

## Testimonial

I have always been what is politely referred to as a “big girl”. I have tried every diet since I was 10 years old; Weight Watchers, Calorie counting, Jenny Craig, joining a gym, liquid diets, meal replacement, prescribed drugs, fad diets - you name it. I would lose a stone in weight, but within a few months after the weight loss, I would put that weight back on - plus more. My weight kept creeping up and up. I kept swimming and did gentle walking and low impact aerobics, so was a not-too-unfit size 24.

However, it was when I suffered from a major depressive episode and was prescribed ant-depressants that my weight soared out of control. When I moved to Townsville I weighed 174 kg. I went along to the Yoga Chi Gung course, and enjoyed it so much that I did another 2 courses. That was a shock – that exercise can be fun. Exercise can help you feel better. Exercise does not need to involve expensive equipment or ongoing fees. Colin Soper the instructor was always very supportive and very focused on teaching all the students how to do the practice at home, to become self-sufficient and include the yoga practice as part of your daily routine, like brushing your teeth.

Colin then took my recovery one step further and offered to take me through the Emotional Freedom Technique (E.F.T.). I was the biggest cynic in the world. The idea that just talking about weight loss and doing some vague tapping stuff would help at all, when all other attempts over decades had failed seemed absolutely absurd to me. Colin was so adamant that it would work; he nagged and nagged, even going so far as to offer to treat me for free. It is not often that someone is so convinced of a product that they will give it away gratis. I thought I would go along to get him off my back, and prove that yet another attempt to control my weight would fail.

I found each session challenging. It took a long time to grasp the core concept that it is not **what** you eat; it is the reason **why** you are eating. After each session of looking into my past and working through each painful memory associated with my weight, kilos started to drop off as if by magic. My portion size shrank, I made better food choices, I walked more and I did yoga poses while waiting for the photocopier. I no longer skipped meals as food was no longer the enemy. Most importantly, **THE WEIGHT STAYED OFF**. For the first time in my life I felt as though I had some control over my own body. I continued to see Colin (as a paying client!) and my weight has continued to slowly but surely drop; and even if I have had a period of time where there was little if no weight loss; the weight **has never come back on**.

When I conceived my daughter, I weighed 153.5 kg at week 15. This has been a weight loss of a steady kilo a month for two years – with no suffering or food deprivation. I have gone on holidays and eaten whatever the heck I’ve wanted. I have had chocolate and steak and cheesecake and desert when I’ve gone out to dinner. I have even thrown out cake that has gone mouldy and chocolates that have gone stale – because I had forgotten they were there and I had not wanted to eat them! A chocolate bar can sit in my fridge now for weeks with no hope of consumption.

I have continued to lose weight at a very gradual, safe rate almost throughout the pregnancy. I weighed 154 kg at week 39. Now I am dying of curiosity to see what I weigh when I see my obstetrician at my 6 week check up. I am continuing to see Colin about increasing my breast milk supply and working through the aftermath of anxiety and pain from the birth, and E.F.T. has helped immeasurably with that too. My sleep is better and my milk supply is increasing. It is such a comfort to have an alternate health professional who treats the whole of the person, their body, mind and spirit, and who treats not just today’s symptoms, but clears the past ills and helps prevent future ones.

I would thoroughly recommend the E.F.T. process to anyone. I have found it a great help with ridding myself of underlying causes to health concerns. Colin even trains you to be able to do the process yourself, so instead of eating for comfort, or to mask your anger or because you are lonely or bored or tired or feeling under appreciated, you can work out the underlying cause of your problems and take another step along the road to self acceptance.

This testimonial covers a period of three years of the benefits I have experienced as a long term client.

**Margot F. (Townsville)**