



## **Irritable Bowel Syndrome - Treating IBS with Hypnotherapy\*** by **Peter Field**

Back in the days when I was starting out in practice, few people had ever heard of Irritable Bowel Syndrome - IBS.

In those times, IBS was most often referred to as 'spastic colon' and it was a mystery to all but a few perceptive specialist practitioners who intuitively identified its psychological component.

Now, however, it is widely accepted that Irritable Bowel Syndrome, if not caused by emotions, is indeed greatly influenced by them.

And what's more, it is thought that up to 20% of the population suffer from this truly uncomfortable and worrying condition.

After all, when we are feeling stressed or troubled, anxious, uptight, angry or with any other unresolved emotional issue gnawing away at us, then it's often our digestion - or our skin - that is the first to suffer.

Generally speaking, the most common symptoms of IBS include, but are not restricted to, stomach and abdominal pain, feeling bloated, constipation and/or diarrhoea and abnormal stool frequency and passage.

The usual medical response to IBS symptoms is to prescribe drugs and pharmaceuticals in an attempt to get things back in order, and these very often include anti-depressants and tranquilizers intended to alleviate the symptoms of this troublesome condition.

From the sage position of the holistic practitioner, however, IBS is simply the body's cry for help in addressing the underlying reasons for its existence.

As such, it is important to understand that Irritable Bowel Syndrome is a message - or, more correctly perhaps, a series of messages - designed to grab our attention so that we do something about the reason for the existence of these symptoms.

The symptoms are, in fact, a call to action.

In any treatment of IBS, we need to re-appraise what we put into our bodies, with coffee, chocolate, carbonated beverages and red meat either eliminated entirely or consumed only in small quantities.

We may, of course, choose to re-introduce some of these things at a later time, when the IBS has been taken care of and when we can objectively observe and monitor the results of doing this. Or we may simply decide that we are much better off without them and simply enjoy all of the other delicious foods and drinks that are available to us.

Soluble fibre, which can be purchased at most health food or drug stores in the convenient form of psyllium husks has also been shown to be of help with this condition, though such supplementation is not advised when chronic diarrhoea is present.

But it's the emotions that really need to be treated in order to bring about real and lasting relief for IBS.

Emotional and mental tension, stress, anger, guilt, or any other negative emotion can so easily stimulate intestinal spasms which may produce and intensify the condition.

Indeed, it is the emotions - and the influence of our own mind over our emotions - that really holds the key to true IBS relief. And it is here that properly conducted transformational hypnotherapy can prove so effective.

Simply put, with correctly applied hypnotherapy, the negative concepts and drivers produced by the subconscious mind can be neutralized and replaced with more helpful, useful ones.

The simple fact is that irritable bowel syndrome will not disappear overnight. But working with a skilled transformational hypnotherapist, even long-term sufferers of this troublesome condition can quite rapidly achieve real improvement in symptoms and a feeling of overall well being. And this, of course, is the foundation of a long term cure for IBS.

If you or someone you know suffers from the troublesome condition known as Irritable Bowel Syndrome or IBS, real help is available.

Advanced transformational hypnotherapy may very well hold the solution that you are looking for.

**\*IMPORTANT: This Information is not a replacement for medical advice. Be sure to contact your doctor if you're experiencing symptoms of Irritable Bowel Syndrome.**

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