



## **Slim Tapping Pre-Meal Protocol**

### **Intention of the Slim Tapping Pre-Meal Protocol:**

- Cultivate mindful eating with presence and gratitude, eating in the best way possible.
- Allow the body to naturally sense hunger and fullness signals, thus reducing appetite appropriately so as to eat the right amount.
- Prepare the mind and body to receive food in optimal quantities and in the best way possible for better nutrient absorption.
- Be fully present and connected to your body and to your food, to deeply nourish yourself and eat harmoniously.
- Improve digestion, optimize nutrient absorption, and maintain a healthy balance between the body and emotions related to food.

### **Why Slim Tapping Works**

Slim Tapping works by calming the nervous system at its root. When you experience stress, your brain's amygdala (the "alarm centre") activates, releasing cortisol and triggering cravings. By gently tapping on scientifically validated acupoints, you send signals through the body's meridians and directly to the brain, lowering activity in stress circuits and restoring balance.

Modern studies show that stimulating these points can rapidly reduce cortisol, quiet the amygdala, and reset the brain's reward pathways. This isn't willpower — it's biology. When your body is calmer, the urge to eat fades naturally, and your choices come from balance instead of compulsion.

When you're about to eat, stress, emotions, and habit all play a powerful role in how much and how quickly you eat. If your nervous system is already activated, your brain primes you to eat fast, eat more, and crave high-energy foods — even when your body doesn't truly need them.

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Slim Tapping interrupts this cycle at the source.

By tapping on specific calming points — drawn from centuries of acupuncture knowledge and confirmed by modern neuroscience — you send signals that reduce cortisol, quiet the brain’s “alarm bell,” and shift your system out of fight-or-flight.

The result? Within minutes, your body moves into calm awareness. Food loses its urgency. You feel more present, more satisfied, and more in control.

## **Why Use Slim Tapping Before a Meal?**

Most people know what to eat — the real struggle is how to stay in control once food is in front of them. Slim Tapping before meals resets your state so you can:

- Begin eating calmly instead of stressed or rushed.
- Notice fullness signals much earlier.
- Feel satisfied with less food — without restriction.
- Break free of autopilot eating patterns.

## **What Makes Slim Tapping Different**

Diets tell you to *restrict more*.

Willpower tells you to *try harder*.

Slim Tapping shows you how to *calm the craving at its root*.

By working directly with your biology — not against it — Slim Tapping helps you eat in a way that feels natural, effortless, and sustainable.

Many people who try Slim Tapping notice within minutes that food simply doesn’t have the same pull. They feel calmer, eat more slowly, and find it easier to stop when satisfied — without effort or restriction.

## **Your First Step**

This Pre-Meal Protocol is designed to take only a few minutes, yet it can transform your entire eating experience. Don’t just read the steps — try them now. Pay attention to how different you feel when you begin your meal from a calmer, more balanced state.

This is your first step into Slim Tapping: a method created to help you end emotional eating, break free of cravings, and finally feel naturally in control around food.

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## How to use this manual

### IMPORTANT – READ THIS FIRST (Before reading on)

This manual has two parts:

- **Part One (Pages 1–17)** explains the background of Slim Tapping. You'll learn where each point is located, its meaning, and the intention behind the phrases. This gives you confidence and helps you understand why Slim Tapping works.
- **Part Two (Pages 18–23)** contains the actual Pre-Meal Protocol — the sequence of points and phrases you'll use before eating and how exactly to apply the method.

To begin, skim the first part to familiarise yourself with the points and their purpose. Then move to the final pages where the full protocol is written step by step. Over time, you'll rely mostly on the final section, but the background pages will deepen your practice and results.

And remember: you don't have to do this alone. If you need more help, don't hesitate to reach out — we are here to support you every step of the way. If you have questions, email us anytime at [info@slimtapping.com](mailto:info@slimtapping.com)

If you'd like more personalised support, you can book a free guidance call here:

<https://www.slimtapping.com/calendar>

To receive your own custom Slim Tapping protocol, (it's free too, for now) tailored specifically to your needs, click here:

<https://www.slimtapping.com/congratulations>

### Points used in the Slim Tapping Pre-Meal Protocol:

- Shenmen of the ear
- Hunger point
- CV24 - Conception Vessel 24
- PC6 - Pericardium 6
- HT7 - Heart 7
- CV17 - Conception Vessel 17
- CV12 - Conception Vessel 12
- ST21 - Stomach 21
- ST25 - Stomach 25
- CV6 - Conception Vessel 6
- ST36 - Stomach 36
- SP6 - Spleen 6

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## Shenmen of the ear - Spirit Gate of the Ear

- **Chinese Name:** 耳神门 (Shen Men)
- **Meaning:** "Spirit Gate of the Ear" – regulates stress and promotes emotional calm.
- **Location:** In the triangular fossa of the upper ear.
- **Benefits:**
  - Reduces stress and anxiety, fostering calmness before a meal.
  - Helps balance emotions and decreases emotional eating.
  - Enhances mind-body connection for more mindful eating.



### Slim Tapping Pre-Meal Protocol Phrases:

- *I release all stress and anxiety before eating.*
- *I allow myself to deeply relax before eating.*
- *My body is connected to my spirit, and I am present in this moment, and I connect with my food now. I appreciate how blessed I am to be able to have this food and give thanks.*

## Hunger Point - Appetite Control Point

- **Chinese Name:** 饥饿点 (Jīè Diǎn)
- **Meaning:** "Appetite Control Point" – helps regulate appetite and reduce emotional hunger.
- **Location:** On the cartilage of the tragus, in front of the ear canal.
- **Benefits:**
  - Reduces the sensation of hunger and supports appetite control.
  - Helps reduce emotional hunger and cravings for unnecessary food.
  - Promotes mindful chewing for better digestion.



## Slim Tapping Pre-Meal Protocol Phrases:

- *I release the desire to eat more than necessary because now I listen to my body and respect its natural hunger.*
- *I choose to chew my food mindfully, and this allows me to savor, feel, taste, and digest better what I eat. By doing so, I absorb all the nutrients more effectively.*
- *I am able to manage my hunger and my desire to eat with balance and awareness.*

## CV24 - Conception Vessel 24

- **Chinese Name:** 承浆 (Chéngjiāng)
- **Meaning:** "Reception of fluids" – regulates food cravings and hunger.
- **Location:** At the center of the chin.
- **Benefits:**
  - o Helps control the desire for unnecessary foods and reduces appetite.
  - o Promotes awareness during the eating process.

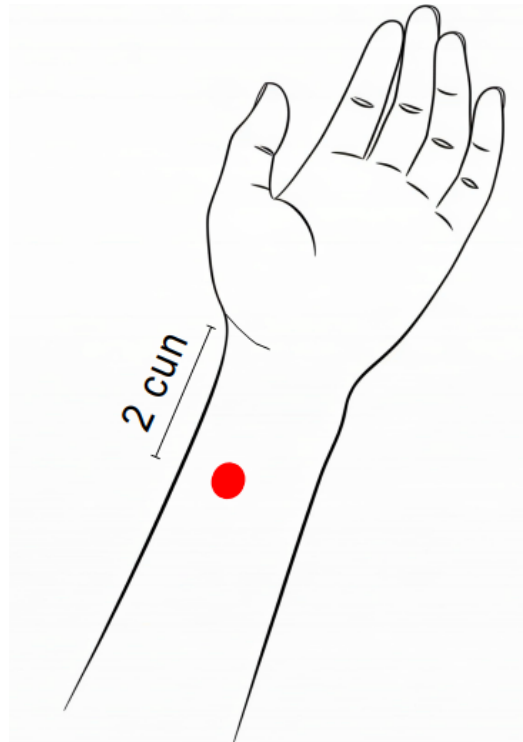


### Slim Tapping Pre-Meal Protocol Phrases:

- *I release the desire for unnecessary food.*
- *I eat only what my body truly needs.*
- *I am at peace with food and nourish myself with awareness.*

## PC6 - Pericardium 6

- **Chinese Name:** 内关 (Nèiguān)
- **Meaning:** "Internal Gate" – Promotes emotional balance, reducing the need to eat due to anxiety.
- **Location:** 2 cun, or 3 finger-widths, above wrist crease, center of the inner forearm.
- **Benefits:**
  - Relieves anxiety and reduces stress-related food cravings.
  - Improves emotional balance before a meal.
  - Promotes emotional balance, reducing the need to eat due to anxiety.

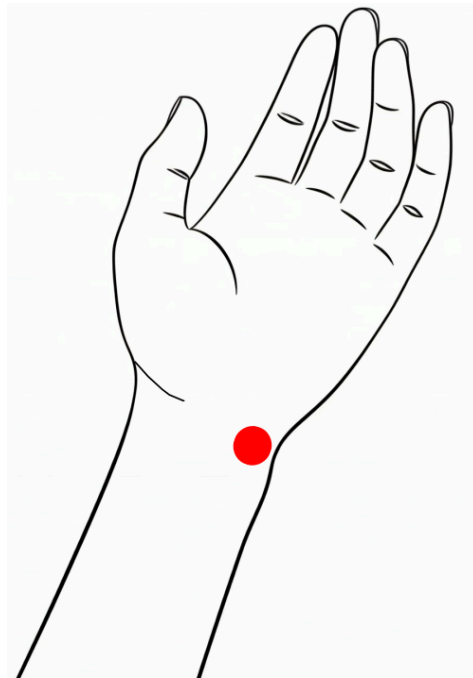


### Slim Tapping Pre-Meal Protocol Phrases:

- *I free myself from the anxiety that leads me to eat impulsively.*
- *I choose to eat with emotional balance and serenity..*
- *I am calm and centered as I prepare to nourish my body.*

## HT7 - Heart 7

- **Chinese Name:** 神门 (Shénmén)
- **Meaning:** "Gate of the Spirit" – promotes relaxation and relieves anxiety.
- **Location:** On the wrist crease, on the side of the little finger.
- **Benefits:**
  - Reduces emotional anxiety and promotes relaxation before meals, allowing for a calm and mindful eating experience.
  - Encourages feeling at peace with oneself reducing the need to eat impulsively and emotionally.

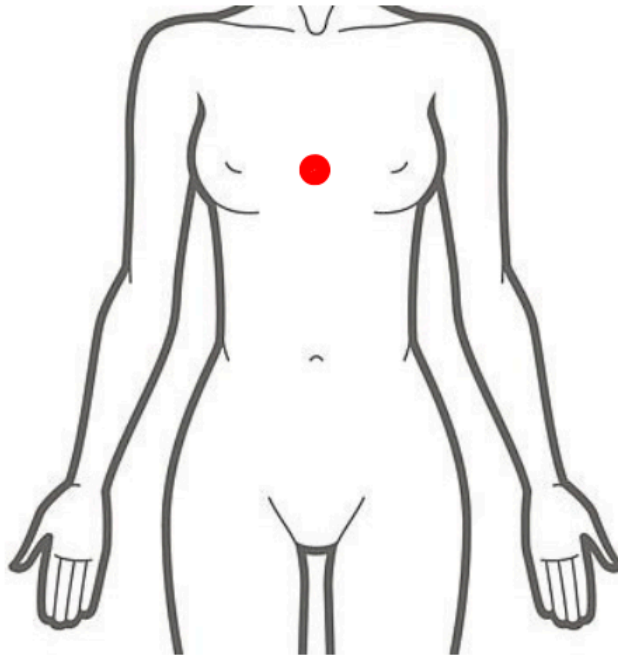


### Slim Tapping Pre-Meal Protocol Phrases:

- *I choose to remain calm and relaxed as I prepare to eat.*
- *I am at peace with myself and free from the impulse to eat because of emotions.*
- *My body and spirit are in harmony, and I eat staying in the here and now.*

## CV17 - Conception Vessel 17

- **Chinese Name:** 膻中 (Dànzhōng)
- **Meaning:** "Center of the Chest" – opens the heart and promotes emotional calm.
- **Location:** At the center of the chest, at the level of the nipples.
- **Benefits:**
  - Promotes emotional openness and reduces the need for food as comfort.
  - Enhances body awareness and supports balanced nutrition.

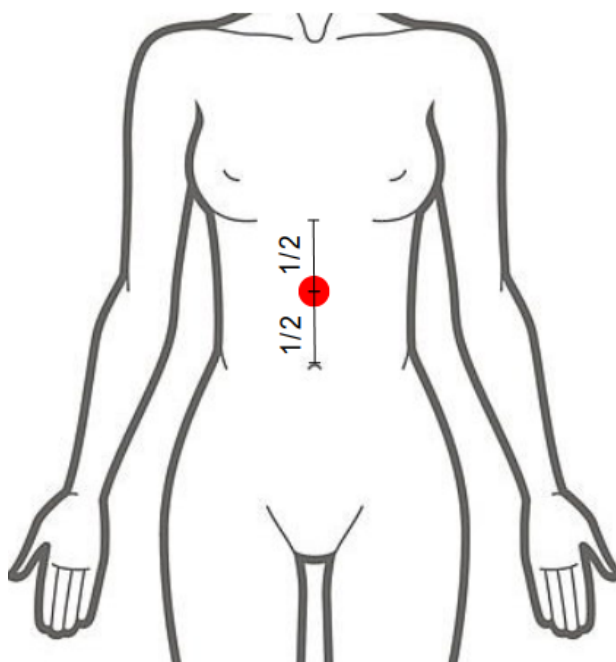


### Slim Tapping Pre-Meal Protocol Phrases:

- *I release any emotion that drives me to seek comfort in food.*
- *My heart is open, and I eat with gratitude and awareness.*
- *I am connected to my emotions and do not use food to avoid them.*

## CV12 - Conception Vessel 12

- **Chinese Name:** 中脘 (Zhōngwǎn)
- **Meaning:** "Center of Stomach" – stimulates digestion and regulates the stomach.
- **Location:** Halfway between navel and sternum.
- **Benefits:**
  - Stimulates digestion and helps assimilate nutrients better.
  - Promotes optimal digestion and prepares the body to receive food.

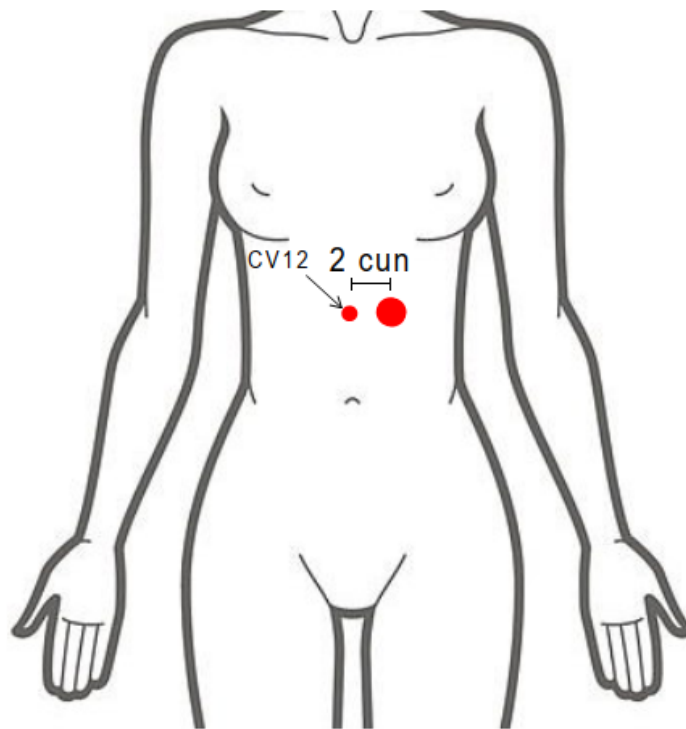


### Slim Tapping Pre-Meal Protocol Phrases:

- *My stomach is ready to receive and digest food with ease.*
- *My stomach is in perfect balance, ready to receive and digest food with ease, promoting optimal nutrition.*
- *I choose to nourish myself with healthy and digestible foods.*

## ST21 - Stomach 21

- **Chinese Name:** 梁门 (Liángmén)
- **Meaning:** "Granary Gate" – regulates the stomach and digestion.
- **Location:** Midway between navel and sternum. 2 cun lateral to the midline.
- **Benefits:**
  - Helps regulate the stomach and reduce the feeling of hunger.
  - Promotes balanced and mindful digestion, reducing the desire for excessive food.

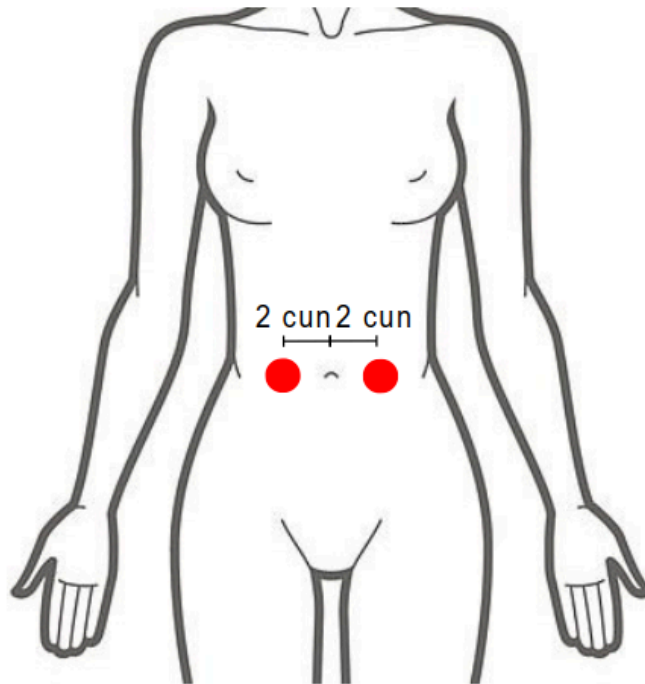


### Slim Tapping Pre-Meal Protocol Phrases:

- *My stomach is calm and ready to receive food to absorb nutrients in a balanced and healthy way.*
- *I eat just the right amount to nourish my body.*
- *My body receives food with gratitude and uses every nutrient for my health and vitality.*

## ST25 - Stomach 25

- **Chinese Name:** 天枢 (Tiānshū)
- **Meaning:** "Heavenly Pivot" – stimulates digestion and regulates intestinal function.
- **Location:** 2 cun (approx 2.5 finger-widths) either side of the navel.
- **Benefits:**
  - Supports digestion and promotes toxin elimination.
  - Helps regulate the intestines and reduces bloating.

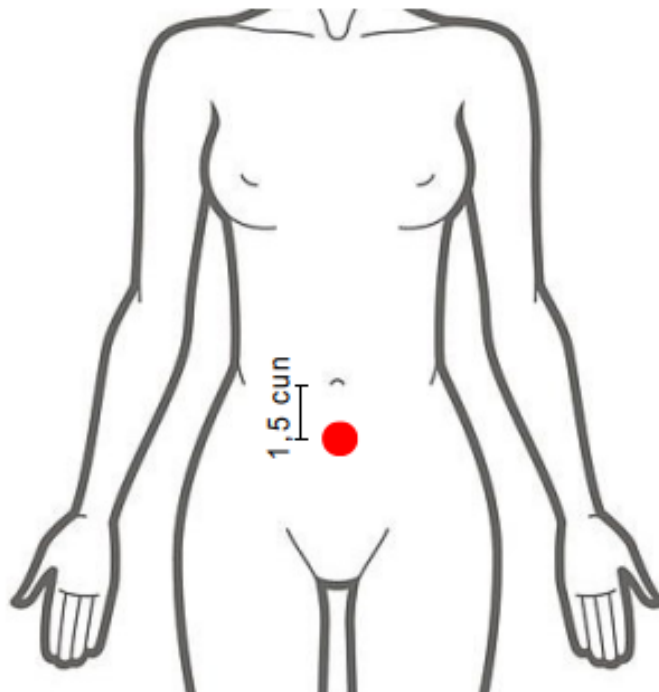


### Slim Tapping Pre-Meal Protocol Phrases:

- *With a balanced gut and a calm mind I prepare to nourish myself with serenity.*
- *I release toxins and prepare my body to receive food.*
- *My body is healthy and functioning, ready to lovingly nourish itself with good food.*

## CV6 - Conception Vessel 6

- **Chinese Name:** 气海 (Qìhǎi)
- **Meaning:** "Sea of Qi" – strengthens vital energy and supports digestion.
- **Location:** 1.5 cun (2 finger-widths) below the navel.
- **Benefits:**
  - Strengthens vital energy and supports digestion.
  - Promotes the release of blocked emotions and helps improve overall well-being.

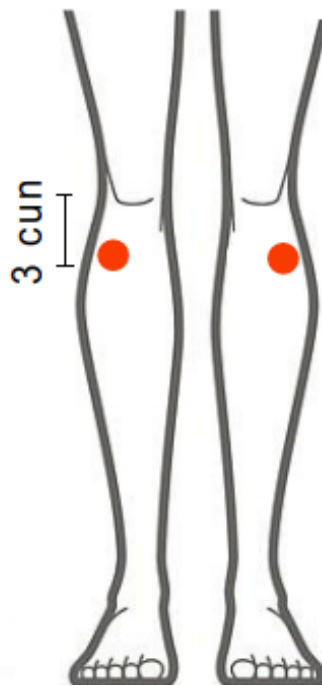


### Slim Tapping Pre-Meal Protocol Phrases:

- *I am deeply connected to my vital energy and the food that nourishes me.*
- *I release any emotional blockages and embrace nourishment.*
- *My body is in perfect balance and in a state of well-being as I prepare to eat.*

## ST36 - Stomach 36

- **Chinese Name:** 足三里 (Zú sān lǐ)
- **Meaning:** "Three miles of the leg" – improves digestion and strengthens the immune system.
- **Location:** 3 cun (4 finger-widths) below kneecap, 1 cun lateral to tibia.
- **Benefits:**
  - Strengthens the immune system and improves digestion.
  - Promotes energy and general well-being.

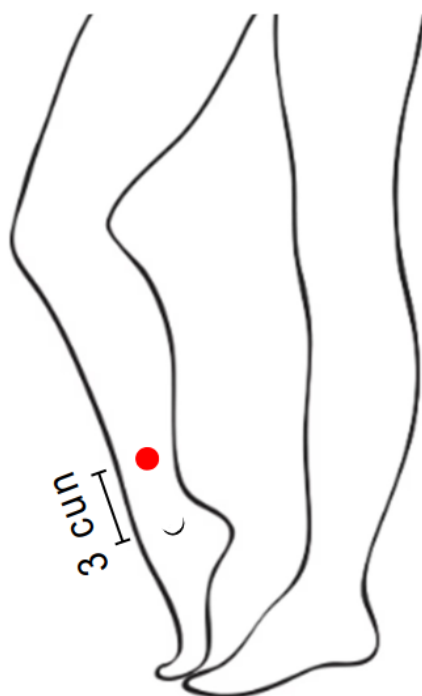


### Slim Tapping Pre-Meal Protocol Phrases:

- *My body is strong and healthy, ready to receive good, nutritious food.*
- *I nourish my body with love and gratitude.*
- *I gratefully choose to eat nutrient-rich and healthy foods for me.*

## SP6 - Spleen 6

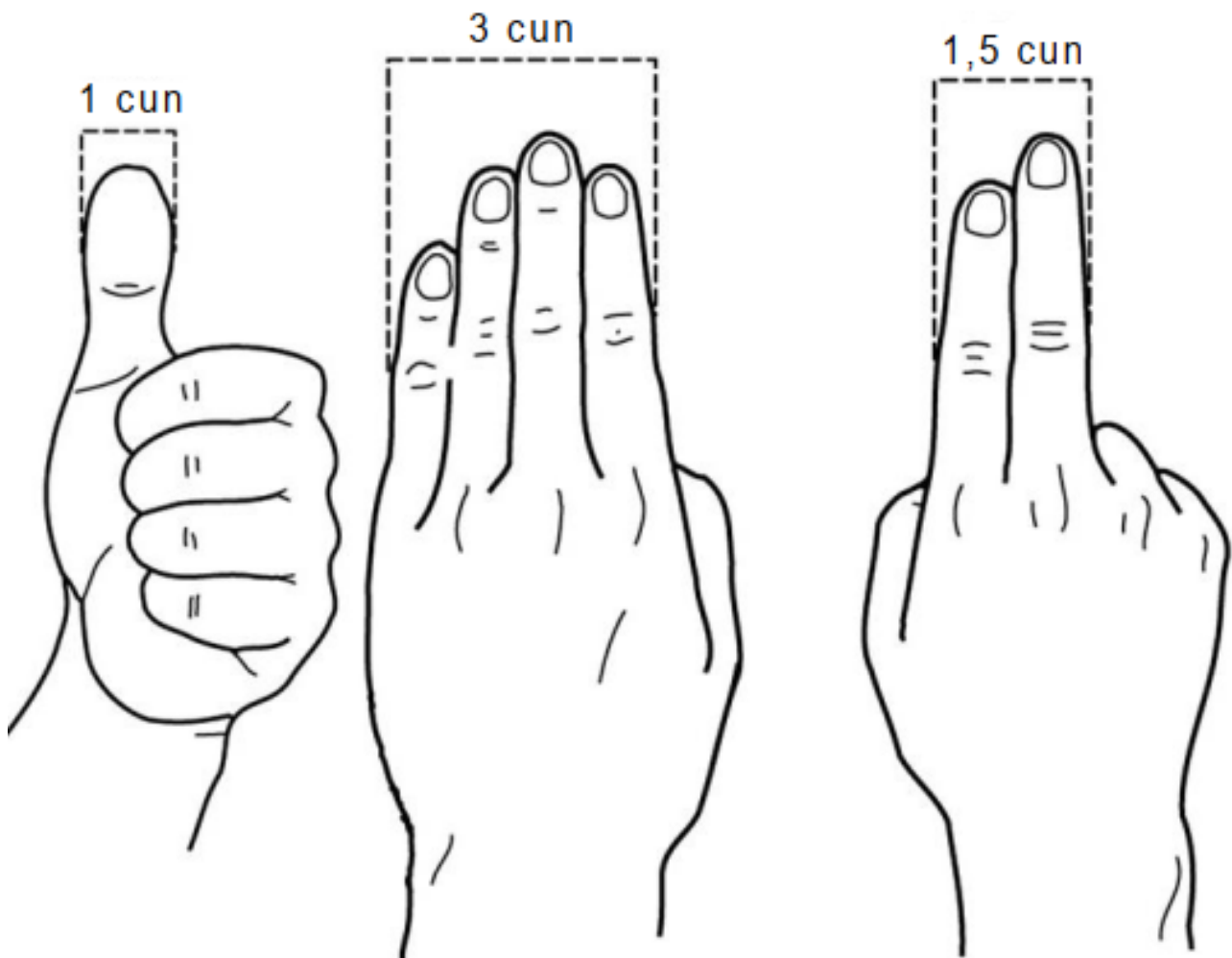
- **Chinese name:** 三阴交 (Sānyīnjiāo)
- **Meaning:** "Meeting of the Three Yin" – regulates metabolism and promotes women's well-being.
- **Location:** 3 cun (4 finger-widths) above medial malleolus (inner ankle bone).
- **Benefits:**
  - Helps regulate metabolism and the digestive system.
  - Supports emotional and physical well-being.



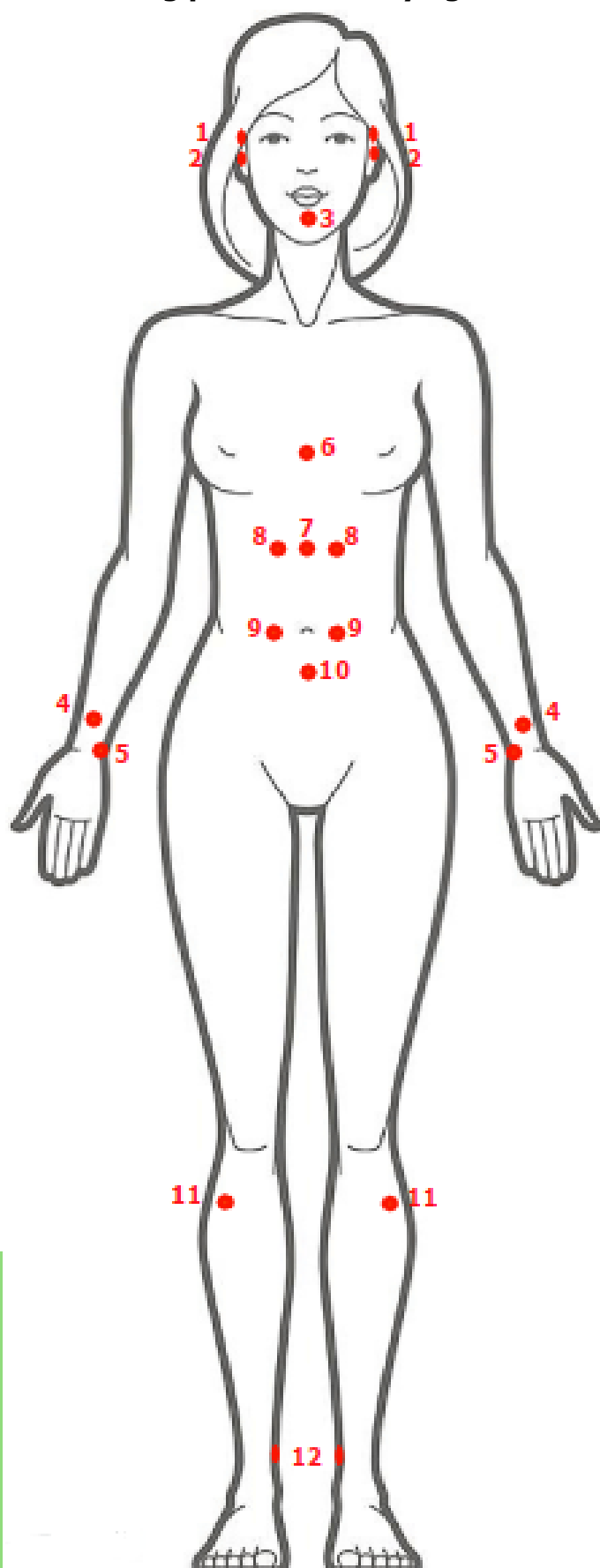
### Slim Tapping Pre-Meal Protocol Phrases:

- *I am in tune with my body and respect its need for nourishment.*
- *I acknowledge my emotional needs and choose to nourish myself in a healthy and mindful way.*
- *I bless and give thanks for the food I am about to nourish myself with.*

## Conversion guide: cun/fingers



Here is the practice for the Slim Tapping Pre-Meal Protocol: three rounds of Tapping on the following points while saying the following phrases:



## First Round

**1. Shenmen of the ear:** Upper part of the ear, in the triangular fossa.

*I release all stress and anxiety before eating.*

**2. Hunger point:** On the tragus, in front of the ear canal.

*I am free from the urge to eat more than necessary because now I listen to my body and respect its natural hunger.*

**3. CV24 - Conception Vessel 24:** Center of the chin, below the lower lip.

*I let go of the desire for unnecessary food.*

**4. PC6 - Pericardium 6:** 2 cun above wrist crease, on the midline of the inner forearm.

*I free myself from the anxiety that drives me to eat impulsively.*

**5. HT7 - Heart 7:** On the wrist crease, near the little finger.

*I choose to stay calm and relaxed as I prepare to eat.*

**6. CV17 - Conception Vessel 17:** Center of the chest, at nipple height.

*I allow every emotion that pushes me to seek comfort in food to be released*

**7. CV12 - Conception Vessel 12:** Midway between the navel and the sternum.

*My stomach is ready to receive and digest food with ease and grace.*

**8. ST21 - Stomach 21:** Midway between navel and sternum. 2 cun lateral to the midline.

*My stomach is calm and ready to receive food, assimilating nutrients in a balanced and healthy way.*

**9. ST25 - Stomach 25:** 2 cun (approx 2.5 finger-widths) either side of the navel.

*As my gut and intestines rebalance, my mind calms, and I prepare to eat with serenity.*

**10. CV6 - Conception Vessel 6:** 1.5 cun (two finger-widths) below the navel.

*I am deeply connected to my vital energy and the food that nourishes me.*

**11. ST36 - Stomach 36:** 3 cun (4 finger-widths) below kneecap, 1 cun lateral to tibia.

*My body is strong and healthy, ready to receive food and to use it to nourish me.*

**12. SP6 - Spleen 6:** 3 cun (4 finger-widths) above medial malleolus (inner ankle).

*I am in tune with my body and respect its need for nourishment.*

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## Second Round

**1. Shenmen of the ear:** Upper part of the ear, in the triangular fossa.

*I allow myself to relax deeply before eating.*

**2. Hunger point:** On the tragus, in front of the ear canal.

*I choose to chew my food mindfully, savoring, tasting, and digesting better. This helps me absorb all the nutrients.*

**3. CV24 - Conception Vessel 24:** Center of the chin, below the lower lip.

*I eat only what my body truly needs.*

**4. PC6 - Pericardium 6:** 2 cun above wrist crease, on the midline of the inner forearm.

*I choose to eat calmly with emotional balance and serenity.*

**5. HT7 - Heart 7:** On the wrist crease, near the little finger.

*I am at peace with myself, free from the impulse to eat because of my emotions. This food is so good for me and I feel gratitude to the food and to this source of life and energy.*

**6. CV17 - Conception Vessel 17:** Center of the chest, at nipple height.

*My heart is open, and I eat with gratitude and awareness.*

**7. CV12 - Conception Vessel 12:** Midway between the navel and the sternum.

*My stomach is in perfect balance, ready to receive and digest food easily, promoting optimal nutrition.*

**8. ST21 - Stomach 21:** Midway between navel and sternum. 2 cun lateral to the midline.

*I eat only the right amount to nourish my body.*

**9. ST25 - Stomach 25:** 2 cun (approx 2.5 finger-widths) either side of the navel.

*All and any toxins are eliminated. I prepare my body to receive this healthy food which does me so much good on all levels.*

**10. CV6 - Conception Vessel 6:** 1.5 cun (two finger-widths) below the navel.

*I allow any emotional blocks to be released and I welcome nourishment.*

**11. ST36 - Stomach 36:** 3 cun (4 finger-widths) below kneecap, 1 cun lateral to tibia.

*I nourish my body with love and gratitude. Eating this food calmly nurtures me deeply.*

**12. SP6 - Spleen 6:** 3 cun (4 finger-widths) above medial malleolus (inner ankle).

*I recognize my nutritional needs and my emotional needs and choose to nourish myself healthily and mindfully.*

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### Third Round

- 1. Shenmen of the ear:** Upper part of the ear, in the triangular fossa.  
*My body is connected to my spirit, and I am present in this moment. I connect with my food now. I appreciate how blessed I am to be able to have this food and give thanks.*
- 2. Hunger point:** On the tragus, in front of the ear canal.  
*I can manage my hunger and desire to eat with balance and mindfulness.*
- 3. CV24 - Conception Vessel 24:** Center of the chin, below the lower lip.  
*I am at peace with food and nourish myself with awareness.*
- 4. PC6 - Pericardium 6:** 2 cun above wrist crease, on the midline of the inner forearm.  
*I am calm and centered as I prepare to nourish my body.*
- 5. HT7 - Heart 7:** On the wrist crease, near the little finger.  
*My body and spirit are in harmony, and I eat while staying present in the here and now. I give thanks for this food and how it nourishes my body, mind and spirit.*
- 6. CV17 - Conception Vessel 17:** Center of the chest, at nipple height.  
*I am connected to my emotions and do not use food to avoid them. I thank this food for the nutrients and nutrition it provides me.*
- 7. CV12 - Conception Vessel 12:** Midway between the navel and the sternum.  
*I choose to nourish myself with healthy and digestible foods.*
- 8. ST21 - Stomach 21:** Midway between navel and sternum. 2 cun lateral to the midline.  
*My body receives food with gratitude and uses every nutrient for my health and vitality.*
- 9. ST25 - Stomach 25:** 2 cun (approx 2.5 finger-widths) either side of the navel.  
*My body is healthy and functional, ready to nourish itself.*
- 10. CV6 - Conception Vessel 6:** 1.5 cun (two finger-widths) below the navel.  
*My body and my energies are in perfect balance and well-being as I prepare to eat.*
- 11. ST36 - Stomach 36:** 3 cun (4 finger-widths) below kneecap, 1 cun lateral to tibia.  
*I choose to eat foods that are nourishing and healthy for me.*
- 12. SP6 - Spleen 6:** 3 cun (4 finger-widths) above medial malleolus (inner ankle).  
*I bless and thank the food I am about to eat.*

## HOW TO USE THIS PROTOCOL

This Pre-Meal Slim Tapping Protocol is simple, powerful, and designed to be used just before you eat.

1. **Create a Pause** – Take a moment before eating, sit comfortably, and prepare to bring calm awareness to your body.
2. **Follow the Sequence** – Tap gently on each point in the order shown, repeating the phrases (or adapting them into your own words).
3. **Do Three Rounds** – Each round has a slightly different focus: releasing stress, calming balance, and gratitude/presence. One round is helpful, three rounds are ideal.
4. **Stay Aware** – Notice your breath, body, and emotions. Let them pass without judgment.
5. **Transition Into Eating** – When you finish, take a breath, notice how you feel, and begin eating calmly and mindfully.
6. **Be Consistent** – The more often you use the protocol, the more natural mindful eating becomes.

And remember: you don't have to do this alone. If you need more help, don't hesitate to reach out — we are here to support you every step of the way. If you have questions, email us anytime at [info@slimtapping.com](mailto:info@slimtapping.com)

If you'd like more personalised support, you can book a free guidance call here: <https://www.slimtapping.com/calendar>

Receive your own custom Slim Tapping protocol, tailored specifically to your needs, here: <https://www.slimtapping.com/congratulations>