

IBS Gut Instinct - Treating Irritable Bowel Syndrome and Achieving Gut Bliss - Audio Program



17 week program includes 7 CDs and a program booklet. Studies show a 70% to 90% reduction in IBS symptoms using Gut-Directed Hypnotherapy. Gut-Directed Hypnotherapy reduces or eliminates symptoms, such as abdominal pain, abdominal distention, bloating, constipation, diarrhea, fatigue, gas, nausea, and urgency. Program is based on over 30 years of clinical research and actual patient studies. Bonus CD address symptoms of anxiety and depression, which typically accompany IBS. Product Description: The IBS Gut Instinct Audio CD Program uses the gut-directed hypnosis protocol that has been used for over 30 years of clinical research and 1000s of actual patient studies. This audio program is perfect for people who are far away from a hypnotherapist who is familiar with IBS, or for people who have symptoms that restrict them from leaving their home. This 17 week program consists of 8 IBS therapeutic hypnotherapy audio sessions (CDs); however there are 12 recordings. Session 4 has three recordings, one for constipation-predominate IBS, one for diarrhea-predominate IBS, and one for alternating constipation and diarrhea. You should choose the recording that best fits your symptoms. There is also a recording if you have symptoms of anxiety and another recording if you have symptoms of depression, which are not at all unusual if you have IBS. The first recording that you will listen to is the Listen To First. This recording gives a detailed explanation about the program and brain waves. Sessions vary in duration but are about 25 minutes to 33 minutes. The program also includes a program booklet that provides a symptom checklist, progress log, and listening schedule.

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