

**MEDIA RELEASE**  
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## **Losing Weight Makes You Healthier But Not Necessarily Happier!**

**Most people think that losing weight will make you happier, but a recent study of almost 2,000 overweight and obese adults has found that this not always the case.**

The study found that those who lost more than five per cent of their body weight over four years were 52% more likely to suffer from depression or a low mood, despite showing improvements in their physical health.

**However a relatively new scientifically proven Emotional Freedom Technique - also known as Tapping - is being hailed the ‘secret weapon’ to reduce stress, feel happier and lose weight.**

Dr Peta Stapleton, Associate Professor of Psychology at Bond University, one of the world’s leading researchers in Tapping and weight loss says “This study highlights that many people think that losing weight will make them happier, but the evidence is showing that this is not always the case.”

“However, Tapping has not only been proven to help people release the underlying cause of issues of weight gain such as food cravings, but also stress, depression and anxiety. Once the issue has been cleared through tapping, the craving simply disappears.”

Dr Stapleton has teamed up with fellow EFT Practitioner and former fitness instructor Sally Thibault to show people how to lose weight permanently using Tapping.

Sally Thibault, whose career in the fitness industry spanned 15 years says “It is really no surprise that this study found that most people do not feel happier after losing weight. Dieting doesn’t work because it forces people to do things that are simply unsustainable. That is not only demotivating, but soul destroying. No wonder people feel depressed and unhappy!”

“More significantly, most people struggle with their weight because something in their lives is causing stress. When we are stressed our body releases high levels of the stress hormone Cortisol, which has been shown to be significantly responsible for weight gain, especially for women in their 40’s and 50’s.”

“That is why Tapping is so powerful in the weight loss process, because it significantly lowers cortisol levels. When people understand how to identify and release that stress, dieting becomes unnecessary because making healthier choices just comes so naturally. It really is a powerful permanent game changer in the health and weight loss area.”

Mrs Thibault and Dr Stapleton, will be presenting a seminar at Bond University on the Gold Coast in September, teaching how to use the technique for sustainable weight loss.

“Tapping uses the ancient Chinese modality of acupressure, or acupuncture without the needles whilst verbalising what they are feeling. Clients are finding that not only are their issues dealt with quickly and effectively, but they are long lasting” says Mrs Thibault

Tapping is so effective because:

- **It works by helping lower Cortisol levels in the body.** Cortisol, the stress hormone is often responsible for weight gain, especially for those over 40.
- **Tapping is gaining acceptance because it can be done easily and quickly.** Once learnt, Tapping can be used quickly and effectively, anytime and anywhere.
- **Tapping can create permanent change.** Tapping works by helping people recognise and release the underlying cause of the emotion that causes stress.

Tapping is now a worldwide phenomenon that is transforming beliefs that have previously taken years to identify and release using traditional therapies.

Access to the article: <http://www.theaustralian.com.au/news/world/dieting-makes-you-healthier-but-not-necessarily-happier-study-finds/story-fnb64oi6-1227016292581?nk=180d75e639db5df5d55bc82a52b52ae7>

### **The Fit Fabulous and Free to Live Your Best Life Seminar will take place at Bond University on Saturday 6 September**

#### **About Sally Thibault**

Sally is a Professional Speaker, Counsellor, EFT Practitioner and author. She commenced her career as a Fitness instructor in Canada, a career she enjoyed for over 15 years. During that time she developed Aerobic Instructor Training courses, training over 400 aerobics instructors; hosted Canada's first Cable TV fitness show; and facilitated the world's largest indoor aerobic class 2,000 participants (Edmonton Canada 1982). After returning to Australia with her husband, Sally developed seminars and keynote presentations on The Art of Losing Weight Permanently and Surviving Stress. She has developed the Tapping to be Fit Fabulous and Free to live your Best Life program, speaks at conferences and runs seminars on Tapping.

#### **About Dr Peta Stapleton**

*Dr Peta Stapleton* is a registered Clinical and Health Psychologist in Australia, and Assistant Professor at Bond University. With over 20 years experience Peta is one of the world's foremost researchers in the field of Emotional Freedom Technique, leading a world first randomised clinical trial investigating the impact of Emotional Freedom Techniques (EFT) in the treatment of food cravings in overweight and obese adults. She is currently comparing EFT against Cognitive Behavioural Therapy for food cravings; EFT for healthy eating, physical activity and resilience in 12-18 year olds; EFT for academic Fear and Failure in 12-18 year olds; and EFT versus CBT for Depression in Adults.

##ENDS##

High Resolution Images and Interviews Available Upon Request

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