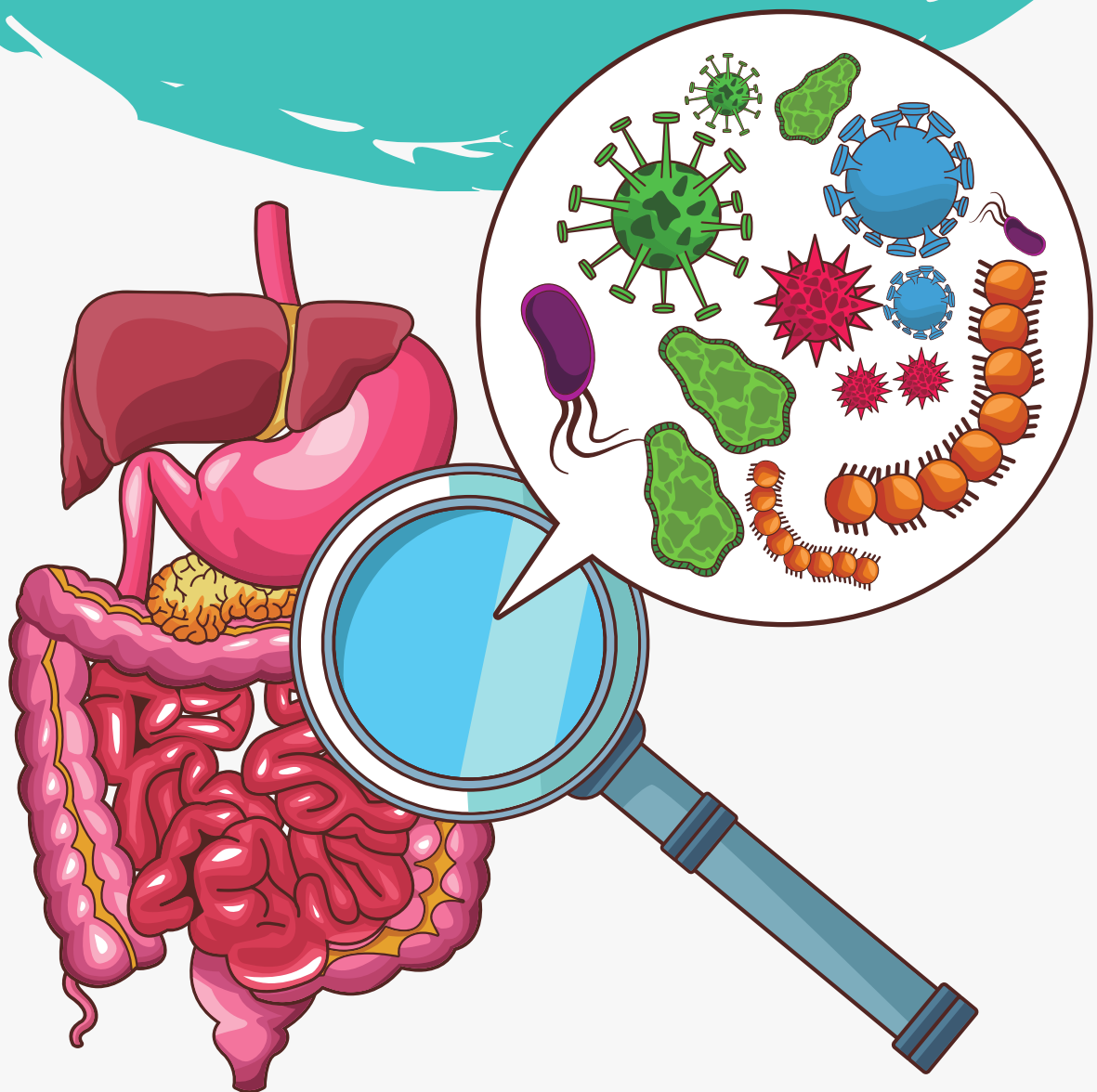


# DIET-HYPNO PROGRAMME

**Start to fix your gut today!**





# WELCOME!

Are symptoms like bloating, gas, pain, reflux, and unpredictable bowel habits disrupting your daily life? Do you sometimes feel overwhelmed or socially isolated? If so, here's the good news: **you can find relief from these symptoms.** Even though every gut is unique and symptoms can vary or change over time, there's still a path to feeling better and dominating your condition—and it can start right here.

Hi, I'm Lorraine, a Gut Health Specialist Dietitian. My mission is clear and impactful: to empower you to take control of your gut, rather than letting it control you. With years of experience and a proven track record of using scientifically backed interventions to help hundreds of people manage their gut issues, I also have a deep personal understanding of managing my own gut issues, particularly constipation.

Through both personal and professional experience, I've learned how to investigate thoroughly and find personalised solutions tailored to each individual's needs. I deeply empathize with the frustration and exhaustion of ongoing gut issues and am dedicated to helping you find relief and regain your vitality

With this in mind, it's time to explore a winning solution. My Diet-Hypno Programme is designed to address every aspect of your diet, lifestyle, and any psychological factors\* that may be impacting your gut-symptoms.

This programme focuses on two main goals: first, to identify food intolerances and optimize your diet for better gut function, and second, to address the gut-brain axis, which plays a crucial role in conditions like IBS and constipation. With these goals in focus, you can look forward to managing your symptoms and living your life to the fullest, on your own terms.

Lorraine x

# The Diet-Hypno Programme is right for you if...

1

You have been diagnosed with a digestive condition like IBS, SIBO, IBD, reflux

2

Persistent symptoms\*\* like gas, bloating, and discomfort are affecting your daily life

3

Your symptoms are unpredictable, causing stress and impacting your social life and relationships

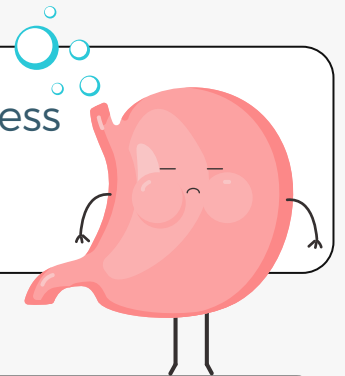


4

You worry about finding a toilet or managing gut reactions during social events.

5

Despite your efforts with dietary changes, stress management, medications, or supplements, finding relief has been unsuccessful.



6

You feel isolated and concerned about the long-term impact of these symptoms on your life.

# How the Diet-Hypno Programme can help you

## 1

### IDENTIFY AND MANAGE TRIGGERS

Pinpoint specific dietary and lifestyle triggers and develop strategies to manage them effectively



## 2

### REDUCE FOOD-RELATED ANXIETY

Practice gut-directed hypnotherapy and learn breathing techniques to alleviate fear and anxiety around eating and social situations, boosting confidence in managing symptoms

## 3

### RELAX ABOUT FOOD CHOICES

Receive personalised dietary guidance to ensure balanced nutrition while addressing gut health needs without unnecessary restrictions.



## 4

### ENHANCE SOCIAL CONFIDENCE

Boost your social confidence with tools and techniques for stress-free eating out and navigating social situations with ease



## 5

### ACHIEVE LONG-TERM SYMPTOM RELIEF

Foster sustainable improvements in gut health through a tailored combination of dietary adjustments and hypnotherapy, leading to lasting symptom relief and a better quality of life.



# Client Testimonials

"I used to have stomach pain every day and had to lie down most evenings. Even putting on clothes was painful. But after completing the Diet-Hypno Programme, I feel so much better and healthier. I also don't need to be near a toilet all the time. Things have improved so much; it's actually unbelievable! Even with my underlying anxiety, I'm feeling good. I'm really, really happy."



Anne, Dublin

"Before the Diet-Hypno Programme, I was constantly dealing with discomfort and unpredictability. My life was often dictated by my IBS, and it was exhausting. However, after trying the Diet-Hypno Programme, I can confidently say that I feel so much better. It has transformed my relationship with my body and given me a new understanding of how to manage stressful situations. I have now regained a significant portion of my quality of life. For example, I was able to travel abroad twice for a good length of time, without any symptoms. I didn't think I would be able to achieve that kind of result. I really feel happy and proud that I found some great relief in my pain, thanks to Lorraine!"



Anna, Westmeath

"I feel the best I've felt for years. I had felt handcuffed to anxiety about my bowels, but there has been a huge improvement. I had a really busy week this week, and my bowel remained regular. My GORD has completely gone away. This has further convinced me that I have control over my gut. I know now that I can mitigate my gut-related anxiety. Creating time for myself is a really important part of this. The Diet-Hypno Programme has shown me the combination of treatments that work for me!"



Gary, Wicklow



# HERE'S WHAT YOU NEED TO KNOW

## What does the programme involve?

- Attending 7 virtual sessions with Lorraine, scheduled approximately every two weeks.
- Receiving dietary recommendations and resources tailored to your specific needs to help achieve gut symptom relief, with adjustments made at each session to ensure they remain effective and relevant.
- Building a collection of hypnosis recordings to support your progress and manage symptoms effectively between sessions.
- Plus, additional recommendations for example supplements, probiotics, and lifestyle tips that may be relevant to your progress, helping you address every aspect of your gut health journey.


## Act now to lock in your discounted rate!

The investment for the Diet-Hypno Programme is €630, effective January 2025. You can choose to pay the full amount at the start of the program or opt for a convenient payment plan of three installments of €220.

If you have health insurance, you will be able to claim back a portion of Programme cost. The exact amount depends on your plan. Please contact your provider to find out what you're entitled to.

## Ready to get started?

Take the first step towards better gut health and reclaim your life today! If you're interested in signing up or want to discuss whether this programme is the right fit for you, **contact me [here](#)** or send me a direct message on Instagram at [@gut\\_health\\_matters](#)



# TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE

*Jim Rohn*

**Please read:**

\*While I specialise in managing gut symptoms triggered by stress and anxiety, please note that for more comprehensive psychological support, such as treatment for generalized anxiety disorder or depression, consulting with a psychologist would be the most appropriate approach.

\*\*If you've been struggling with gut symptoms like abdominal pain, bloating, or changes in bowel habits for more than three months, it's important to speak with your GP to ensure you have the correct diagnosis. Additionally, if you notice any 'red-flag symptoms' such as blood in your stool, bowel movements during the night, unexpected weight loss, fever, vomiting, or dizziness, don't delay seeking medical advice.