



THE JUICY WOMAN

INSPIRING WOMEN TO LOVE THE SKIN THEY'RE IN

Emotional Freedom Techniques (EFT)

*“The cause of all negative disruptions is a disruption in the body’s energy system.”
~ Cary Craig, Creator of EFT*

Imbalances in the body's energy system have profound effects on our personal psychology and physical health. If you are going to perform up to your full potential, the energy in your body must flow properly.

EFT balances the disruption in our energy system, as it exists NOW! If you can “tune in” on the emotions, while balancing the body’s energy system, the disruption can be short-circuited so normal flow can resume. It’s best to work on specific events. This is accomplished by taping on acupuncture points along the meridians (energy channels) that flow through our body.

Features of EFT

- Often works *rapidly!* (Including one minute wonders)
- Emotional results are typically *lasting!*
- Useful in eliminating pain and achieving peak performance!
- Can be used anywhere, and anytime!
- It is a painless, easy, self administered technique!

Measure of Intensity

Begin by thinking of a situation that you want to change in your life. Assess your psychological intensity of that situation and rate that on a scale of 0-10, 10 representing maximum intensity and 0 no intensity at all.

Here is one version of the scale:

10 = Feels unbearably bad, beside yourself, out of control as in a nervous breakdown, overwhelmed, at the end of your rope. You may feel so upset that you don't want to talk because you can't imagine how anyone could possibly understand your agitation.

9 = Feeling desperate. What most people call a 10 is actually a 9. Feeling extremely freaked out to the point that it almost feels unbearable and you are getting scared of what you might do. Feeling very, very bad, losing control of your emotions.

8 = Freaking out. The beginning of alienation.

7 = Starting to freak out, on the edge of some definitely bad feelings. You can maintain control with difficulty.

6 = Feeling bad to the point that you begin to think something ought to be done about the way you feel.

5 = Moderately upset, uncomfortable. Unpleasant feelings are still manageable with some effort.

4 = Somewhat upset to the point that you cannot easily ignore an unpleasant thought. You can handle it OK but don't feel good.

3 = Mildly upset. Worried, bothered to the point that you notice it.

2 = A little bit upset, but not noticeable unless you took care to pay attention to your feelings and then realize, "yes" there is something bothering me.

1 = No acute distress and feeling basically good. If you took special effort you might feel something unpleasant but not much.

0 = Peace, serenity, total relief. No more anxiety of any kind about any particular issue.

Steps to EFT:

1. Select an issue to work on: memory/event, trauma, current issue, physical problem, limiting belief or behavior pattern you want to change. Be as specific as you can!

Healing an emotional trauma, memory, event or issue:

Close your eyes imagine seeing an object or an image from a time in the past when the situation or event occurred. Imagine you are in that situation.

Healing physical pain or illness:

Focus on the part of body or condition you want to heal. Allow yourself to feel the pain or stress revolved around the disease.

Changing a limiting belief:

If working on limiting belief you can focus on how true the statement is to you, 10 being the absolute truth and 0 being you have no belief in it at all.

2. Access your intensity on a scale of 0 to 10 as it exists now when you think about it.

Write down the number that reflects how you feel. Important in gauging your progress, like taking your emotional temperature, you need to keep a record to see if working.

3. Create a set up phrase/reminder phrase. Set up phrase: "Even though I have this _____, I deeply and profoundly accept myself." Reminder phrase: "*This _____.*"

4. Do taping sequence; Karate chop for set up phrase/ taping sequence for reminder phrase.

5. Take measure of intensity reading, write down number. See if lowers, repeat if needed till reach 0. (Note: Sometimes if you are really hitting nail on head number may go up a little, that means your on right track, repeat process adjusting set up and reminder to reflect what brings emotional charge.)



Steps to EFT

1. Select Issue
2. Measure of Intensity: choose number and write down
3. Set up: (Repeat 3 times while tapping on Karate Chop point)
"Even though I have this _____, I deeply love and accept myself.)
4. Tap Sequence (Repeat 7 times per point) while saying the Reminder phrase: ("this_____")

Sequence:

Eyebrow (EB), Side of Eye(SE), Under nose (SN), Chin (C), Collar Bone (CB), Under Arm (UA), Top of Head (TH)

5. Repeat Intensity measure, log number
6. Repeat if needed.
"Even though I still have this _____, I deeply love and accept myself."
7. Tap sequence with Reminder phrase: "This remaining_____."

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Examples of setup & reminder phrases

Be As Specific/Detailed As Possible!

If you are working on a pain, where is the pain? Use adjectives to describe the pain; For example: "This sharp pain in my head", "this burning pain in my side", etc. Be descriptive and as detailed as possible. Allow yourself to get in touch with feelings, sensations, smells, tastes, and sounds to experience the experience as acutely as possible. Scream, yell, you have license to curse, get it out, get to the root.

PHYSICAL & EMOTIONAL ISSUES

Set up phrase: "Even though I have this _____, I deeply and profoundly accept myself."

Reminder phrase: "*This _____.*"

Pain
Headache
Feeling of being helpless
Low metabolism
Disease
Depression

Betrayal
Discomfort
Stiffness
Rash
Blood pressure
Stress

FEAR

"Even though I have this **fear** of _____, I deeply and completely accept myself."

"*This fear of _____*"

ANGER

"Even though I have this **anger** towards _____, I deeply and completely accept myself without judgment."

"*This anger towards _____*"

MEMORIES

"Even though I have this **memory** of _____, I deeply and profoundly accept myself without judgment."

"*This _____ memory*"

CRAVINGS

"Even though I have this **craving** for _____, I deeply and completely accept myself without judgment."

"*This craving for _____*"

The Juicy Woman

Meet Andrea Amador: The Juicy Woman

Andrea Amador, CEC. M.NLP is The Juicy Woman. She is a professional Certified Empowerment Coach, Certified Master Practitioner of Neuro Linguistic Programming and Ericksonian Hypnosis.



As a Body Image/Self Esteem expert, and a curvy plus size gal herself, Andrea is a powerful role model for women.

As an abuse survivor, Andrea is a rare combination of raw experience and professional training which gives her the edge in helping women who struggle with body image and/or abuse issues.

In her book, *Lovin' the Skin You're In: The Juicy Woman's Guide to Making Peace with Food and Friends with Your Body*, Andrea sprinkles her unique blend of storytelling, spice, playfulness, authenticity, knowledge, training, expertise and mixes it all up in her own unique way specially designed to serve and empower women to overcome their challenges with emotional eating and love their thighs at any size. Sign up to get a free excerpt from her book: <http://www.thejuicywoman.com>