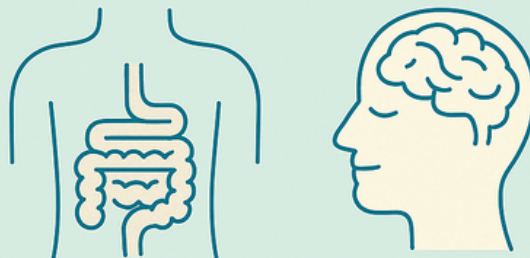


The Gut Peace Guide

How Hypnotherapy Supports IBS Relief

FINDING CALM A GENTLE GUIDE TO EASING IBS

Understanding your gut, your mind,
and practical steps you can take today



- ✓ What IBS is and why it happens
- ✓ How gut-directed hypnotherapy works (and why science supports it)
- ✓ The “emotional detox” process to help release stress
- ✓ Simple tools you can start using today to soothe your system

EMPOWER
HYPNOTHERAPY

empowergorey.com
+353 86 1426270
john@empowergorey.com

Welcome



If you're here, it's likely because you've been searching—searching for answers, for relief, for something that actually works. Maybe you've been told, "it's just IBS" or "manage your stress and diet," and yet... you're still struggling. Let me say this clearly: you're not alone, and there is absolutely nothing wrong with you.

Stress is a major contributor to IBS, and it plays a key role in how your nervous system and digestive system interact. My work focuses extensively on helping people regulate their stress response and restore balance to the mind-body connection—without any fluff or gimmicks, just practical, grounded techniques that support real change.

I'm John Scanlon, founder of Empower Hypnotherapy, and I've worked extensively with stress, trauma, and the nervous system patterns that often sit beneath chronic digestive issues—including how stress impacts the body in conditions like Functional Neurological Disorder (FND). This guide is a gentle, practical introduction to what IBS really is—

and how hypnotherapy can help you move from gut struggle to gut peace.

What is IBS (Irritable Bowel Syndrome)?



IBS is more than just a “sensitive stomach.” It’s a complex, chronic condition that affects how your gut functions

Common symptoms include:

- Bloating
- Abdominal pain or cramps
- Diarrhoea, constipation, or both
- Gas and discomfort
- Fatigue, anxiety, and sleep issues

It's called a “functional” disorder—meaning your gut looks fine medically, but it doesn't feel fine. IBS isn't all in your head—but your mind does play a big role in what's happening.

When Treatments Fall Short

Many clients come to me after trying everything—diet changes, medication, supplements, even therapy. Some of these help short-term.

But when the underlying nervous system patterns don't shift, symptoms often return.

Common shortfalls of conventional approaches:

Medication manages symptoms, not causes.

Food plans restrict but don't regulate the gut-brain relationship.

Stress advice is vague—"just relax"—but how?

**That's where hypnotherapy
comes in.**

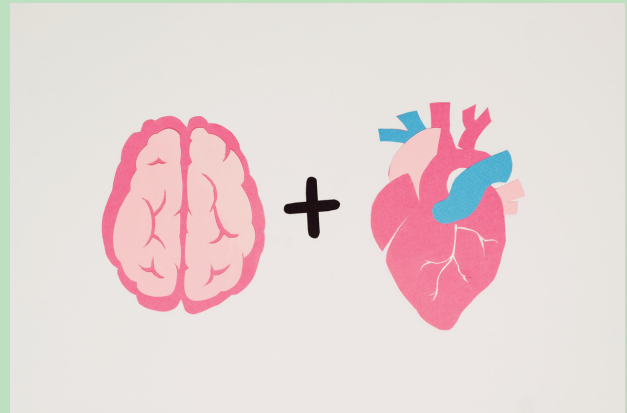
The Gut-Brain Connection

Did you know your gut has its own nervous system? It's called the **enteric nervous system**—and it's often referred to as your “**second brain**.”

Your brain and gut are in constant conversation through the **vagus nerve**—like a **hotline** connecting thoughts and feelings to digestion.

When you're stressed, anxious, or overwhelmed, your gut hears it loud and clear.

To heal IBS, we need to address the nervous system—not just the symptoms.



Signs Of Disregulation

- Stress triggers flares
- IBS worsens during emotional turmoil
- Sleep and digestion both suffer

What Is Hypnotherapy



Let's clear this up: hypnosis is not mind control or stage tricks. It's a natural state of focused awareness where your body is deeply relaxed, and your subconscious mind is more open to helpful change.

In hypnotherapy, you're

:

- Awake and aware
- Always in control
- Guided gently into relaxation

This state helps us interrupt stress loops, release emotional patterns, and calm the gut-brain axis so your body can shift into healing.

"Hypnosis is not sleep. It's focus."

What the Research Says



Hypnotherapy is one of the most researched mind-body interventions for IBS.

Clinical trials show:

- Up to 76% of patients report significant improvement
- Effects are long-lasting—years, not weeks
- Improves both physical and emotional wellbeing

According to the UK's National Institute for Health and Care Excellence (NICE):
"Gut-directed hypnotherapy should be considered for people with IBS who do not respond to standard treatment."

What to Expect In A Session

Each session is tailored to you—your story, your nervous system, your goals.

A typical IBS-focused session may include:

- Guided relaxation to downregulate stress
- Imagery to soothe and balance the gut
- Unconscious work to release emotional triggers
- Practical techniques you can use daily

Most clients begin to feel a shift in first session .

“I had attended multiple therapies...
Hypnotherapy helped me let go of the anxious
knot I had in my stomach for years.” — Michelle
M.

Practice This — The Golden Ball Exercise

This simple practice helps regulate your nervous system.

The Golden Ball Visualisation:

1. Sit or lie somewhere safe and comfortable.
Close your eyes.
2. Imagine a warm, golden ball of light just above your head.
3. With each breath, let it slowly move down...
past your forehead, your throat, your chest.
4. As it reaches your belly, imagine it glowing
stronger—soothing, calming, relaxing your
gut.
5. Stay with that image for a few minutes. Let it
expand with each breath.

Use this exercise daily, especially if there is a flare-up.

Reset Techniques to Calm the Gut-Brain Axis

7-11 Breathing

- Inhale gently through your nose for 7 seconds, then exhale slowly through your mouth for 11 seconds.
- Elongates the out-breath, signalling safety to the body
- Helps shift into the parasympathetic (rest/digest) state

Box Breathing

- Inhale for 4 seconds → Hold for 4 → Exhale for 4 → Hold for 4. Repeat.
- Effective during flare-ups or high stress
- Calms the mind and regulates the nervous system

Grounding with the 5-4-3-2-1 Method

Use your five senses to anchor in the present:



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste

This interrupts overthinking and brings the body back to safety.

Voices of Transformation

Here's what others have said about their Experiences

"I had sleep issues doctors linked to stress. After one session, I slept through the night." — Ross M

"John helped me let go of the anxiety knot in my stomach." — Michelle M.

"My relationship with food completely changed in just three sessions." — Amanda G.

"Years of trauma and anxiety—gone. I feel like I've got my life back." — Laura C.

These are nervous system shifts. These are root-cause transformations.

Ready for Your Gut Peace Journey?

**If this guide
resonated with
you, it's time to
take the next step.
Let's talk.**

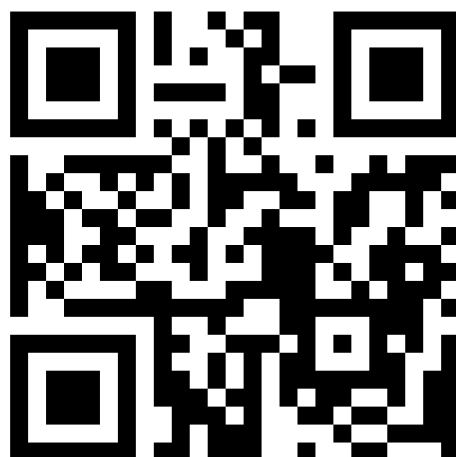
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www.empowergorey.com/book

✉ john@empowergorey.com

☎ +353 86 1426270

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Final Words

Healing is not a straight line.

But with the right tools, the right guide, and
the right support, it is possible.

From gut struggle to gut peace... you've just
taken the first step.

See you on the journey,

John Scanlon

Empower Hypnotherapy



www.empowergorey.com



john@empowergorey.com



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This Space is for You

Use this page to jot down anything that stood out, anything you'd like to try, or questions you'd like to explore further in a session.

- **What did you learn?**
- **What do you want to remember?**
- **What would you like to feel more of in your body and life?**

You're not just reading this guide — you're taking ownership of your healing.

When you're ready, I'm here to support you.
