

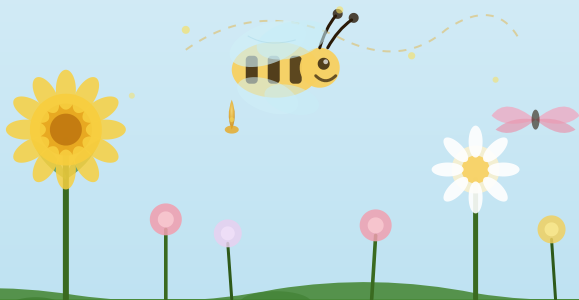
SUGAR RUSH



RESET

EFT TAPPING FOR KIDS

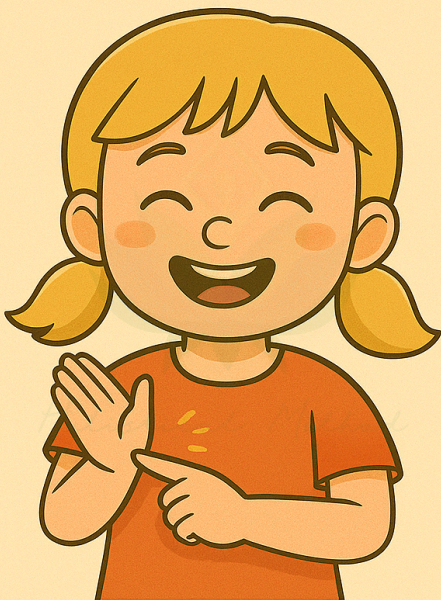
A SELF-HEALING PRACTICE TO
RELEASE CRAVINGS AND RESTORE BALANCE



by ANGEL DIMITROV

Magic Button- Left Hand

Side of your left palm



"Even though I ate too
many sweets... I'm still
okay."

Magic Button – Right Hand

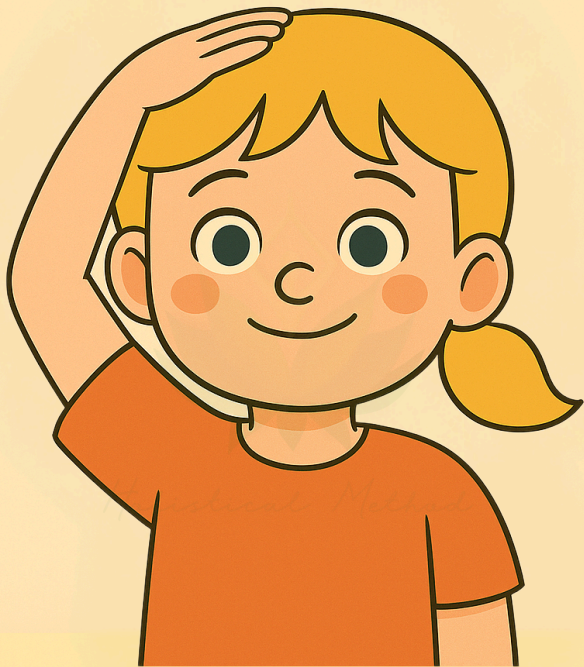
Side of your right palm



**"Even if I want more
sugar... I choose to feel calm."**

HEAD BUTTON

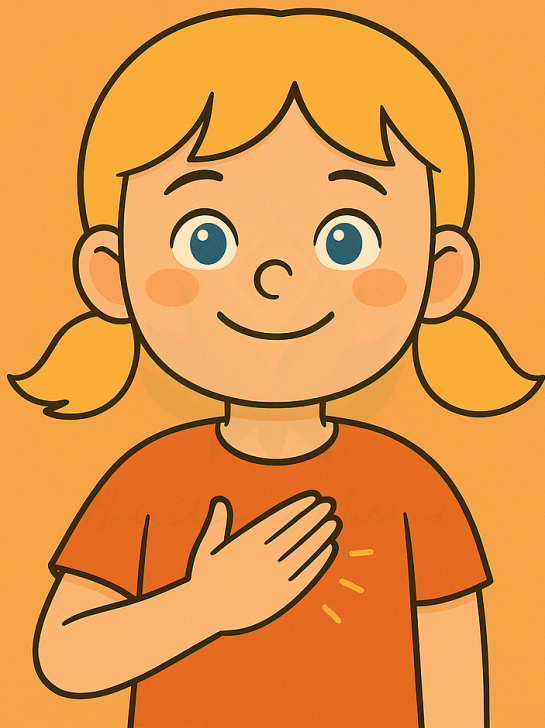
Crown of your head



**"My brain feels buzzy, but
I can press pause."**

THYMUS POINT

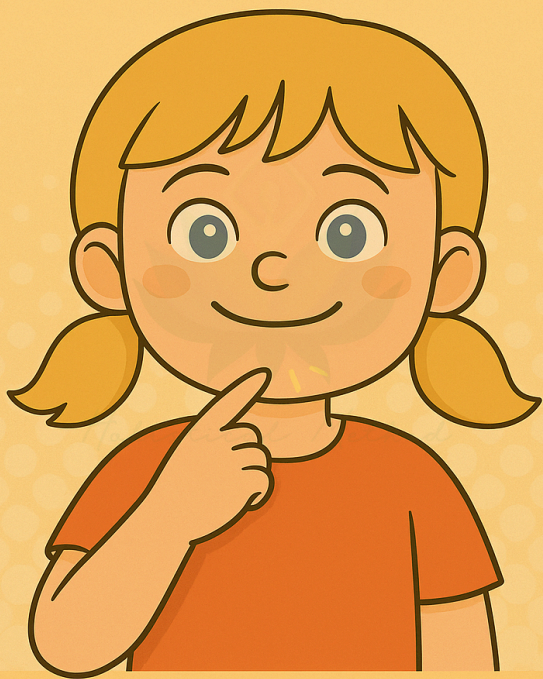
Center of your chest



**"My heart feels jumpy...
but I can listen to it now."**

CHIN

Below your lip



"I'm still me - even when
I feel sugar-swirly."

COLLARBONE

Just below your collarbone



**"I can breathe out the storm.
I breathe in calm."**

LET'S TAP TOGETHER!

Follow the full flow



- I'm safe.
- I trust my body.
- I'm strong.
- I choose calm.

**The craving has been
cleared.
Now restore real
balance.**

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