



Diet Hypno Programme

ACHIEVE LONG LASTING GUT SYMMPTOM CONTROL

The Diet-Hypno Programme

Welcome to the Diet-Hypno Programme, a structured approach designed to address every aspect of your diet and lifestyle that may be contributing to your gut symptoms. Our goal is to target the gut-brain axis, which is believed to be the underlying cause of symptoms in conditions like IBS, constipation, and functional dyspepsia.

To ensure long-term success, our programme combines personalized interventions tailored to your needs. This includes gentle dietary adjustments, gut-directed hypnotherapy, probiotics, supplements, and ongoing professional support and motivation to help you take control of your IBS.

GUT SYMTPOMS ARE VERY COMMON

Up to 40% of people are thought to be experiencing at least one gut symptom every day worldwide. IBS and constipation are the most common, affecting up to 25% of people. Symptoms include abdominal pain, bloating, gas, reflux, nausea along with abnormal changes in bowel habits. While there's no cure, these changes can be effectively managed.

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Navigating the overwhelming amount of information available about managing symptoms, however, can be exhausting. Because symptoms manifest differently for everyone, finding what works for you can be a real challenge. This is why I developed the Diet-Hypno Programme, which brings together the best solutions for tackling symptoms under all-in-one place!

WHO IS THIS PROGRAMME SUITABLE FOR

If any of the following statements resonate with you, then the Diet-Hypno Programme may be suitable for your needs:

- You've been diagnosed with IBS and find it challenging to manage.
- You feel frustrated with bloating that makes you look six months pregnant by dinner time.
- Your symptoms are unpredictable and affecting your daily life.
- You constantly worry about finding the nearest toilet when you're out.
- Eating out with friends fills you with anxiety because you're unsure how your gut will react.
- Despite trying various dietary changes, medications, or supplements, your IBS symptoms persist.
- You feel isolated and fear you'll have to endure these symptoms for life.

THE DIET-HYPNO PROGRAMME AIMS TO

The Programme consists of 7 appointments scheduled approximately every 2 weeks. After each consultation, you will receive relevant dietary resources and a hypnosis recording to listen to between sessions. Most importantly, the Programme is personalized to fit your journey, experiences, symptoms, and lifestyle. The Programme aim to:

- Identify dietary triggers and reduce food-related anxiety.
- Rediscover the joy of eating a diverse diet.
- Feel more confident socializing and dining out.
- Enhance gut-brain communication and reduce stress and anxiety levels to improve overall quality of life.
- Achieve long-lasting relief.

HOW MUCH DOES IT COST AND HOW DO I SIGN UP?

The introductory cost of the Diet-Hypno Programme is €495. You may be able to claim back a portion of the cost from your healthcare provider, depending on your plan. Sign up today by emailing info@guthealthmatters.ie

Take the first step towards managing your gut, improving your health and reclaiming your life by signing up today!