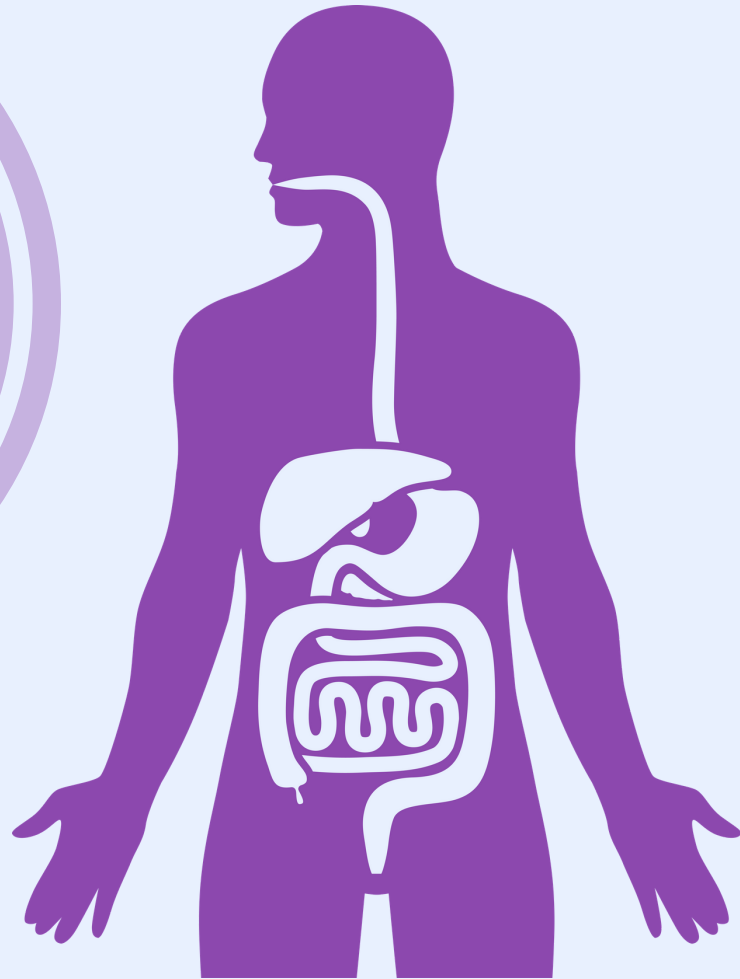


IBS Awareness

Speaking up about digestive health

Did you know?

Irritable Bowel Syndrome affects approximately 1 in 5 people in the UK at some stage in their lifetime.



Hypnotherapy can help you to manage symptoms of IBS, through:

- Gaining control of your gut
- Relaxation
- Learning self-hypnosis techniques
- Goal setting

Hypnotherapy is a recognised treatment for IBS.

Find a hypnotherapist near you today at

www.hypnotherapy-directory.org.uk