How can clinical hypnosis help your IBS symptoms?

IB-ease
A self-managed program for IBS

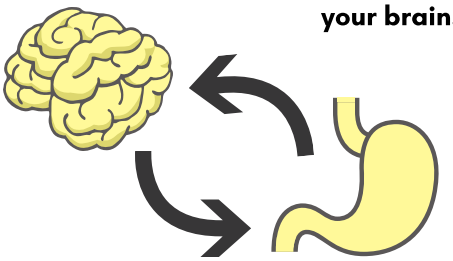
1 **Our bodies are very complicated. In order to work correctly, the different parts of our body need to be able to talk to each other and we do that by using our nervous systems.**

2 We have a Central Nervous System called the CNS. This consists of the brain, spinal cord & cells called neurons. The CNS sends & receives messages to & from the rest of your body, including your gut.

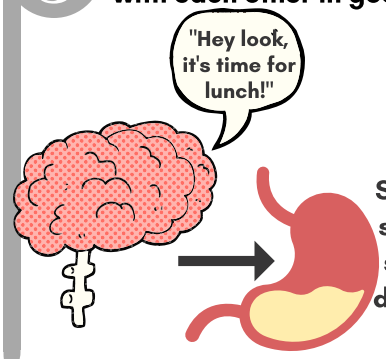
3 We also have an Enteric Nervous System called the ENS. It includes nerves, neurons & neurotransmitters that extend along the entire digestive tract & coordinate basic gut functions.

ENS neurons are like those in the brain, but not as smart.

4 **Your CNS & ENS have bidirectional communication. This means your brain talks to your gut and your gut talks to your brain.**

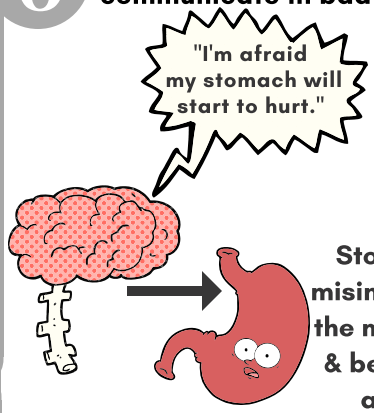


5 **Your CNS & ENS communicate with each other in good ways.**



Stomach starts to secrete digestive juices.

6 **Your CNS & ENS can also communicate in bad ways.**



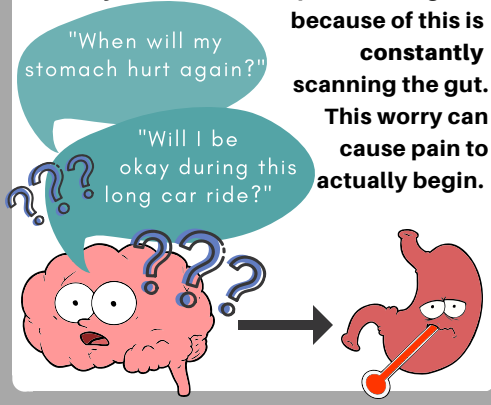
Stomach misinterprets the message & begins to ache.

7 **That 'bad communication' can be triggered by lots of different things:**

- **Genetics**
- **Post-infectious (stomach virus)**
- **Stressful events**
- **Inflammation**
- **Constipation or diarrhea**

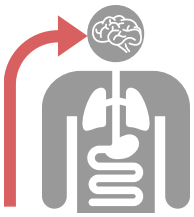
IBS can occur when your CNS & ENS get stuck in a negative communication loop.

8 **When a triggering event occurs, the brain can develop HYPERVIGILANCE. Hypervigilance is when your brain is always worried about pain starting and because of this is constantly scanning the gut. This worry can cause pain to actually begin.**



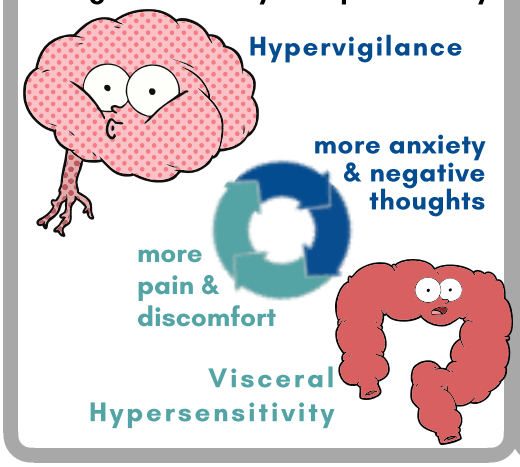
9 **When the stomach feels pain over and over again, it can develop VISCERAL HYPERSENSITIVITY**

Visceral Hypersensitivity is when the stomach starts interpreting normal sensations as painful.



Normal digestion in the gut is transmitted as pain to the brain.

10 **When you combine Hypervigilance with Visceral Hypersensitivity, you get a vicious cycle of pain & worry.**



11 **Clinical hypnosis and how it helps IBS**

Using clinical hypnosis, we can attack both the Hypervigilance and the Hypersensitivity by teaching patients how to control their pain and discomfort.

As patients learn pain control, their Hypersensitivity decreases, they worry less and their Hypervigilance decreases.

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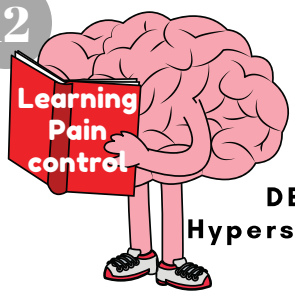

DECREASES Hypersensitivity

causes LESS worrying about symptoms

DECREASES Hypervigilance