

Tapping for Food  
Cravings Still Successful  
after Twelve Months!

Tapping Away Your  
**Food Cravings**



## **FREE TREATMENT FOR FOOD CRAVINGS**



Bond University is calling for people to participate in a clinical trial that will seek to compare the effectiveness of 'psychological acupuncture' (EFT) in reducing food cravings to the traditionally favoured approach of Cognitive Behavioural Therapy.

Dr Peta Stapleton and Terri Sheldon first proved the effectiveness of EFT in reducing food cravings in a world-first clinical trial in 2009, with participants in that trial losing an average of 5.5 kilograms over 12 months.

The new FREE clinical trial, to begin in June, will seek to compare EFT to the profession's gold standard psychotherapeutic treatment for food cravings – Cognitive Behavioural Therapy (CBT).

To join the trial you must be:

- aged 18 and over
- overweight (BMI >25) or obese (BMI >30)
- have frequent food cravings

Anyone who has diabetes (Types I and II), is pregnant or has hypoglycaemia is unable to take part as those conditions may affect food craving severity.

Participants will receive two hours per week of group treatment over a period of eight weeks at Bond University (after hours), with the first treatment groups commencing mid-June.

To join the study, please email Dr Peta Stapleton - [peta\\_stapleton@bond.edu.au](mailto:peta_stapleton@bond.edu.au)