

Introduction to The Science of Tapping Stacey Vornbrock, M.S., Sports Performance Pioneer and EFT Practitioner 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 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. 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 the 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. We then spend our time trying to deal with the event and these unprocessed chemicals/emotions on a psychological level rather than the physiological level that it happened on. That's why it feels like your problem is getting worse. It's not your imagination. It's an accumulation of those chemicals in your cell receptors; it's a biochemical response your body is having. The things that happen to us happen 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 using a hammer to do the job when instead you really need to use a screwdriver! What Does Tapping Do? Tapping speaks directly to your body, bypassing the conscious mind, and completes the processing of those chemicals out of the cell receptors, returning your body to a state of balance. This is accomplished through a series of taps on end-acupuncture points on your face and hands. 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. And unlike other techniques, since we're speaking directly to your body and not your mind, you don't have to believe it will work in order for it to work. You can remain completely skeptical and still get great results! And believe me when I tell you that every one of my athletes is skeptical when they come to me! I love it... I welcome their skepticism, because the most skeptical ones become my biggest advocates in the end! Tapping is not designed to replace anything you are currently doing in your life. Tapping is in addition to good nutrition, chiropractic, naturopathic, and medical care or any other modality or tools to enhance your life. Past and Current Injuries and Surgeries We hold beliefs about how long it takes to recover from any given injury or surgery and what that process entails. But what if there was a way to heal faster? What if there was a way to speed up the healing of current injuries and complete the healing of all your past injuries and surgeries? Whenever you are injured or have surgery there are three main areas that need to be cleared on the cellular level: The first is the trauma to the body itself. That trauma immediately settles into the cell receptors and will just stay there unless you signal the cell receptors to release that trauma. Along with trauma immediately comes adrenaline, pain, and fear. Just because you aren't in pain or you don't feel any fear or adrenaline right now doesn't mean it has cleared out of your cell receptors. It's still sitting there and must be tapped on for maximum results. The second area has to do with all the emotions that you experience as a result of the injury. I call it the "oh damn" moment where you realize what you've done and there is a cascade of thoughts and feelings about what this means to you. For example: anger, frustration, embarrassment, fear of death, and fear of re-injury are common emotions that get stuck in the cell receptors. It's critical to tap on all of the chemicals/emotions to release them

from the cell receptor sites. There are also all the emotions around the medical experience with your doctor, the hospital, nursing staff, and the rehab process. All these emotions need to be released as well through tapping. Finally, whenever you are injured the body immediately forms a memory of protection on the cellular level to keep that part of the body safe. You begin to hold yourself in a certain way and the body begins to adapt around the injury. Once that injury heals, nothing signals the body to release the memory of protection. Your body then never returns to a state of balance but remains in the adaptive state. You will consciously or unconsciously hold back in the way you move your body. When the trauma, emotions, and memory of protection are sitting in those cell receptor sites, your cell receptors aren't available to take in all the good things you're doing to support the healing of the injury. That's why it can take so long for something to heal. But once you release them through tapping, now you've freed up those cell receptors to be fully available to take in nutrients, proteins, vitamins, and minerals. All the things you're doing to heal (chiropractic care, supplements, physiotherapy, massage, etc.) can work at the deepest cellular level in your body. I have discovered that old injuries never fully heal because the trauma, emotions, and memory of protection have never been released from the cell receptor sites. You end up holding back physically to protect your body either consciously or unconsciously. Once the old trauma, emotions, and memory of protection are released, you may recover range of motion and be able to move your body in ways you haven't been able to for years. Many people have reported that aches and pains they've had for years are completely gone once we release these three areas on the cellular level.