

## **EFT Metabolism Protocol**

What level in percent is your metabolism functioning at right now? Let a number come to you or simply guess (which is one way of allowing your unconscious mind to tell you what it actually is). You don't have to be completely accurate here. We're only looking for a benchmark for later comparison.

Do three rounds of tapping:

1. Setup: "Even though my body is running at only XX percent, I fully and deeply love and accept myself and my body"  
Reminder: ["Running at XX percent"]
2. Setup: "Even though my metabolism is still running under 100%, I release anything and everything that slows down my body, as I fully and deeply love and accept myself and my body"  
Reminder: ["Release everything that slows my body down"]
3. Setup: "Even though my metabolism is not used to running at 100% all the time, I now repair everything that slows my body down, as I fully and deeply love and accept myself and my body"  
Reminder: ["Repair everything that slows my body down"]

Next, take a new reading on the 0-100% scale.

Notice that we do NOT tap for our metabolism increasing to 100%. It's best to let your body, with its own innate intelligence, increase your metabolism at a healthy rate.

## **EFT Immunity Protocol**

1. Setup: "Even though my immunity is running at only XX percent, I fully and deeply love and accept myself and my body"  
Reminder: ["Immunity running at XX percent"]
2. Setup: "Even though my immunity is still running under 100%, I release anything and everything that lowers my immunity, as I fully and deeply love and accept myself and my body "  
Reminder: ["Release everything that lowers my immunity " ]
3. Setup: "Even though my immunity is not used to running at 100% all the time, I now repair everything that lowers my immunity, as I fully and deeply love and accept myself and my body,"  
Reminder: ["Repair everything that lowers my immunity " ]
4. Then tap on individual symptoms, such as “sore throat” or “runny nose”.

*Try the same format to improve other aspects of your body's functioning, such as digestion, assimilation of nutrients or blood pressure.*