Irritable Bowel Syndrome (IBS) and Clinical Hypnosis

What is IBS?

Irritable Bowel Syndrome (IBS) is a common, chronic condition affecting 5-10% of people in the United States. Primary symptoms include recurrent abdominal pain with changes in bowel habits (like diarrhea or constipation, or both).

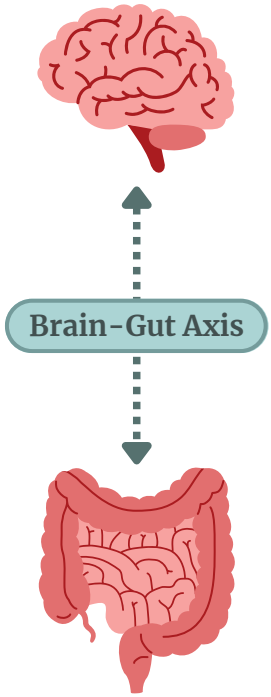
What is Clinical Hypnosis?

Clinical hypnosis is a medical intervention that can help people manage IBS symptoms. It involves guiding the patient through the use of focused attention while in a relaxed state. This relaxed, focused state allows the patient to be more open to suggestions around changing thoughts and behaviors related to IBS symptoms.

How Does Hypnosis Work for IBS?

Hypnosis works through something called the "**brain-gut axis**." This is the connection between the brain and the gut. IBS symptoms are often affected by both physical and emotional factors, and hypnosis addresses both of these areas.

- **Physical:** Helps to reduce pain, muscle spasms, and bloating, which can improve bowel functioning.
- **Emotional:** Helps to manage stress and anxiety, which can trigger IBS symptoms.



Why Hypnosis for IBS?

- In more than 40 years of research and hundreds of studies, clinical hypnosis has consistently demonstrated positive results in reducing IBS symptoms.
- It is recognized by medical groups like the American College of Gastroenterology (ACG) and the National Institute for Health and Care Excellence (NICE) as an effective treatment for IBS.
- It can be especially helpful for people who haven't found relief from medications.

Impact of Clinical Hypnosis on IBS Symptom Severity

8 out of 10 people reported symptom relief and better quality of life after treatment*

*Palsson et al, 2002; Gonsalkorale et al, 2003

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