



# Beyond Brain Fog: How to Use Tapping to Overcome Brain Fog and Chronic Fatigue

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Brain fog can feel like your thinking, understanding, and remembering are not working as they should. It often comes with a sense of feeling tired, confused, and even overwhelmed. In this state, everything feels difficult; from work to being present in relationships. But today you will learn how tapping can help you feel centered, focused, and energized once again.

I'm Dr. Kim D'Eramo and I'm a highly intuitive physician who is now sharing about Conscious Medicine for healing chronic illness, pain, anxiety and fatigue. I've worked with many people with severe chronic fatigue and brain fog along with autoimmune illness or other conditions. I know how hopeless it can feel when your life has begun to revolve around your illness.

I've experienced chronic fatigue and brain fog in the past myself and although I tried to heal myself, it just made things worse. That's because the healing must come through us, not from us.

No matter how hard you've worked to heal, I'm here to tell you that this will never create what you want. That's because it's based on a faulty foundation: the idea that things are not okay and you must fight and fix them. I know, this is crazy hard to understand and even harder to do! So, instead of approaching this with your mind (which loves to fix things!) you will connect with your heart, where higher awareness comes in.

## Exercise to Transmute Your Deepest Pain

Place your hands on your heart and breathe into this space.

Put your attention on the space of your heart and just breathe. Relax Now, FEEL your pain. Yup, all of it.

The despair and bewilderment of not getting better... The way it's unfair this is happening to you...

The fear things will only get worse and you'll suffer forever...



The disappointment when someone said they could help and then let you down. ALL OF IT!

Hold it in your heart now.

Just witness it all as it is, no need to change any of it or make it go away.

Breathe.

Bring in Light.

See it flowing from beyond the top of your head into your head and into your body.

Let it come through all of you and all of this.

Breathe.

Affirm: I am not these problems. I am not this pain. I am not this illness or this situation. I am the one witnessing all of it. I am the one willing to witness this deep pain and despair now.

It's okay for me to acknowledge this and see who I am.

It's okay for me to be in wholeness now.

Take the last few breaths and allow this to complete.

## TRANSMUTATIONAL TAPPING SCRIPTS

Transmutational Tapping is the way I use Tapping to transmute energy and naturalize it, so there's harmony.

It is different from how Tapping is often used to fix a problem, change something, or make it go away. That will always be limited. You cannot force things to change, you can only invite and allow energy to transmute back to its natural form. This is called transmutation and it is far more powerful than any other way to use Tapping.

When you do Tapping this way, tap to love yourself more fully, to meet the spaces where there's pain, grief, fear or other emotions with compassion and love. The energy will shift. Using Tapping to love these inner parts, versus escape pain is a very different dynamic and powerfully activates the Tapping you do.



### **How to use these Tapping Scripts:**

Try the whole series with tapping to feel out how these get to the core of what may be going on. Highlight the ones that really resonate for you. Then use those highlighted ones in the future for continued tapping.

Be sure to feel all of them out; it may be unexpected what you've been unconsciously holding. Blessings on your way and I would love to hear from you!

-Dr. Kim

### **Common Symptoms Around "Brain Fog"**

When you have brain fog, it's more like a symptom of something that's going on rather than, "This is a disease entity." My work is really about, "We are vibration, we are electromagnetic," first and foremost. Your brain is really affected by what's going on in your consciousness. So, for example, with brain fog, you're overwhelmed and fuzzy- even word finding can be hard. You feel slow and sluggish and it can go along with chronic fatigue, where the body is physically so tired and so overwhelmed. There is a lot of understanding of what might be going on in the body that's related to this, but I have a little bit of a different vantage point on to the cause and how to move through this, to let it really resolve. It's helpful to look into supporting the adrenals, supporting the thyroid.

For me, nothing really showed up for about a year, and no one could find anything wrong. It was way after that that things started to be imbalanced physically where it could be detected on labs. I knew really early on that, "No, no, this is not okay."

If you're in brain fog or chronic fatigue, you might feel just completely overwhelmed with everything, and like there are no answers, and you just can't function. I kind of make the analogy, if you have an old computer system and you're trying to use a newer program or a newer app, and the computer is just too slow to function in that higher frequency for the newer program. That's exactly what's happening. We can go deeper into this, what's happening in brain fog and how it's really just time to reboot your system!

### **Rebooting Your System**

Your mental clarity is part of the whole complex of you tuning in to what's going on with you.



Emotionally, mentally, physically, you can tune in and feel the energy you're in, and it can happen way before it's something we can detect physically. That was certainly true for me, so you've got to be willing to pay attention to all of these things and not think it means "Oh, so it's just in my head?" No, this is real, and I really have a disease, and trying to kind of fight for that because you think that early sensitivity, maybe it's been de-validated, now this is just in your head. What's going on emotionally, where maybe you feel really there can be anxiety, there can be depression, there can be overwhelm, frustration.

Those are all indications of the energy frequency you're in, and it absolutely will affect your physical body. It's just a matter of time, because our emotions, our thoughts, they are energy. Our physical body is going to be affected. So, if it's like me where it took a year before things started to show up with lab results or ways we could detect physically, don't worry about that. It doesn't discredit that you're experiencing something very real. It's just important to look at things on that level, mentally, emotionally, as it is to look at things purely physical. In fact, when we do address this underlying layer and lighten things up and release things emotionally, we'll feel that mental clarity and we absolutely will begin to manifest physical changes in the body. We can see this medically, and there are tons of studies demonstrating this, that the physical body will respond immediately. Your hormones shift, your nervous system, your immune system strengthens. Your digestive system changes profoundly so that all of these functions are working much more up to speed.

### **The Role of Tapping**

Tapping is such a great tool. The key is tuning into what's actually happening. You've got to actually be willing to feel all this stuff that you may be trying to avoid. I know I was trying to avoid feeling like a victim, like, "Why is this happening to me? This is unfair, I just want to go on with my life" Trying to avoid. You're so overwhelmed and so you think, "I just got to get it all done, and then I'll feel better," which is never, ever going to happen. You've got to actually unwind it, so be willing to tap into what's underneath these symptoms, which we're going to do here today and let your system release it.

Feel and tune into, "What are you feeling in your body right now?" For those of you who maybe you haven't even had these particular symptoms, it's always helpful for all of us to develop awareness. "Hi body, how are you?" Here we are, and bring your attention inward. If you're feeling or have felt in a different moment severe chronic fatigue, severe brain fog, tune into that space of what it's been at its worst or how you feel about it right now. Tune into all of the ideas you have about it, all of the energies of maybe hopelessness or bewilderment or frustration or feeling helpless, or just the overwhelm and patterns you've been in.



What are you feeling in your body right now?

## A Tapping Experience - Fatigue

Scale that feeling in your body on a scale of one to ten. Ten is "I can't even stand it anymore, this is the worst, get me off the planet now," and one is, "It's there but just a little flicker of it there."

Write it down here: \_\_\_\_

Breathe in and just tune into your breath before we even start tapping. This already gets the energy moving, just your willing awareness of it. That's a good thing. So, tapping on the outer karate chop point, sometimes it can feel worse and more intense as it's moving out. Let this happen, you're in a clearing. So, tap, tap, tap on the karate chop point.

Side of Hand Even though I have all this fatigue and brain fog  
And I don't know what to do with it  
I choose to embrace peace now

Even though I can't stand what's happening  
And I don't understand  
I choose to release this and be at ease now

Even though I have had it  
And this makes no sense  
I choose to love and embrace myself in this moment

Eyebrow All of these symptoms, and I'm overwhelmed  
Side of Eye I don't know what to do  
Under Eye Feeling like my system is shutting down  
Under Nose I've tried everything  
Under Mouth And it just leads to more overwhelm  
Collarbone So fatigued and foggy  
Under Arm I can't function this way anymore



Top of Head I don't know how to get to something higher

EB What if I really could just let go  
SE But I don't know how  
UE Holding on and pushing my whole life  
UN This way of doing life  
UM Where I push hard, and it has to come from me  
CB I don't know how to let life come through me  
UA To re-source my body, to re-source me, so I could actually receive in ease  
TH What would it look like for me to really let go and receive everything

Okay, deep breath in, and let go. Relax your body.

Tune into your body again and give it a rating from 0 to 10 here:\_\_\_\_\_

We weren't specific on what you're experiencing physically, but you can fit it to your needs, like tap on what the doctor said, "I've got to take these pills," or specifics about your experience. But these energies we just tapped on are a lot of the things that underlie this particular illness pattern. When you look at where we usually are with pushing through life, "I've got to achieve, I've got to overcome, I've got to do, everything has to come from me." Of course that's going to overrun your adrenals. Yes, of course it's going to shoot your thyroid into overwhelm and depletion, so just feel into that new harmonic of, "I can let go and let life come through me, so that I receive in my body, so that I receive clarity and energy and vitality." That is a higher level of consciousness. It's a new consciousness and all it requires is that little bit of settling in with compassionate awareness for how hard it has been otherwise.

Self-healing is about opening to receive the essence of life. Opening to receive what allows our body to heal. I want to do some more tapping in this because the biggest thing that blocks this and creates that pattern of "I've got to do it, I have got to get after it, I've got to push harder, I've got to work harder, I've got to learn more," is this idea, "I'm not worth it. It can't be that easy, that would be too easy. I'm not worth it. I shouldn't just be able to receive, and open, and boom effortlessly everything comes in that I need." We've learned it doesn't work that way. We've got to work hard, we don't deserve it, we're not good enough, and we have to do all of these conditional things so that we're then good enough and then we can have – fill-in-the-blank – comfort, love, money, health, everything in that great treasure that we're all after.

This is a shift in consciousness, and brain fog is an indication you are ready to move into a higher consciousness. But you've got to actually open, which is exactly what we're going to



do.

So, let's keep tapping,

## A Tapping Experience- Openness

Let's start on the inner eye point, just begin tapping.

Eyebrow      It's okay for me to let go of this fully  
Side of Eye    To let go of this completely, to let go of who I think I am  
Under Eye     And actually receive that easily  
Under Nose    That abundantly  
Under Mouth   That effortlessly  
Collarbone    All the ways I've been taught it has to be hard work  
Under arm     And so I keep working  
Top of Head    And my whole system is set on "Go" mode

EB      Overwhelming and depleting me  
SE      What if there really was a higher way to live  
UE      And it wasn't about me doing more or doing better than I am  
UN      It was about me saying, "Yes, I am ready to receive"  
UM      Not out of fear or grasping it or begging for it  
CB      But out of the acknowledgment that I am infinitely valuable  
UA      Infinitely worthy  
TH      And worthy of receiving infinitely  
          It's okay for me to let go now  
          Life is on my side for all I need

Take a big breath in.

This is great when the "yes, but..." feeling comes up, because that's the deeper foundational pattern you've been living that you may be ready to let go. This is a program, so when you're living in the program of "yes, but..." and then fill-in-the-blank... "Yes, but I can't have it. Yes, but, it's for someone else and not me. Yes, but, I really am in lack and I'll never get out." I've seen this in myself so many times and I'm like, "Oh my god, I can't believe that one's in there. Do I actually believe that on some level?" It's important to bring this to the forefront of your mind. I'll journal it, so I recommend you do that as well if it's helpful for you.



You can take a moment to jot some notes here. If you're feeling the "Yes, but..." program, jot out your full thoughts here so you can use them in your Tapping experience.

## A Tapping Experience- I'm Worthy

We'll start just tuning into the body and where you are right now. So, scale of one to ten, with a one being "I am open to receive life, hallelujah, yes, I'm worthy, I'm valuable, it's okay for me to let these things go and be conscious," versus a ten is, "No way, that's never happening for me." You may feel hopelessness, resistance, despair, a heaviness.

Write your number here: \_\_\_\_\_

Tapping on that side of the hand.

Side of Hand Even though this is not for me  
My symptoms or my diagnosis prove I can't have that  
I choose to be at peace now

Even though I just don't believe it  
So now there's this new problem of my beliefs  
I choose to release this and be at ease

Even though it's too far for me to go  
To imagine being in total health and abundance  
I choose to release this and embrace all that I am

Eyebrow These inner "yeah, but..." voices  
Side of Eye My doubts and despairs  
Under Eye I have been thinking they have real power  
Under Nose But it's only the power that I've given them  
Under Mouth What if I were unwilling to fight anymore  
Collarbone And truly surrender and honor myself?





Under arm Honor my pain and how hard I have trying?  
Top of Head Honor who I am and how much I really care?

EB This has been an indescribable struggle  
SE That no one but me can truly know  
UE So there's no one out there who could give me validation I really need  
UN In the depths of how much I really need it  
UM This is something that has to come from me  
CB This inner calling from my being that life is too hard that way  
UA That there is a new way for me to be  
TH That creates ease and flow and abundance

EB Beyond anything I've ever seen before  
SE To honor myself that fully  
UE In the depth of my pain that only I know  
UN And for me to choose to say, "I love you," to me  
UM And for me to choose to say, "I see your pain"  
CB "I am sorry you've suffered"  
UA "We can let this go whenever you're ready"  
TH "Because you truly are infinitely worthy and deserving"

Okay, inhale through the nose, let it go.

Give yourself a rating from 0-10 here:\_\_\_\_

## Tapping for Resolving Brain Fog and Chronic Fatigue

Tapping on: "There's no hope for me"

Karate Chop Point:

Even though I feel hopeless, I love and accept myself fully  
Even though I think I'll never get better, I love and accept myself fully  
Even though there's no way out for me, I choose to be at peace now

Inner Eye I have had this disease too long  
Outer Eye I will never get better  
Under Eye Diagnoses and what doctors have told me  
Under Nose I believe it



Chin I know I can't get better  
Collarbone Who am I without this illness?  
Under Arm I can't let it go  
Top of Head I have to get help

IE There is something wrong  
OE I have to prove this is real  
UE No one is listening to me  
UN No one knows my pain  
C This is unthinkable  
CB I'm suffering  
UA I will never get better  
TH I have no energy to try harder

IE How dare you ask me to try harder  
OE Can't anyone see I've already done enough?  
UE I have worked so hard  
UN I have tried so hard  
C I have gone above and beyond  
CB No one should suffer as I have  
UA It is not fair  
TH I will never get better. I don't know how

## Integrating a New Pattern

IE What if I could open to receive?  
OE What would that create?  
UE What if there was a way to let this go  
UN Even though I do not know how?  
C Would I be willing to leave behind what I know?  
CB What I think  
UA And how I have been doing it?  
TH Would I be willing to receive everything with joy and ease?

IE Is that even possible?  
OE What if that were possible for me?  
UE What if I could just open  
UN And decide I AM WORTHY?



C I AM VALUABLE  
CB I AM INFINITELY LOVEABLE  
UA Exactly as I am  
TH Am I enough?

IE I release the fear that I am not enough  
OE That it is not possible  
UE That it is not possible for me  
UN I release the idea that I am unworthy  
C The idea it is not okay  
CB What if it is all okay  
UA And I love and accept myself fully  
TH And love and accept ALL of it fully

IE Exactly as it has been  
OE It is hard to do that  
UE It has been so unthinkable  
UN And I am willing to do this  
C Because that is who I am  
CB I AM THIS BIG  
UA And I AM THIS WILLING  
TH And I AM THIS POWERFUL

IE To be the one who comes  
OE To love this one  
UE And love this life  
UN As unthinkable as it has been  
C To accept this pain  
CB And let it resolve  
UA And let something higher come in  
TH I am willing to celebrate myself

IE For being the one who goes through this pain  
OE And still said "yes"  
UE And was willing to live  
UN And bring in a new light  
C For all who feel hopeless  
CB And don't know what to do and do it anyway and find a way  
UA And let something bigger in



TH And let light in and LIVE

## **Tapping to Integrate a Higher Consciousness of Wellness, Abundance, and Vitality**

Karate Chop Point:

Even though I don't have what I need, I love and accept myself fully  
Even though I've lived this way for so long and feel broken, I love and accept myself fully  
Even though I haven't been able to resolve this, I love myself infinitely now

IE This severe fatigue  
OE I can't surrender  
UE It will never be okay  
UN Brain fog  
C I can't function  
CB And I am so mad  
UA I do not have what I need  
TH Nothing works

IE No one has helped  
OE I try and try  
UE A little hope, but this returns  
UN Fighting it  
C Fighting life  
CB Going at it  
UA Always pushing  
TH Trying to overcome

IE I am not enough  
OE It is never enough to make a real change  
UE It is hopeless  
UN I can't let go  
C Because things will not be okay if I do  
CB I have to fight and push  
UA This way of life  
TH I have learned and integrated



IE This way of being  
OE It is not working for me  
UE It has burnt me out  
UN My adrenals are burnt out  
C My thyroid is overrun  
CB What should I do?!!  
UA This stinks  
TH I just want it to go away

IE But it won't go away  
OE This has been my way of being  
UE Pushing and overcoming and forcing  
UN Because I am afraid  
C So much fear  
CB It is not okay  
UA I have to run and push and overcome  
TH What if I were to let go

IE This idea that I am not enough  
OE The fear it is not okay  
UE And let my body have a reboot  
UN Would I be willing to trust my body?  
C I am scared  
CB I acknowledge my deep fear  
UA And all the feelings I am not enough  
TH And it is not okay

IE And let all of this be as it is  
OE I am willing to feel what I've held  
UE And feel what I'm really feeling  
UN Underneath it all  
C What if I let go this way of being  
CB And embrace something higher?  
UA What would that create?  
TH Would would it take for me to do that?



## New Pattern

IE What if I were willing to allow in something new?  
OE That goes beyond what I have understood  
UE Who I have thought myself to be  
UN What I have thought to be true  
C What if I received that everything is possible?  
CB That there is more for me  
UA It would change everything  
TH I am willing to let go of that old way of being

IE To listen to my body  
OE And register that this has created discord  
UE This has not worked for me  
UN Something that has been on such a deep level  
C I am willing to let that all go  
CB And see that I am infinitely worthy  
UA And I am infinite value  
TH Just for being alive

IE And that LIFE provides for me  
OE It gave me this body  
UE Not because I have earned it  
UN Not because I have proven myself  
C Not because I have done stuff  
CB Just because I am worthy of being alive  
UA And so yes, I am worthy of receiving all I need  
TH I love myself fully

IE To heal  
OE To be whole  
UE To thrive  
UN To have comfort and love and beauty  
C All that goes with being in a body  
CB It is okay for me to be in a physical body  
UA And be physical  
TH I love myself fully



IE And love my physicality  
OE And receive in my physicality  
IE Receive nurturance  
UN And love and comfort  
C And beauty  
CB It is okay for me to receive everything  
UA Because I am worthy of love  
TH I love myself fully

IE I am worthy of being loved  
OE I choose this!  
UE I choose that I am worthy of being nurtured abundantly  
UN With health and true wealth, and prosperity  
C I love myself  
CB I am connected with all the Universe  
UA And I choose to receive all things in grace and ease!  
TH I love myself fully

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For more resources, I'm including these items below:

### 1. Exercise to Release Victim Consciousness and Enter Abundance

This is a powerful tapping session I created to assist in completing any old areas where you are still experiencing life as though things are "happening to you" and move into conscious creation!

[bit.ly/NewYearEFTExercise](https://bit.ly/NewYearEFTExercise)

### 2. EFT for Sleep Audio

Use this before bed to release tensions of the day, expand in abundance, and let sleep be a way you transmute energies.

[DrKimD.com/sleep](https://DrKimD.com/sleep)

### 3. Quiz: Find Your Cure

There are patterns I've seen that keep people feeling stuck, and specific ways to easily unwind this and allow fluidity and vitality to come in. Take this short quiz and I'll send you resources specific to you!

[DrKimD.com/quiz](https://DrKimD.com/quiz)



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Kim has been unusually sensitive and intuitive throughout her life. After an awakening experience at age 16, she knew she was here to assist humanity's ascension as a physician. She has now developed a practice sharing Conscious Medicine, and assists clients all over the world online and through group retreats. Kim does a weekly MindBody TV broadcast in the MindBody Community in Facebook and can be found at [DrKimD.com](http://DrKimD.com)