



# IBS Freedom Journey: Relieve and Reclaim

Essentials Package

## **INSTRUCTIONS**

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## **IBS FREEDOM JOURNEY:** RELIEVE AND RECLAIM ESSENTIALS PACK

Congratulations on taking this first step with Clear Minds Hypnotherapy, your IBS Freedom Journey begins here!

The IBS Freedom Journey: Relieve and Reclaim Essentials Pack is designed to help manage symptoms of IBS (Irritable Bowel Syndrome) as well as eliminate emotional and stress-related triggers that are seen to be a cause.

There are 10 hypnotherapy sessions included in this program and one guided meditation.

Listen to the sessions in the correct order to ensure you get the best results from this 5 week program.

You can create your own personalised plan after week 5 and listen to the sessions that helped you most.

Don't forget this is your personal journey, so best of luck!

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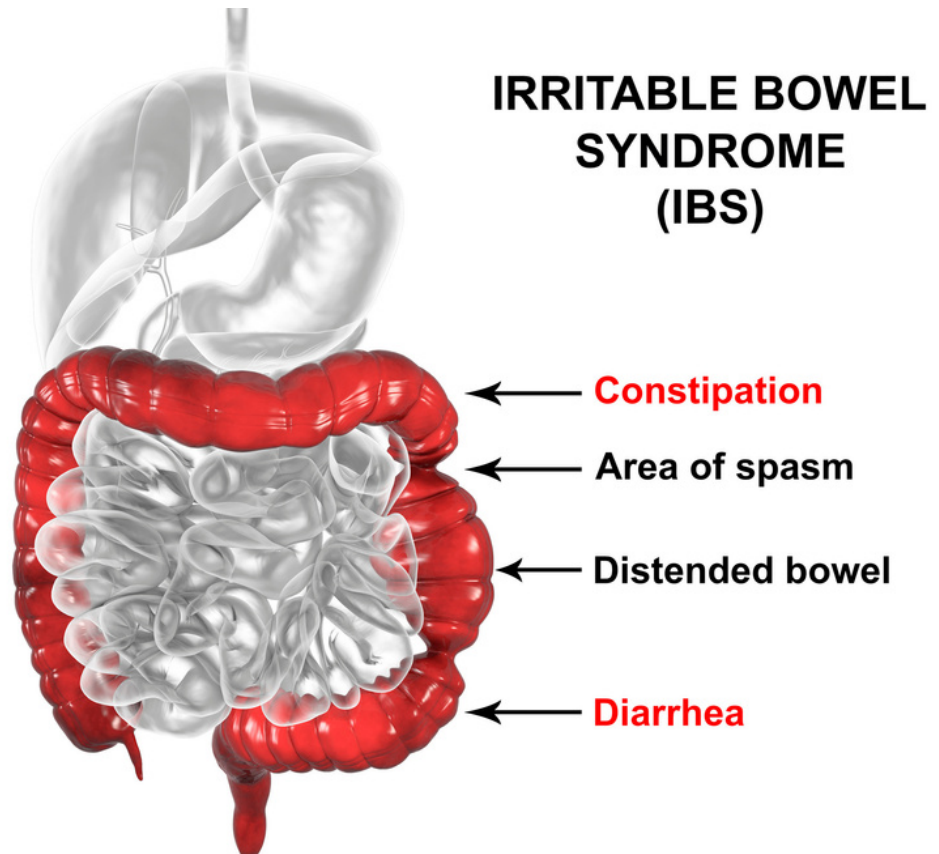


# Getting Started with your IBS Freedom Journey

## What Causes IBS?

IBS (Irritable Bowel Syndrome) is a common digestive issue that can be made worse by the following triggers:

- Stress or anxiety
- Unhealthy eating patterns
- Certain foods types
- Hormonal Changes



## Symptoms of IBS

IBS is a chronic condition that leads to oversensitivity and discomfort in your digestive system. It can lead to immense pain in your guts and stomach area that make it hard to sleep and live your day to day life.

It may affect and produce irregular habits when going to the toilet, like diarrhoea or constipation. Moreover, It can lead to overproduction of different digestive gases that can cause acid reflux, indigestion or heart burn.

## How to Avoid IBS?

Although IBS can be uncomfortable to live with; it can be easily managed. This involves taking control and avoiding the triggers that can cause the onset of IBS flare-ups

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# Managing your IBS Freedom Journey

When you are suffering with bouts of IBS and discomfort in your gut area. Please follow these helpful tips to help manage and minimise symptoms:

## *1. Control your food consumption*

Try to avoid over-snacking or binge eating, especially in the evening or at night before bed.

## *2. Avoid certain foods and drinks*

Try and minimise or avoid altogether: sugary foods, fatty foods, fried foods, highly processed foods, lactose & dairy, strong spices and chilli, too much garlic and onion, foods that include wheat if you're gluten intolerant (bread and biscuits), too much fibre (beans and legumes), coffee, carbonated drinks and alcohol

## *3. Instead eat and prioritise the following foods*

To help manage IBS you should eat more un-saturated fats (like chicken, avocado & eggs), fatty fish, leafy greens and salads, nuts, seeds and fruits low in sugar. As well as, fermented foods, different teas and lots of water.

## *3. Avoid feeling stressed-out or anxious*

This isn't always as easy as it sounds. Yet, you can always take control of your thoughts and reaction to stressful situations. One of the best ways to manage stress is to listen to hypnotherapy and guided meditation.

Breathwork sessions are also relaxing.

**Check out the Clear Minds Hypnotherapy App to find a variety of more Hypnotherapy sessions, Guided Meditations and Breathwork for relaxation, sleep and self growth.**

# Included in the IBS Freedom Journey

**The IBS Freedom Journey: Relieve and Reclaim Essentials Pack** includes a specialised program of 10 different hypnotherapy sessions and a guided meditation. Follow the schedule on page 5 to gradually take control of your gut problems and the physical discomfort caused when IBS flares up.

*It includes four sessions to help manage IBS:*

- IBS A Full Introduction
- IBS Management Session 1
- IBS My Brain Will Control My Gut Session 2
- IBS Controlled Session 3

*With the following additional sessions:*

- Morning Meditation for Positive Energy (**Guided Meditation**)
- Anxiety Melting Sleep Edition (**Sleep session**)
- Body & Mind Alignment
- Hypnotherapy to Worry Less
- Relaxation Mindfulness
- Stress Elimination (Part 1)
- Stress Elimination (Part 2)

These last six sessions are targeted at helping you relax and relieve stress and they can be combined with the first four sessions for IBS.

## Hypnotherapy and Managing IBS

This program offers a complementary way of managing IBS with or without the need to take prescription medication. Make sure you discuss advice on medication with your doctor.

Hypnotherapy is a healthy way of managing IBS symptoms. It can produce long-lasting results and helps address other issues. It's effective at managing stress and anxiety, as well as improving sleep.

You will see yourself feeling better day by day; and your just one click away!

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# IBS Freedom Journey Weekly Plan

There are two hypnotherapy sessions to listen to every day each week.

Listen to both hypnotherapy sessions for seven consecutive days before moving onto the next two. You can play them back to back; or space them out listening to them at different times of the day.

If you're limited for time, just listen to one session a day.

Take the first session and listen to it for four days; then the second for three days.

**Listen to Anxiety Melting Sleep Edition hypnotherapy session in Week 1 before bed. You can carry on using throughout if it helps you to get to sleep.**

Use the guided meditation to wake up in the morning. It's a short 10 min session.

WEEKLY PLAN	SESSION 1	SESSION 2	GUIDED MEDITATION
WEEK 1	IBS FULL INTRODUCTION	ANXIETY MELTING SLEEP EDITION	POSITIVE MORNING MEDITATION
WEEK 2	IBS MANAGEMENT	STRESS ELIMINATION PRT 1	POSITIVE MORNING MEDITATION
WEEK 3	IBS SESSION 2	STRESS ELIMINATION PRT 2	POSITIVE MORNING MEDITATION
WEEK 4	IBS SESSION 3	WORRY LESS	POSITIVE MORNING MEDITATION
WEEK 5	MIND & BODY ALIGNMENT	RELAXATION MINDFULNESS	POSITIVE MORNING MEDITATION

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# It is important to remember when listening to hypnotherapy

Never use our sessions whilst driving, operating machinery or in danger should you fall asleep

Do not use hypnotherapy if you suffer from epilepsy

Do not consume caffeine or exercise at least 2 or 3 hours before listening

Use the bathroom if you need to before relaxing into the session

Wear cool and comfortable clothing

Find a quiet place to lie down and unwind where you won't be disturbed like on the sofa or your bed. You can also sit upright with your head supported if you want

If you need help relaxing - meditate or practice breathing techniques before listening. Check out our collection of Guided Meditations and Breathwork sessions on our app

Switch your phone on flight mode or silent, so you don't get disturbed by notifications

Use headphones (earphones, headsets or AirPods) for better surround sound

We recommend you listen to no more than two hypnotherapy sessions a day, plus one guided meditation or breath work session.

Focus on one topic at a time. Try to allow space between dealing with two different habits or issues (e.g. alcohol and weight loss).

You may fall asleep during the hypnotherapy session as the sessions are designed to work on your subconscious, which is best reached in a state of deep relaxation

Preferably, listen to the hypnotherapy sessions in the evening or before bed as you'll feel more relaxed. This may depend on your work schedule, in which case choose a time that best suits you

Listen and concentrate on the words at the beginning of each hypnotherapy session to help you reach hypnosis faster. This is aided by repetition of certain phrases and verbal cues at the beginning of each session.

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If you want more resources to help you live your best life, check out our website or follow us on Facebook.

Website:

[www.clearmindshypnotherapy.com](http://www.clearmindshypnotherapy.com)

Facebook: /clearmindshypnotherapy

You can contact us via email at [info@clearmindshypnotherapy.com](mailto:info@clearmindshypnotherapy.com) or Facebook Messenger or Instagram

*The Clear Minds Hypnotherapy Team*

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