

IBS

Tips & Advice from an IBS Specialist



Annalise Kirk
Hypnotherapy

Welcome

When you have Irritable Bowel Syndrome, it is very difficult to explain to other people just how much it impacts on your life, from going to work, to spending time with loved ones, and even what you do for leisure activities.

I'm not just saying this – I know because I have Irritable Bowel Syndrome myself.

Many people just think it is an upset stomach but when *they* have an upset stomach, you hear about it all day.

If only it was that easy!

Irritable Bowel Syndrome affects us psychologically and can lead to anxiety, depression and low self-esteem, and we stop doing the things most people take for granted.

Annalise Kirk
Hypnotherapy

On top of that we also have all the physiological symptoms such as stomach cramps, diarrhoea, constipation, nausea, and tiredness.

So how can you help mitigate the effects of Irritable Bowel Syndrome?

Unfortunately there is no cure for Irritable Bowel Syndrome, but included in this short guide are a few suggestions for some lifestyle changes that will start to have a positive effect on your management of Irritable Bowel Syndrome.

There is a wealth of evidence that Hypnotherapy can have a positive effect on the management of Irritable Bowel Syndrome and help you to control it's symptoms by utilising the power that the mind had over the body.

Annalise Kirk
Hypnotherapy

If you want to know more about how I can help you manage your Irritable Bowel Syndrome using hypnosis and other psychological techniques, please do get in touch today!

Best wishes

Annalise

PS Irritable Bowel Syndrome should only be diagnosed by a qualified medical professional so be sure that your symptoms are due to IBS and not another condition before seeking alternative treatments or undertaking any form of therapy or lifestyle change.

Annalise Kirk
Hypnotherapy

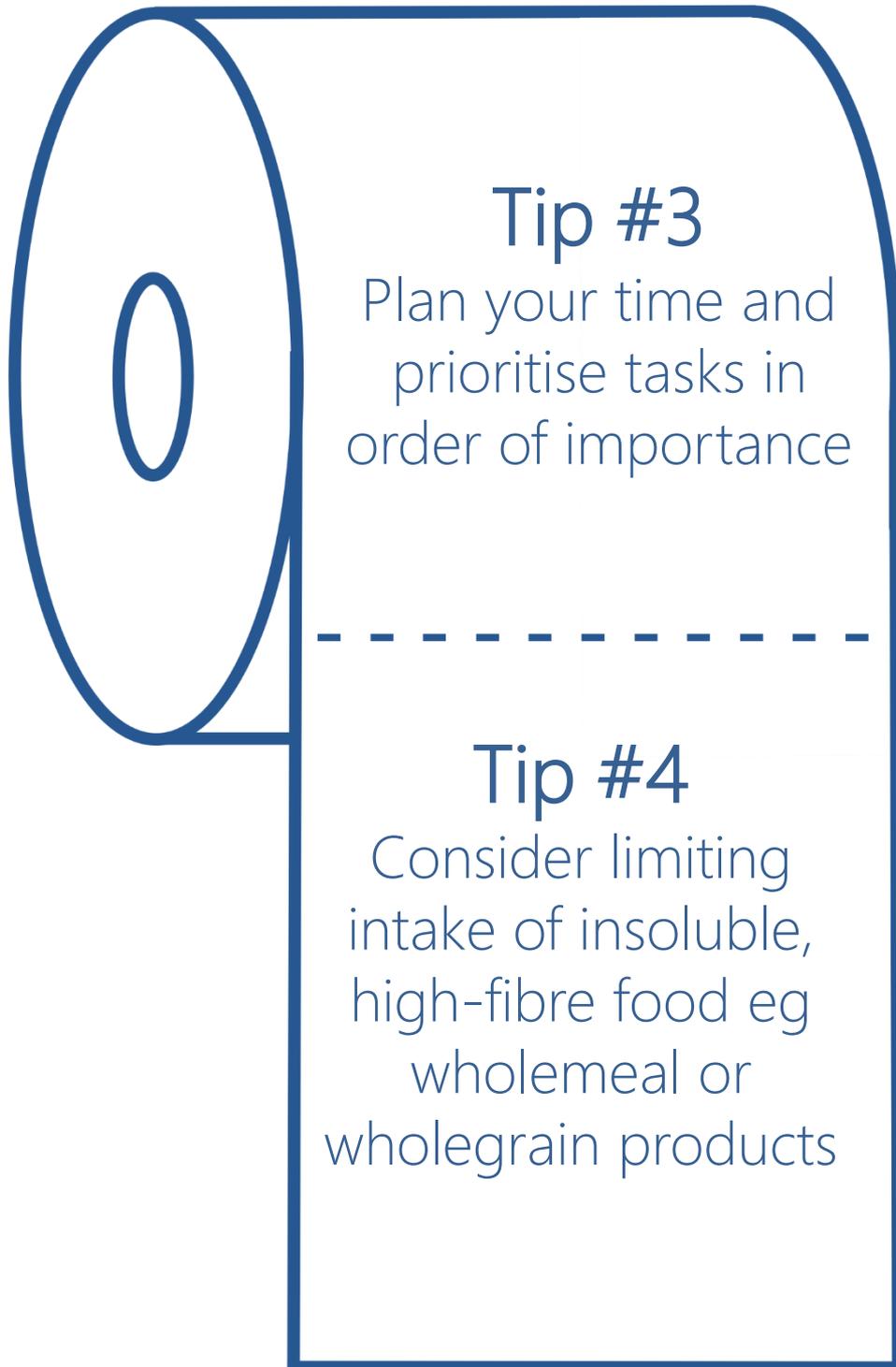


Tip #1

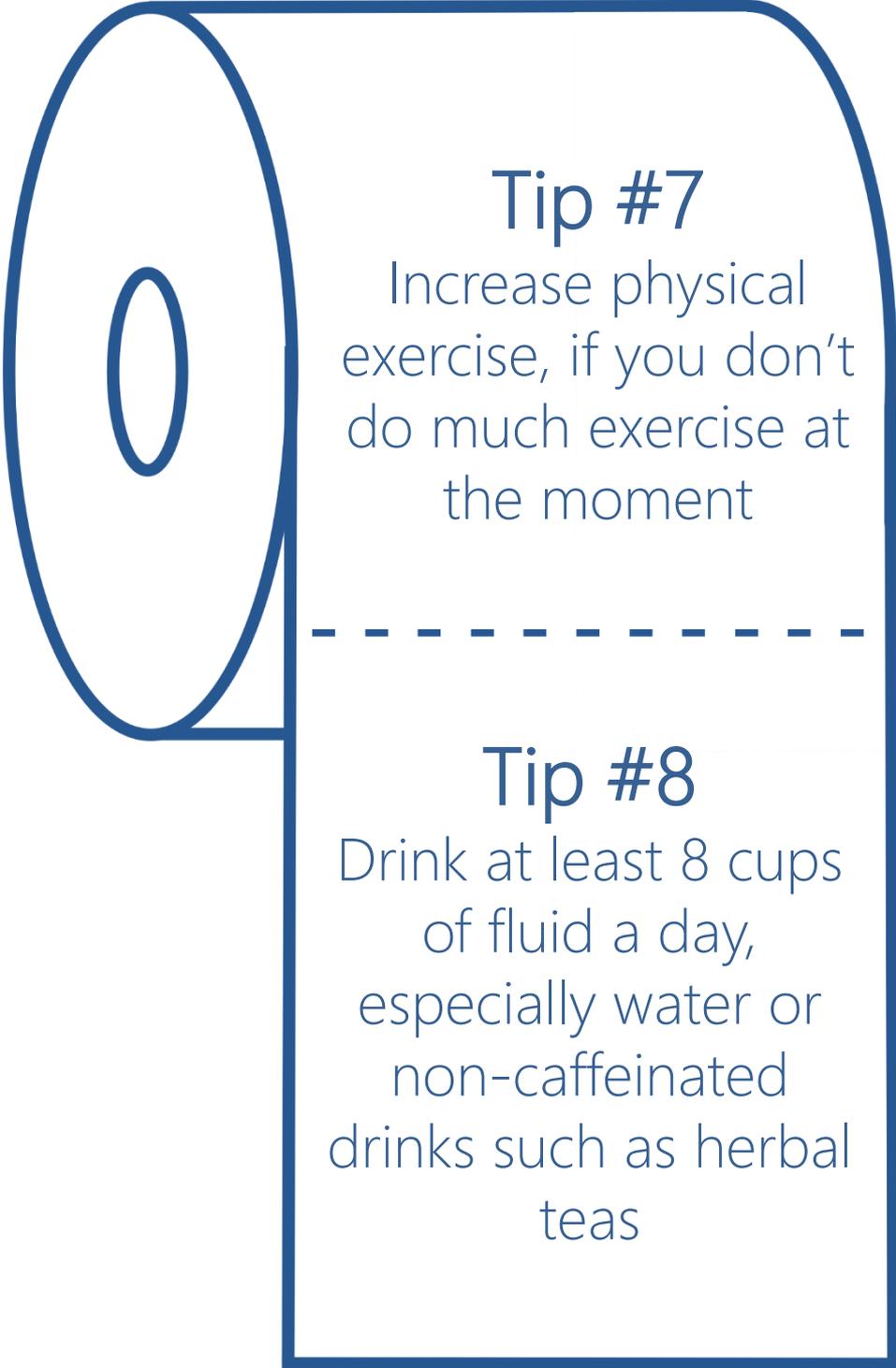
Have regular meals
and take time to eat

Tip #2

Stop worrying –
much of what we
worry about doesn't
happen







Tip #7

Increase physical exercise, if you don't do much exercise at the moment

Tip #8

Drink at least 8 cups of fluid a day, especially water or non-caffeinated drinks such as herbal teas



Tip #9

Limit fresh fruit to
three portions of 80g
per day

Tip #10

Chill out!
Find ways to relax
and de-stress



Tip #11

Be courageous!
Don't procrastinate
and just start
doing it!

Tip #12

If you get diarrhoea,
avoid Sorbitol, an
artificial sweetener
found in sugar free
foods and drinks,
diabetic and slimming
products

About me

I have always had an interest in how the mind works and how we can help it to help us, but it wasn't until my mid 30s that I decided that I would make it my career.

I hold the following qualifications:

- Diploma in Clinical Hypnotherapy
- Hypnotherapy Practitioner Diploma (HPD)
- Certificate in Cognitive Behavioural Hypnotherapy
- NLP Practitioner Certificate

I have also received additional training in:

- PTSD
- Insomnia
- Pain Management
- IBS
- Skin conditions
- Sports Performance



I am the Continuing Professional Development Officer for the Professional Hypnotherapy Network and I am regularly referred clients by local GPs and have appeared in Hampshire Life magazine.

In my spare time I like to potter on my allotment, bake cakes and take long refreshing walks in the country.

I also have an unhealthy interest in crime fiction and always leave a jumble sale with a bag of books!

When I'm not doing the above, I like to spend time with my partner, Gary, who is a Personal Trainer.

Annalise Kirk
Hypnotherapy

How to Contact Me



The best way to contact me is through the contact form on my website, or by email because I am often with clients and so I am often unable to answer my phone. Alternatively, please feel free to connect with me via social media.

Tel: 01256 21 31 41 / 07769 650161
Email: ask@annalisekirk.co.uk
Website: www.annalisekirk.co.uk
Twitter: @annalisekirk
Facebook: Annalise Kirk Hypnotherapy
Instagram: [annalisekirkhypnotherapist_](https://www.instagram.com/annalisekirkhypnotherapist_)

Annalise Kirk
Hypnotherapy