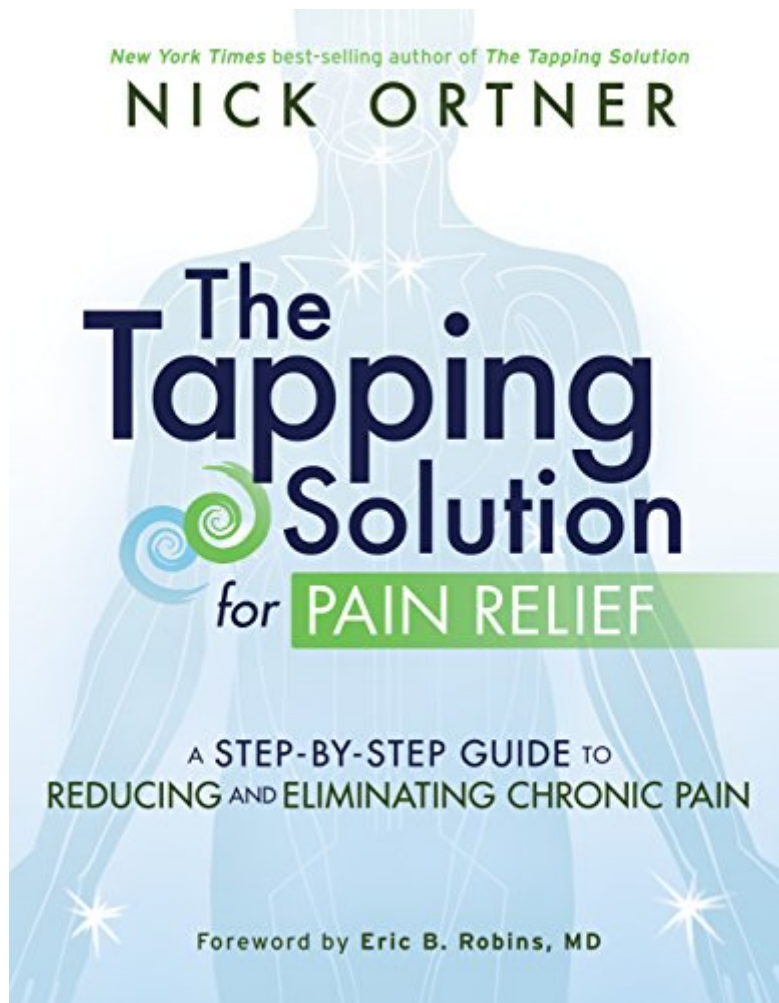


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# The Tapping Solution For Pain Relief: A Step-by-Step Guide To Reducing And Eliminating Chronic Pain



## Synopsis

Do you suffer from chronic pain? If so, youâ™re not alone. In fact, more than 100 million Americans deal with this life-changing issue every day. And if youâ™re like most of them, youâ™ve tried all the normal âœsolutionsâ•: doctors, injections, medications, and surgeries. While these all have a place in healing, they have fallen short in dealing with the pain epidemic. So what can you do? In *The Tapping Solution for Pain Relief*, Nick Ortner presents a startling alternative. He lays out a step-by-step plan that teaches you how to use tapping, or EFT (emotional freedom techniques), to reduce or eliminate chronic pain. Looking at the scientific research surrounding pain, stress, and tapping, he opens your eyes to just how powerful tapping can be, and then outlines tips and techniques to address pain in both the short and long term. Nick guides you on a journey that begins on the surface â“ tapping to address the pain itself â“ and moves to the deeper issues that often affect pain. With easy-to-follow tapping scripts and exercises, Nick helps you heal the emotional pain and underlying beliefs that often keep people stuck. He also addresses topics that you may not think of as associated with chronic pain, such as: Creating personal boundaries Dealing with toxic relationships Clearing resistance to change Understanding the power of a diagnosis Working through anger There are many ways the brain and body can create, increase, and prolong pain. After reading this book, youâ™ll not only understand whatâ™s causing your pain but also how to achieve complete and lasting relief. But letâ™s face it; this is about more than just pain relief. Itâ™s about empowering yourself to take back your body in order to live the life you want.

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## Customer Reviews

My name is Joyce A. Ashby and I have a testimonial to doing tapping. I watched a few videos<sup>™s</sup> online to find out how to do the EFT Tapping, and started doing it on mine own. If I can do it so can you.. a bit of studying and reading the books helps also. I had a sore shoulder from something that I did that I<sup>™m</sup> not to sure how, but I did tapping on it twice a day for 1 week straight and the soreness went away! I just could not believe how well it works. I later did tapping on my allergy<sup>™s</sup> that I have had for over 25 years. I followed what I have learned about how to find out what emotion that is attached to it. Asking questions as I went, and out of the blue an emotion popped in my head, and I worked on that. I started to cry, but kept on going. I noticed that over the last few months that I have done the tapping about my allergy<sup>™s</sup> my sinus started draining down the back of my throat. At first I thought it was just a fluky thing, but it happened every time I tapped on my allergy<sup>™s</sup>. I do it at night most of the time, and it also helps me fall asleep. I pass the information on to as many people that I get in contact with that have pain, or other issues. I<sup>™m</sup> so very THANKFUL to Nick and his sister for the work that they do, and sharing with us the information online, and in the books. I know at first, I was a bit skeptical about doing the tapping because it sounded odd, but I just did it and saw RESULTS!! Some things may take longer to do. When I get a headache I tap as soon as I can with a lot of positive words as I tap. I try to say, "I<sup>™m</sup> happy and grateful my headache will go away" • with other positive words. Each situation is different. To me with having allergy<sup>™s</sup> for so long I had to find the emotion that went with it, and tap through that and then go from there.

As soon as I started to read this book, I knew I was on the right track but I was not sure it could address the mess my body was in. My leg problems started 20 years ago when I quit smoking and got Graves Disease. When my thyroid was removed, I was put on synthetic replacement therapy and my body slowly deteriorated. I gained 30 pounds in 5 weeks and was told by my doctors that I was "eating too much".. which was the opposite of the truth. I was so sick and achy that I barely ate anything at all. I kept gaining over the last 20 years and every diet I tried only helped for a while. My

legs, which started hurting with the Graves, were not used to carrying the extra pounds and became chronically painful. I knew that my problem was adrenal-related because the weight I had put on was classical "Cushing's-like" shape: big belly, swollen face, buffalo hump, but my legs and arms were not fat.. but, I did not have Cushing's disease.. I just looked it. When Nick started explaining how cortisol effects chronic pain, I almost kissed the book. I read every page like it was gold, and tapped with him and let myself drift off into personal directions that were calling me. By page 95, I accidentally discovered why I was eating snacks at night even though I wasn't hungry. I would sit after a meal and feel I wanted more, but what? a dessert? a coffee? crackers and cheese? I didn't really know if it was salty or sweet, but I wanted something! Well, by tapping I suddenly realized that it was not food at all, but an unresolved ritual I had when I smoked 20 years ago.. I was craving a cigarette (even though I haven't smoked in 20 years and I don't even consciously remember being a smoker)! As soon as I realized that, I laughed out loud, and the munchies were gone..

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