



## **IBS Audio Program 100 for Irritable Bowel Syndrome Self-Hypnosis - Official Distributor**

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# IBS Audio Program 100 for Irritable Bowel Syndrome Self-Hypnosis - Official Distributor

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The IBS Audio Program 100, for Irritable Bowel Syndrome Self-Hypnosis, is the result of years of over 10 years of clinical research and experience by Michael Mahoney, the UK's leading specialist in gut-specific hypnotherapy for IBS. The 100 day program consists of 3 therapeutic session CDs, with an introduction and five different hypnotherapy sessions, each building on the preceding one into a comprehensive course of treatment. Sessions vary in duration but average 25-35 minutes. The program also includes a bonus 4th CD (the IBS Companion), which explains IBS to other people in the patient's life. A program booklet provides a symptom checklist, progress log, listening schedule, and essential information for IBS sufferers. This program effectively converts one-to-one sessions that are used in the clinical environment into a unique home-based, easy to follow program for the IBS sufferer. Mahoney is regularly referred patients by gastroenterologists and family care physicians. He is an associate member of the Primary Care Society for Gastroenterology, a worldwide organization. After seeing thousands of IBS patients with every combination of symptoms and duration, who were referred through word of mouth or by medical professionals, the hypnotherapy sessions used in Michael's clinical setting were fine-tuned and recorded for patients either too far away or too incapacitated to attend therapy sessions in person. To test the efficacy and effectiveness of the program, patients were asked to participate in private clinical research trials. These patients were contacted for three follow-up periods of assessment, with the last being three years following completion of the program. Results exceeded previous research findings and showed an average 85% reduction of pain and bowel dysfunction symptoms such as diarrhea, constipation, pain, gas, bloating, and nausea. There are no negative side effects, risks, or dangers from the IBS Audio Program.

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