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HET for when your body confuses you

Sometimes our body reacts in ways that are very confusing for us, so we start trying to let go of some foods. We think this food is good for us...and that food ends up making us feel uncomfortable.

This is an HET tapping, that will help you open up to knowing what works for you, and encourages you to enjoy the process ☺

Take three deep breaths in for a count of 5 out for a count of 8

Tapping on the side of the hand:

~Even though I am not sure what to eat, I choose to be calm and open to what my body is telling me.

~Even though I am really confused as to what food will help me release the weight, I completely accept those feelings, and choose to be calm

~Even though sometime I just know food is out to make me confused, I choose to trust my intuition and am proud of myself.

EB: my mind is quite

SE: my body is centered

UE: my body is attempting to love me, and tell me its needs

UN: My intuition is growing and showing healthy choices for my body.

C: I'm curious about how to support my body

CB: This is kind of FUN

UA: I focus on one choice at a time, that is easy!

TH: My foods help my body thrive

Take ahold of your wrist and say PEACE...

Notice what came up for you and make note of it in your journal...remember there is no right or wrong here...do this with curiosity.