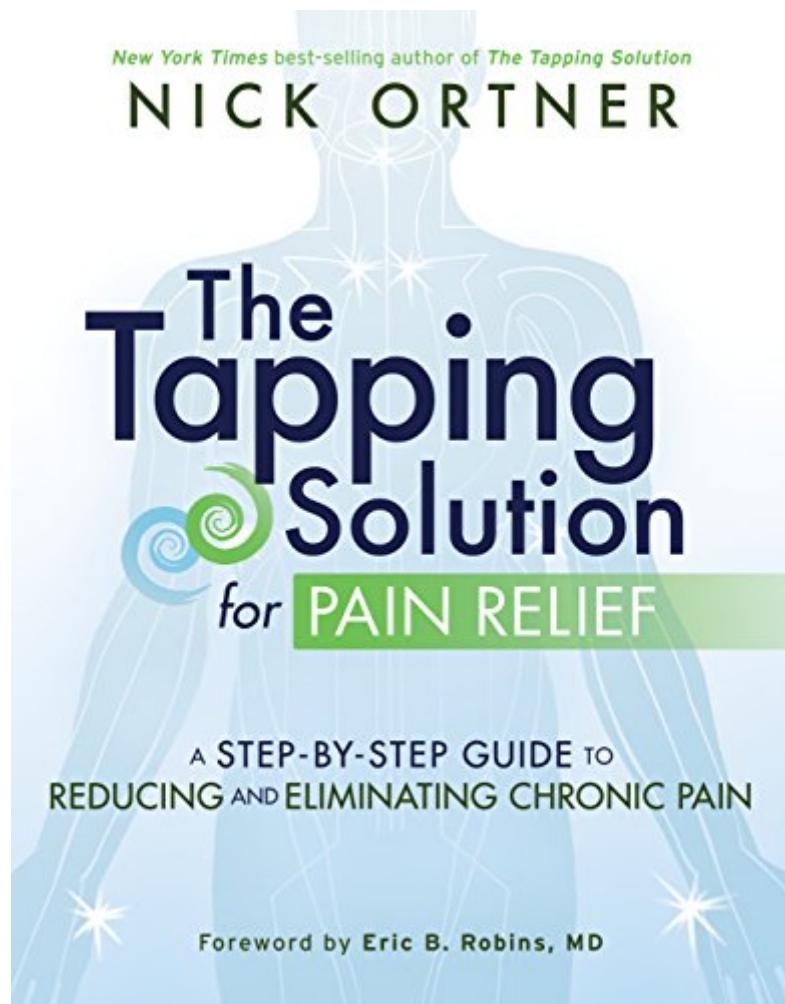


The book was found

# 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, you're not alone. In fact, more than 100 million Americans deal with this life-changing issue every day. And if you're like most of them, you've tried all the normal solutions: 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 "tapping to address the pain itself" 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, you'll not only understand what's causing your pain but also how to achieve complete and lasting relief. But let's face it; this is about more than just pain relief. It's about empowering yourself to take back your body in order to live the life you want.

## Book Information

File Size: 2209 KB

Print Length: 245 pages

Page Numbers Source ISBN: 1401945244

Publisher: Hay House; 1 edition (April 21, 2015)

Publication Date: April 21, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00T6JT0TI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #6,264 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #1 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain

## Customer Reviews

My name is Joyce A. Ashby and I have a testimonial to doing tapping. I watched a few videoâ™s 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 Iâ™m 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 allergyâ™s 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 allergyâ™s 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 allergyâ™s. 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. Iâ™m 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, âœ Iâ™m happy and grateful my headache will go awayâ• with other positive words. Each situation is different. To me with having allergyâ™s for so long I had to find the emotion that went with it, and tap through that and than 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..

[Download to continue reading...](#)

The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain Tapping: Learn EFT in 5 Min - The Effective Tapping Solution for Anxiety, Addictions, Weight Loss & Wealth by Using the Tapping Therapy Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness The Chronic Pain Solution: Your Personal Path to Pain Relief No Grain, No Pain: A 30-Day Diet for Eliminating the Root Cause of Chronic Pain Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management MS - Living Symptom Free: The True Story of an MS Patient: A Guide on How to Eat Properly and Live a Healthy Life while Controlling, Reducing, and Eliminating the Symptoms of Multiple Sclerosis Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology) Yoga for Pain Relief: Simple Practices to Calm Your Mind and Heal Your Chronic Pain (The New Harbinger Whole-Body Healing Series) The Pain-Free Room: Hypnosis for the Relief of Chronic Pain The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback The Chronic Pain Control

Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain The Tapping Solution: A Revolutionary System for Stress-Free Living Natural Relief for Your Child's Asthma: A Guide to Controlling Symptoms & Reducing Your Child's Dependence on Drugs MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology)

[Dmca](#)