



DIET-HYPNO IBS PROGRAMME


The Diet-Hypno IBS Programme is a structured intervention, designed to help you investigate and manage all facets of diet and lifestyle that may be contributing to your gut symptoms. It also helps target your gut-brain axis, which is thought to be the root cause of gut symptoms in conditions such as IBS.

To achieve long term success, the programme merges the most suitable and effective personalized interventions e.g. relevant (and gentle!) dietary restrictions, gut-directed hypnotherapy, probiotics, supplements. along with providing the professional support and motivation needed to help you control your IBS.

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If you relate to any of these, the Diet-Hypno Programme is suitable for you:

- You have been diagnosed with IBS and struggling to manage it.
- You are frustrated at looking 6 months pregnant by dinner time.
- Your symptoms are unpredictable and impacting your life.
- You need to know where the nearest toilet is when outside the home.
- You panic about eating out with friends as you don't know how your gut will react.
- You've tried restricting your diet, medications, supplements or probiotics to try and manage your IBS, yet still suffer.
- You feel alone and fear you need to put with these symptoms for the rest of your life?

IBS is a common disorder with up to 1 in 8 people suffering worldwide. It is defined by the British Gastrointestinal Society as a 'chronic, relapsing gastrointestinal problem, characterised by abdominal pain, bloating and changes in bowel habit'. Unfortunately, it cannot be cured, but it can be successfully managed.

For most people however, the quest to manage symptoms can be exhausting, especially as you try to navigate the colossal amount of information available at your fingertips – much of which can appear complex, contradictory and confusing. Because IBS is different for everyone, it is actually a real challenge to know what will work for YOU.

The aims of the Diet-Hypno IBS Programme are to:

- Understand dietary triggers and reduce food anxiety.
- Enjoy eating a diversified diet and find pleasure in eating food again.
- Feel more confident socialising and eating out.
- Improve gut-brain communication and reduce levels of stress and anxiety, enhancing quality of life.
- Achieve long lasting relief.

The programme includes 7 appointments which are usually scheduled every 2 weeks. Appointments can be face to face or virtual, or a mix of both. At the end of each consultation you will be offered relevant Gut Health Clinic resources, along with a hypnosis recording to listen to between appointments. The most important aspect of the plan is that it will be personalized to complement your journey, your experiences, your symptoms, and your life!

The Cost of the Diet-Hypno Programme is €630

You can claim back a portion of the Programme cost from your health care provider.
The amount you can claim will depend on your plan.

Phone 01 2064364 to schedule your first appointment today!