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## **Email message for Body Vitality Practitioners in Training to send**

Sick of dieting, yo-yo weight gain and loss, and low self-image?

Most people think that counting calories, low-fat diets, and high-intensity exercise plans will help you lose weight. The problem with this is that these methods only produce short-term results, and we find ourselves piling the weight back on once we stop; or hit a plateau.

What if there was an unknown root cause at the heart of weight gain that, once tackled, would allow the weight to shift naturally?

The unknown answer is our emotions and limiting thoughts.

Hi, my name is [XXXX](#), and I have completed a 12-week program known as Body Vitality Program to increase body confidence and lose emotional baggage with the Emotional Freedom Technique (EFT).

Full details of the course I attended is here:

<https://vitalitylivingcollege.info/body-vitality-weight-loss-body-confidence-with-eft-tapping>

As part of my certification, I have to complete 6 case studies on 2 people.

The clinical data has shown that with EFT Tapping you can not only lose weight, but the weight loss stays a length of time.

If you know anyone who would like to experience this technique to:

- Reshape the body by clearing the past emotional baggage
- Let go of cravings and make healthy food choices naturally
- Clear sabotage and make an empowering decision that boosts health and vitality

I can work with adults, children, and teenagers. Sessions with a qualified practitioner are normally [Rs 3000/hour / \\$150/hour / £125/hour](#) [EDIT AS

**NEEDED FOR YOUR LOCAL REQUIREMENTS].** As I am a practitioner in training and will be submitting the case studies as part of my certification, there *is no charge for the sessions.*

The one-to-one session will be completely confidential and all I need is signed consent to take a record of the session and submit it as part of my certification. The name and contact details can remain anonymous in the submission.

On deciding to go ahead, I will e-mail and message an intake questionnaire and consent form. We will then have a no obligation discussion and agree next steps when I will send you an appointment letter.

By means of background I am attaching a link on a booklet on what is EFT, how it works along with case studies on its effectiveness,  
<https://vitalitylivingcollege.info/wp-content/uploads/2020/12/Heal-your-emotions-booklet.pdf>

A full list of clinical papers for EFT can be found here:  
<https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>

The sessions are conducted in a safe and confidential space either face to face at (Location) in (City) and/or via Skype and video WhatsApp. [EDIT AS NEEDED].

If either you or people you know would like to experience EFT Therapy as part of being a Case Study Client at no charge, then please send me a quick message back. I will then explain the next steps.

I would love to partner with you or people you know in their inner healing and transformation journey.

You can also phone, message me on (add phone number), or send me an E-mail (add E-mail) to find out more. EDIT as per your preference.

Regards  
XXXX

P.S.- If you want to get professionally trained in this technique, just like I did, please message me right back.