

Yes, sign me up for EFT!

Name: _____

Address: _____

City, State, Zip: _____

Tel: _____

Email: _____

When: June 24, 2014

Time: Tuesday, 7:30 - 9 PM

Location: 907 Broad St.

Cost: \$ 30

Payment:

- Check enclosed (made out to OHS)
- Master/Visa
- Credit card #:

Name as it appears on the card:

Expiration date: _____

**Please remit this slip and mail to
907 Broad St., Durham, NC 27705**



Dr. Burk is President of Healing Imager, Inc. in Durham, NC, offering services in musculoskeletal teleradiology and Emotional Freedom Techniques (EFT). He was previously Associate Professor of Radiology and Director of Education at the Duke Center for Integrative Medicine. He is co-author of "Physicians' ethical obligations regarding alternative medicine" published in JAMA in 1998.

Dr. Burk completed the UCLA Medical Acupuncture for Physicians Course in 1998. In 2002, he learned EFT and has trained with Gary Craig and Dr. Carol Look. His paper "Single Session EFT for Stress-Related Symptoms after Motor Vehicle Accidents" was published in the Energy Psychology Journal in 2010.

Dr. Burk is a Certified Energy Health Practitioner and is also certified in clinical hypnosis. He has a part-time clinical practice at OHS combining EFT, hypnosis, breathwork, shaking medicine and dreamwork on Monday and Thursday afternoons. He is the author of the book, *Let Magic Happen: Adventures in Healing with a Holistic Radiologist*.

For other workshops please call:

Oriental Health Solutions, LLC

907 Broad St.

Durham, NC 27705

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Email: info@orientalhealthsolutions.com

<http://www.orientalhealthsolutions.com>



Workshop Emotional Freedom Techniques (EFT) And Hypnosis for Weight Loss and Food Cravings Larry Burk, MD, CEHP



"The Road to Freedom"

Emotional Freedom Techniques (EFT) and Hypnosis for Weight Loss and Food Cravings

- ◆ Do you crave sugar and sweets?
- ◆ Do you think there is a connection between your emotions and your weight gain?
- ◆ Do you use food to comfort yourself when under stress?
- ◆ Do you never seem to get to your goal weight and be able to keep the pounds off?

Then it is time for you to be introduced to EFT, a self-healing method being taught to thousands all around the world at www.eftuniverse.com. You can learn everything you need during an introductory 90 minute workshop provided by Larry Burk, MD, CEHP, at Oriental Health Solutions.

If you want to get a head start, then visit the website, but reading beforehand is not required to learn EFT in the workshop. More information about Dr. Burk's work with EFT, hypnosis, and other mind-body-spirit techniques can be found in his video blogs and newsletters at www.letmagichappen.com.

We are committed to cause and generate health, balance and well-being in as many people as possible through the wisdom of Oriental medicine and to empower and inspire people to be healthy and vibrant. It is our goal to bring Oriental medicine into the mainstream while honoring its intention and spirit. Our referral networks with other health care practitioners, clinics and universities enable our patients to receive the best possible care. Working as a team, we are a major force in the transformation of health care.

The Workshop

Dr. Burk will introduce basic concepts of EFT, a very simple and safe approach to dealing with chronic pain, past emotional traumas and current anxieties. It involves self-tapping on acupuncture meridian points while repeating short statements about a particular emotional experience or belief.

Tapping on the acupoints in this fashion deletes the body memory of the issue connected to the cognitive memory allowing anxiety to be replaced by emotional freedom. Practical individual and group demonstrations will be utilized during the workshop to learn the basic techniques.

"Doris, a 50 year old overweight woman complained that she craved chocolate so much that she had to have a large candy bar every day to calm her nerves. She used EFT to give up this addiction by starting with the phrase "Even though I crave chocolate when I am anxious, I deeply and completely accept myself." After doing the EFT tapping for 10 minutes, she returned a month later to report that her box of candy bars had not been touched since the last visit, and she had lost 10 pounds."



Nine different acupoints are used during EFT, on the face, chest and head. Once you learn where they are, the process takes just a few minutes. You tap seven times on each of the acupoints with your index and long fingers while repeating short phrases like the ones below:

- ◆ "I overeat when I am anxious."
- ◆ "I overeat when I am bored."
- ◆ "I'll never make it to my ideal weight."
- ◆ "I can't eat just one."

Evaluating Results

You report your subjective units of distress before and after tapping on a scale of 0 to 10, with 0 being no distress and 10 being the worst you can imagine. Some issues go to 0 and disappear immediately after the tapping never to return, especially those relating to situations from the past. Others take some persistence, particularly when they relate to ongoing stressful situations.

EFT can be repeated as often as needed, and there are no side effects. There is no catharsis or drama. The most people usually experience is a few tears related to difficult subjects that they are tapping on, but that quickly shifts to feelings of relief. It is easily combined with self-hypnosis.

EFT can be applied to a variety of conditions including fears, pain relief, self-image issues and negative beliefs.

"Barbara, a 40 year old obese woman was unable to lose weight successfully despite attempting multiple different diets. Even when she had managed to lose weight she always put it right back on. She was reluctant to exercise and didn't enjoy it. Her memories of childhood include other children making fun of her on sports teams for being the fat one. Her tapping phrase for EFT was "I'll never get to my ideal weight because I've always hated to exercise since I was a teenager." Her resistance to working out faded after several EFT sessions, and she began exercising every day. She made it to her goal weight in 6 months, and she now taps on other issues related to her professional goals."

