were each other's best friends and quickly became inseparable. Life was always busy for us - both perpetually tired, overworked and stressed to the max. Between busy careers, we also managed two major moves; first to Portland, Oregon then to Kamloops, BC.



# Cont'd: Why Work With Me?

Then life as I knew it came to stop when Joe was hit by a car while cycling and was launched through the air. The traumatic brain injury he suffered returned him home to me a different man. After months of rehab and trying many different pharmaceuticals, most only making matters worse, we bravely decided to take the bull by the horns and figure things out ourselves, starting with a change in diet.

The discovery that the brain prefers fat for fuel over carbs shifted our entire focus on food and led to him adopting a ketogenic eating style. Though he still has his struggles, with the help of meditation, mindfulness practices, and the right foods for him, Joe is better able to manage his symptoms and chronic pain.

And for me?

After switching to a predominantly Paleo approach, I am healthier and thinner than I have ever been in my life. No more yo-yo dieting. No more migraines. No more thyroid medication. Gone are my chronic illnesses and addiction to sugar (which I didn't know I had, let alone knew was possible).

For decades, not once did it ever occur to me that what I was putting into my body (food, the additives, preservatives and chemicals it contained, birth control pills, and antibiotics) could have been contributing to my health or state of mind, or that a few of the right changes could be the solution. I had no idea what it felt like to experience genuine health. Now that I have, I cannot imagine ever going back!

This discovery for me was so profound, I knew I had to share my knowledge with the world and empower others so they could experience a richer sense of health and well being just like I did. So, I returned to school and became a natural nutritionist.

# Cont'd: Why Work With Me?

Since brain health and function is a topic near and dear to my heart, and of particular interest to me, a short time later I became an Amen Clinic's certified Brain Health Coach.

Now, not only do I assist people with general health and weight concerns, but focus on conditions and disorders affecting brain health. Combining my love for nutrition and brain health was a natural marriage. I created a practice revolving around neuronutrition - the use of targeted foods, supplements, and lifestyle alterations to reduce depression and anxiety, slow age-related cognitive decline, and optimize brain function for those wishing to excel in the workplace or at school.

Continually inspired by the power of real food and its amazing impact on health, I blog about relevant topics related to health and nutrition and spend a lot of time in the kitchen trying new recipes to share. All recipes I post are whole food-based, gluten-free and refined sugar-free. That means you can feel confident in making them for you and your family, knowing they full of natural, nutrient-dense healthy foods.

I offer one-on-one nutritional counselling, small group coaching programs, and meal planning services to help you create a life-long habit of choosing healthy food. I also offer educational services including workshops, speaking engagements and cooking classes for families, the community, and progressive corporations. My ultimate goal is to educate, empower and inspire you to take an active role in your health and start living the life you always dreamed of. I'm here to tell you that it is possible!

You can lose weight by eating the right foods for you and forget the diet roller-coaster forever. Wouldn't it be nice to have abundant energy and improved sleep?

# Cont'd: Why Work With Me?

Wouldn't you love to have increased mental clarity and be more productive at work? Isn't it time you felt great every day without getting constantly sick?

By taking control over the food you eat and your own health, you can feel like yourself again - no more brain fog, extreme moods, tummy troubles, manic cravings, headaches, blood sugar imbalances, or PMS symptoms.

If you struggle with weight issues, know the frustration that comes with trying diet after diet unsuccessfully, suffer unrelenting fatigue, have digestive, hormonal or thyroid problems, or feel dependant on caffeine, chocolate or soda to get you through the day, you came to the right place! **I would like to teach you that it is within your power to change.**

***I offer a FREE 30 Minute Nutrition Consulting Session.*** As the in-house Nutritionist at Nature's Fare Market in Kamloops, I offer a 30-minute nutritional consultation on-site at Natures Fare.

Sessions are available at no charge to you! Consultations are available by appointment only and can be made in person at Nature's Fare or online at Nature's Fare. Appointments are available between 10 am and 4 pm on a rotating schedule. Be sure to check out Nature's Fare's website for the full schedule.

Common topics of discussion during a nutrition consultation are:

- Eating on a budget
- How to make better food choices
- Healthier eating
- Understanding nutritional labels
- Meal planning for busy families
- Eating to optimize cognitive performance
- Boosting moods with the right foods
- Weight management
- Nutrition for the prevention/management of specific health concerns/conditions



# About This Manual

My Emotional Freedom Technique (EFT) Reference manual serves as both a How-To as well as a place for documenting your tapping sessions.

In my manual, you will find content on the benefits EFT can provide as well as how to perform it. It's also a place to create your very own personalized KPIs. Done in combination with nutritional upgrades, you will receive the greatest benefit along with the with the resolve to challenge your belief patterns.

Are there certain things that terrify you right down to your essence? Fears do not serve anyone personally or professionally. Anxiety is only useful to make us unhealthy.

Chronicling your tapping sessions provides an aide-memoire as you make advancements in the quality of your life. Taking the time and effort to document sessions now will assist you in determining triggers, events, emotions and pain. With practice, tapping can create an awareness of why we act, react, and behave in specific ways. Best of all, tapping can be done anywhere at any time!

Think of this manual as also a Key Performance Indicator (KPI) of your progress. KPI's, if you're unfamiliar with the term, are a small number of agreed-upon measurements that reflect your goals for success — it's nothing more than a snapshot. They are measurable, objective, and actionable.

You can create KPIs as an antidote to conquer your fears by using your left brain's analytical skills. No, you don't need to be an engineer, as you'll discover. Defining your first KPI involves working them through.

# Cont'd: About This Manual

Overcoming fears will make me a healthier person. It will also expose me to new career opportunities and allow me to share time with new friends and acquaintances. Eliminating mental blocks will only help me and my endeavours now and into the future. Ask yourself these questions:

**Q: What is my desired goal?**

*A: My goal is to reduce my weight and anxiety.*

**Q: Why does this goal matter?**

*A: I am holding myself back professionally, and my health is declining.*

**Q: How do I measure my progress towards the goal?**

*A: I am tapping three times a day. I've joined a gym, and I'm diarizing.*

**Q: How will I know when I have reached my desired goal?**

*A: I am going to the gym three times a week, and I have lost 20 pounds.*

Whether you are dealing with chronic pain, a mental-block or someone simply cuts you off in traffic-triggers of any sort can cascade into a torrent of unhealthy emotions: sadness, anger, anxiety, or fear, but you already know this. There's plenty that tapping can offer to help our human condition, including to calm the mind from constant discursive chatter, but it's up to you to remember:

**What gets measured gets done. That's where KPI's come in.**

Please consult with your doctor(s) before starting any new mental or physical health improvement program. The advice I offer is not intended to replace that of your medical practitioner. I am not a medical professional, nor am I qualified to diagnose, cure treat, or prevent disease. The advice I provide on this website is intended for a broad and diverse audience, and as such, deals with general lifestyle concepts, not specific healthcare advise. This material disclaims any liability or loss in connection with the advice expressed herein.

# Introduction: What is EFT?

EFT stands for Emotional Freedom Techniques but is often referred to simply as tapping. It represents a burgeoning science known as Energy Psychology that combines acupuncture functions with psychological techniques.



"Tapping, just like affirmations, is another wonderful tool that can help us to let go of our limiting thoughts and negative programming from our past. And I do love the way the tapping process first releases the negative programming, and then the affirmations help create more positive change and health in our lives."

~Louise Hay, Author of You Can Heal Your Life

Tapping is an uncomplicated self-help protocol based on the belief that releasing negative emotional energy, supports the body's energy to flow more efficiently. It is a meridian based energy protocol which works much in the same way as acupuncture, but without the pins and needles:

- Major meridian points in the body are stimulated by tapping or massaging them.
- The physical impacts of stimulating touchpoints complements mental effort.
- Tapping has been proven clinically effective in the **following**:
  - PTSD
  - Stress
  - Phobias
  - Grief
  - Headaches
  - Abuse
  - Insomnia
  - Depression
  - Addictive Cravings
  - Fibromyalgia
  - Chronic Pain
  - Discursive Thoughts

# Benefits of EFT

EFT has numerous benefits and can be used to help you attain just about any goal - physical, emotional, professional, or personal. How can it accomplish this? By using the same underlying mechanism - stress-relief.

Stress, at its core, either causes or worsens almost every health issue that we are faced with - pain, anxiety, depression, headaches, sleeplessness, anger, addictions, and so on.

Tapping is a tool that can be used to reduce stress by regulating the nervous system. In turn, this allows us to attain our goals more quickly and helps us make better choices in terms of our health. Whether our goal is to overcome pain, reduce inflammation, or advance ourselves professionally, EFT can help us move through any uncomfortable emotions that may be getting in the way of achieving our goals. Some of these blockages may include guilt, fear, anger, or sadness.

If overcoming pain is your main driver in using EFT, it's wise to realize that even if you do not experience any physical benefits at first, there may be a lot of emotional turmoil surrounding the physical distress that we feel. These emotional blockages need to be cleared first. You may feel sadness over what's been lost, guilt over how much more difficult it makes your life or the life of a loved one, or anger over what you are no longer able to do. There may also be fear about future plans and what this pain will mean for your life in the long run.

There are many different emotions that can come up surrounding pain and EFT can help you move through those emotions more quickly. Even if you still have physical symptoms initially, clearing the additional pain of all the negative emotions surrounding it first, will eventually allow the physical body to improve.

Anything in your life that is not ideal can become a tappable issue.

# EFT Prepration & Script

EFT is a very adaptable process which can be performed by anyone, anywhere, and at any time. My procedure, which follows, is simply my way of doing this practice.

## Preparation

Newcomers should prepare by assembling a mise-en-place of tissues, water with maybe some herbal tea and, of course, a pen and paper to record anything which comes up, be it unpleasant or not. Particularly, when just beginning, insist that you have privacy, remove any watches or jewellery and lastly, silence your phone or, better yet, put it on Do Not Disturb and leave it in another room.

You will start the simple EFT process by reciting a script while tapping various parts of your body. The actual tapping process involves using the fingertips of one hand to tap parts of the hand, head and face. The number of fingers to tap with is what feels most natural to you. It doesn't matter if you're left or right-handed, and it works without a script, but its effects are more powerful if a script is used at the same time.

## Script

Out-loud state (while tapping):

- Even though I have this pain, I accept it with all my heart;
- Even though I am in pain, I love and accept myself;
- Even though this pain is painful, I completely accept how I feel right now.

***Tip: If you feel pulled to a particular point on your body, there is no need to rush this. Feel free to tap longer on that meridian point if you feel compelled to do so.***

Repeat this process three cycles each day, especially at first. Sessions can get completed in one sitting or several. Carve out time to do this, or schedule it in if you must.

# EFT Technique

## Technique

Begin by sitting upright in a comfortable position:

- Start by first tapping the karate chop side of one hand;
- Move the tapping to the inside of the eyebrow towards the bridge of your nose;
- Start tapping just in from the temple region and close to the side of the eye;
- Begin tapping just below the same eye;
- Then move the tapping to the middle-upper lip area;
- Begin tapping just under the lower lip in the crease section;
- Then move the tapping to the collarbone;
- Move the tapping a few inches underneath the armpit on the side of the body;
- Begin tapping the top centre of the head.

When you've completed a cycle, please direct your mind to take a deep belly breath. Begin by slowly expanding your belly (abdomen), let the air rise and allow the breath to expand your chest, lifting your ribs and clavicle. Don't force it.

Then reverse the breath by deflating your upper chest, and conclude by pulling your navel area in and up towards your spine. Keep the chest relaxed.

If you're just starting out, it may be helpful to put one hand on your abdomen over your belly-button, while the other hand is placed on the centre of your chest. On the inhale, feel the hand on your belly rise upwards while the other hand on your chest should stay still and relaxed. With practice, you will begin to notice all the muscles involved in your breath signature.

Now take a sip of water or tea. When you've concluded your session, take notes and update your journal of any considerations, images, emotions, sensations, reactions and memories that developed.



# Affirmative EFT

## **Affirmative EFT Technique**

As your practice grows, consider applying this technology confidently and favourably to reach an objective or specific change that you would like to see in your life personally or professionally.

An Affirmative EFT practice operates in the same method, as explained earlier. The difference stands in the scripting. Whereas the prior technique involved something painful, traumatic or worrisome, Affirmative EFT includes a positive composition.

Affirmative EFT is practiced because it feels terrific and is focused. It is an explicit narrative towards a future goal or objective you may be working towards today.

Indeed, most would agree that professional and academic success is, at least, partially predicated on an individual's mindset. Performance in the boardroom, office, classroom and lecture hall is no different than an athlete preparing for competition. Achievement is difficult when our thinking remains incongruent to our goals. This practice can assist with realigning how we think with our desired outcome.

## **What gets measured gets done.**

The entire goal in an EFT practice is to realize positive mental developments. Be sure that when you begin Affirmative EFT, it's because you are subconsciously choosing not to avoid something perceived as unfavourable or negative. In other words, consider the reason why you began tapping and take note of any progress or issues you have made or identified.

# Affirmative EFT Cont'd

Here's an example of a session:

## Script

Out-loud state (while tapping):

- Right now, I am developing self-assuredness;
- I pledge to enroll in a public speaking class by March 1;
- Right now, my health has been the best it has been;
- I pledge to continue going to the gym three times per week;
- Right now, my food choices have never been better;
- I pledge to continue following my meal-plans

And, so on.

*Tip: If you feel pulled to a particular point on your body, there is no need to rush this.*

Repeat this process three cycles each day, especially at first. Sessions can get completed in one sitting or several. Carve out time to do this, or schedule it in if you must.

# EFT Technique Illustrated



**#1**  
**Karate**  
**Chop**



**#2**  
**Inside of Eyebrow**  
**(near bridge of nose)**



**#3**  
**Temple Region**  
**(near side of the eye)**



**#4**  
**Below the**  
**Same Eye**

# EFT Technique Illustrated Cont'd



**#5**  
**Middle**  
**Upper Lip**



**#6**  
**Under the**  
**Lower Lip**



**#7**  
**Collar**  
**Bone**



**#8**  
**Underneath**  
**Arm Pit**

# EFT Technique Illustrated Cont'd



**#9**  
**Top Centre**  
**of the Head**

# Personalized KPI's & Journal

**Get more value out of life.**

It's why we exercise, eat healthy, try to get enough sleep, and even try to meditate. These lifestyle upgrades, among many others, are positive attempts to optimize our own lives.

**Need some personal KPI ideas to start off with? Consider including:**

- Number of minutes spent tapping;
- Mindfulness, mood, energy level & emotional state before and after each session;
- Daily resting heart rate;
- Daily weight and body fat;
- Number of hours slept;
- Number of miles or kilometres walked or ran;
- Weekly productivity level

Remembering to stay alert to what you're doing in the present moment; remembering to recognize the skillful and unskillful qualities that arise in the mind; and remembering how to effectively abandon the qualities that get in the way of concentration, then developing the skillful ones that promote it.