

Learn to Conquer Emotional Overeating with EFT

If you are tired of not having the willpower to stop eating when you are stressed, angry, lonely, bored, etc, then this is the workshop for you. Learn how to overcome and conquer your emotional overeating habits using the Emotional Freedom Technique (EFT). This is not a diet, exercise, herbal or supplement plan. It is an ancient acupressure 'tapping' method. When applied it scientifically stops emotional overeating quickly and without any drugs. It actively re-programs your mind and nervous system to adopt an entirely different attitude toward food.

WHEN: May 18th, 2006 7:30 PM- 9:00 PM

WHERE: Conte/Lubrano Apt. Building
130 Lubrano Dr., Annapolis, MD

COST: \$30.00 in advance or \$35.00 at the door.

Space is limited so registration is requested. To register, please complete the following form and mail your check or money order payable to 'NRG' to Debbie Ulrich at 673 Wellerburn Ave. Severna Park, MD 21146. Call her with any questions at 410-868-7407.

Name: _____

Address: _____

Email Address: _____

Attending: _____ Phone #: _____

Name of workshop: _____ Date of Workshop: _____

Sandi Radomski is board certified in Social Work, a psychotherapist and a naturopathic doctor. Her background includes 8 years teaching in the medical school at University of Wisconsin, doing biofeedback with pain patients for 10 years, and conducting research in psychoneuroimmunology with children with cancer. Sandi's experience in energy work includes energy psychology techniques such as TFT (diagnostically trained), EFT, TAT, and BSFF, and chiropractic techniques such as NAET, TBM, Biokinetics, NET and JMT. She was the first to use EFT (Emotional Freedom Technique) for balancing the body's energy system in relation to a reactive substance. Currently specializing in allergy work, Sandi has written the basic training manual *Allergy Antidotes™ – the Energy Psychology Treatment of Allergy-Lik Reactions*, and the *Advanced Procedures Manual of Allergy Antidotes* techniques.