

# EFT TAPPING POINTS

Emotional Freedom Technique (EFT), also referred to as "Tapping", is a simple practice where you tap on stress-reducing acupressure points while thinking or talking about what's troubling you, sending signals to your brain, and energy systems to shift the way you think and feel.

**TOP OF HEAD**

**EYE BROWS**

**SIDE OF EYES**

**UNDER EYES**

**UNDER NOSE**

**CHIN**

**BELOW COLLAR BONE**

**UNDER ARMS**

**SIDE OF HANDS**

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