

IRRITABLE BOWEL SYNDROME



HELP IS HERE!

FREE INITIAL CONSULTATION AND ADVICE

HYPNOTHERAPY, EMDR, NLP and OCCUPATIONAL THERAPY

What is irritable bowel syndrome?

Irritable bowel syndrome (IBS) is a digestive disorder which mainly affects the bowel (large intestine). It is known as a 'syndrome' as it is a cluster of symptoms without a specific identifiable cause.

- **10 - 15% of people have IBS!**
- **Around 62% of sufferers are female.**

With IBS, the nerves and muscles in the bowel are hyper-sensitive. The muscles may contract too much when you eat, causing diarrhoea, or the nerves may be overly sensitive to the bowel distending with food/stools after a meal, causing cramps. IBS is often uncomfortable and distressing, but does not damage the bowel, or cause any more serious gut disorder, such as Crohn's disease.

To rule out other causes, it is important you do seek medical advice from your GP if you suspect you have IBS.

What are the symptoms of IBS?

- Diarrhoea
- Constipation
- Diarrhoea and constipation may alternate, and either may be painful
- Incontinence may occur
- Stomach cramps (especially in the lower abdomen); 'gas pains'
- Wind
- Bloating abdomen.

You may also experience:

- Mucus in the stools
- A feeling that the bowel has not emptied fully
- 'Irritable bladder'
- Nausea or heartburn
- Sexual function may be affected due to physical or psychological factors
- Some people report fatigue and depression.

Symptoms usually ease after a bowel movement.

Common triggers for IBS include emotional stress, physical stress/illness, alcohol, dairy products, wheat, caffeine, fizzy drinks, chocolate, fatty foods or simply eating a large meal. Some women find their IBS is worse around the time of their period.

What's the link between stress and IBS?

Stress may not **cause** IBS, but it can make symptoms worse, for example, anxiety can bring on diarrhoea. **However, 50% of sufferers associate the onset of IBS with a stressful time in their life.** In IBS, there is a disturbance in the interaction between the gut, the brain and the autonomic nervous system. The brain and autonomic nervous system are directly affected by stress, and this may have a knock on effect on the bowel, causing it to become irritated and over sensitive to stimuli. **IBS is not 'all in the mind'.**

How can hypnotherapy help with IBS?

During hypnotherapy, **a deep state of relaxation is induced.** This calms the autonomic nervous system, so may ease the symptoms in itself. This can have an ongoing effect, especially if you practice **self hypnosis** regularly.

You will learn how to induce a deep state of relaxation yourself, through the use of relaxation CDs and by techniques your therapist will teach you, in order to **self manage your symptoms.** This gives you life long skills to manage IBS, stress and other difficult situations.

Specific visualisation and **hypnotic techniques** are also used to combat IBS symptoms.

Sessions may also focus on **pain relief** and **coping strategies.**

Hypnotherapy can enable you to develop greater confidence, calmness, self esteem and a positive body image, where your IBS has affected these.

Hypnotherapy works with the **subconscious mind** (the part containing memories, feelings and habits), so we can determine if there are any subconscious triggers for your IBS. We can **replace the stress and negative feelings** you may experience because of your irritable bowel with more positive thoughts and **physical and mental comfort**, by working with the subconscious mind.

Hypnotherapy can also help alleviate and manage the symptoms of other digestive complaints, such as peptic ulcers.

Why choose to work with Mindscape Therapies?

I'm Kate Mortimer, and I run Mindscape Therapies. **An experienced, well qualified clinician, I work with a wide range of issues,** specialising in emotional wellbeing and mental health. I have facilitated skills and therapeutic groups and worked 1:1 with clients since 1999.

I work from a humanistic, client centred perspective, valuing and respecting you, your experiences and your choices.

I work to NCH, APHP & BAOT Codes of Ethics, and am totally committed to providing a holistic, confidential, ethical and professional service.

I am passionate about what I do, and it's my privilege to support you to achieve your goals and dreams.

Please contact me for a **FREE** initial consultation, information or advice.

Competitive rates.

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