The background features three large, overlapping orange circles of varying sizes, each with a lighter orange ring around its center. Two thin orange lines cross the page diagonally, one from the top-left to the bottom-right, and another from the top-right to the bottom-left, intersecting near the center.

GETTING THE MOST OUT OF YOUR SUPPLEMENTS

With Meridian Tapping
Techniques (MTT)

William Thompson

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GETTING THE MOST OUT OF YOUR SUPPLEMENTS WITH MERIDIAN TAPPING (MT)

Good nutrition starts with your emotions. It is a biochemical fact!

Our emotional states can seriously decrease the benefit of your supplements!

Every emotion that the human condition can experience is a chemical called a peptide that allows us to experience that emotion. A peptide is a short chain amino acid that represents that emotion chemically.



When we are triggered to experience a negative emotion we release peptides for that emotion directly into our blood stream and they go to every cell of our body. We literally become that emotion, physiologically, from head to toe.

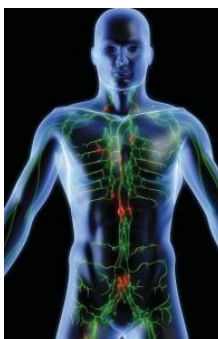
In this day and age we are exposed to triggers that can lead to experiencing a negative emotion multiple times throughout the day. Work, peers, family, situations, places, objects and events all have potential to trigger a negative emotion. In this fashion we continually are releasing peptides into our bodies.

The cells of our body have over 1 million receptors on the surface of their membrane. It is the job of these receptors to take in the substances (vitamins, proteins, nutrients, minerals) the cell needs to remain healthy. When we experience an emotion multiple times a day we release peptides that compete with these substances and eventually the cell will not have the ability to take in what it needs for good cellular health.

Why is this important? It is estimated that up to 75% of our thoughts on any given day are negatively oriented. This has huge implications for supplementation.

To help get a better understanding of the affect that our thoughts have on our overall health and ability to utilize supplements lets take a look at some of the science behind the claim.

HOW OUR BODIES WORK



We have 50 to 100 trillion cells in our bodies!

EVERY CELL in our body has up to one million cell receptor sites. It is the job of these cell receptors to take in nutrients, proteins, vitamins, and minerals to nourish each cell and keep it in balance.

↳ **AN EVENT HAPPENS (Trigger)**

That event can be thoughts we have, something that happens to us, something we witness happening to someone else, an injury, a trauma, etc.

↳ **The hypothalamus releases a cascade of chemicals that are called peptides**

These peptides are short chain amino acids that we experience as an emotion or sensation; all 32 emotions are simply chemical combinations

↳ **These peptides dock onto cell receptor sites throughout the body**

Now nutrients, proteins, vitamins and minerals can't enter those receptor sites

↳ **If the chemical/emotion isn't naturally processed out of receptor sites it remains there**

↳ **Eventually these receptor sites shrink up and die and the cell divides**

↳ **The body then makes more receptor sites for that same chemical/emotion and less for nutrients, proteins, vitamins, and minerals**

↳ **As a result our bodies have a decreased ability to utilize the supplements we take.**

↳ *That's also why it feels like our supplements are not working and our reason for using them is getting worse. It's not all in your head, it's an accumulation of chemicals in our cell receptors; it's a biochemical response our body is having.*

Our emotions affect us on a physiological level. They literally bypass our conscious mind and happen biochemically and physiologically to us. But we end up spending our time trying to deal with them psychologically and mentally. It's like trying to fit a round peg in a square hole. It does not work.

HOW MERIDIAN TAPPING TECHNIQUES (MTT) CAN HELP

MTT (also called EFT or Emotional Freedom Techniques) is a form of Energy Psychology that speaks directly to our body, bypassing the conscious mind, and completes the processing of those chemicals out of the cell receptors, returning our body to a state of balance.

This is accomplished through a series of taps on acupuncture points on our face, body and hands with our fingertips. There are no needles involved and it is a do-it-yourself technique. Once learned, you will literally have this tool at your fingertips for the rest of your life!

Unlike other techniques, since we're speaking directly to our body and not our mind, we don't have to believe it will work in order for it to work. We can remain completely skeptical and still get great results!

MERIDIAN TAPPING DISCLAIMER

Tapping is not designed to replace anything you are currently doing to enhance your well being. Tapping is in addition to good nutrition, chiropractic, naturopathic, and medical care or any other modality that adds to your health.

While Meridian Tapping has produced remarkable clinical results, it must still be considered to be in the experimental stage and practitioners and the public must take full responsibility for their use of it. Neither we nor Gary Craig are licensed health professionals.

ABOUT WILLIAM THOMPSON



William Thompson (B.A. Crm, EFT-Adv) has been working as a counselor in the mental health field applying the principles of psychosocial rehabilitation since 1991 and know the tremendous role that emotions have regarding maintaining overall health and well-being and performance in any sport. He has worked with clients of all ages and has provided services for emotional trauma (PTSD), dissociative disorders, physical pain, addictions, healing of past and present injuries, grief, anxiety and sports performance.

Meridian Tapping Techniques (MTT) also known as Emotional Freedom Techniques (EFT) has become his primary resource to facilitate helping people achieve emotional and physical well being. He began to notice that as people became “emotionally free” performance issues and physical issues they held on to for months and even years completely disappeared. The results are profound!

William is available for individual or group sessions in person, by phone and by Skype.

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