

## **IBS and Weight Loss Article Published in The Stevenage Magazine – Jan/Feb 2016**

At The Hitchin Hypnotherapy Practice, we offer clients relief from a wide range of emotional and psychological issues. One condition we regularly come across, and have had overwhelming success in treating, is ***Irritable Bowel Syndrome*** (IBS).

IBS is a functional disorder of the gastrointestinal tract, characterised by recurrent abdominal pain, discomfort and alterations in bowel function. It is one of the most common bowel disorders in the Western world, suffered by between 10 to 20 percent of the UK population and is twice as common in women as men. Symptoms typically begin in adolescence or young adulthood and can last a period of months, even years, often resurfacing at times of high stress or lowered immunity.

### **Can Hypnotherapy beat IBS?**

The mind-body connection of IBS has long been recognised by therapists, and many mainstream clinicians agree that anxiety and stress are triggers for symptoms of IBS to occur or to worsen.

The Daily Mail recently published a series of articles about IBS including the benefits that hypnotherapy can deliver ([www.dailymail.co.uk/health/article-200446/Can-hypnotherapy-beat-IBS.html](http://www.dailymail.co.uk/health/article-200446/Can-hypnotherapy-beat-IBS.html)). The evidence produced by Withington Hospital in Manchester showed that following hypnotherapy, patients were able to enjoy being IBS-free for up to five years after hypnotherapy. As a result, the UK's first NHS Hypnotherapy Unit has been established at this Manchester hospital.

### **What might clients expect from an IBS Treatment Plan at Hitchin Hypnotherapy Practice?**

We provide an initial free-of-charge consultation to determine a client's IBS symptoms, followed by some discussion about other medical and psychological conditions, diet, allergies, exercise, stress and anxiety levels. With the support of the Therapist, well-being, mind-set and lifestyle goals are then set by the client, along with strategies to implement these. Personalised clinical hypnotherapy / hypnoanalysis sessions are then designed for the client and administered after a suitable induction. The sessions will include a detailed description of the internal processes from ingestion to elimination, and visualisation techniques to focus the client on an IBS-free future. After the initial treatment plan consisting of between one and three hour-long sessions, top up sessions are provided as required by the client on a monthly to six-weekly basis.

All clients presenting with IBS at The Practice have been able to markedly reduce or remove their IBS symptoms following treatment, and all have reported feeling significantly less anxious as a result of treatment.

The Hitchin Hypnotherapy Practice offers relief from a wide range of other emotional and psychological problems *including* addiction (smoking, alcohol, drugs, others), lack of self-esteem and/or confidence, hot flushes, eating

disorders, fears, phobias, obsession, past trauma, depression, insomnia and nightmares, panic attacks, anxiety and stress.

The Practice also helps clients with ***sustained weight loss and wellbeing*** using the 'Coach Me Well' approach to healthy eating and a balanced lifestyle. Treatment includes life and wellness coaching, personalised nutritional therapy and clinical hypnotherapy. 'Coach Me Well' is available over a 6-8 week period or a 6 month period, depending on the client's weight loss and wellbeing goals.

For further information and to find out how Hitchin Hypnotherapy Practice may be able to help you, please contact:

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