Program for:

**IBS Relief:**

**RELIEVE SYMPTOMS OF IRRITABLE BOWEL SYNDROME**

A Personal Workbook

Self-Hypnosis using the Quantum Focusing Method

A proven Mental Martial Arts System for taking charge of your health and life.
# Table of Contents

**Quantum Focusing Workbook™**

<table>
<thead>
<tr>
<th>Message from the authors</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Quantum Focusing system, Introduction to IBS</td>
<td>8</td>
</tr>
<tr>
<td><strong>Chapter 1.</strong> The Triple Play; The Basic 3-point Zone Exercises...</td>
<td>19</td>
</tr>
<tr>
<td><strong>Exercise One—the Basic Exercise</strong>, Exercise Two, Exercise Three</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 2.</strong> Meeting the Hypnotist Within</td>
<td>25</td>
</tr>
<tr>
<td>Auto conditioning 101/Self-Forgiveness Exercises/Draw Yourself</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 3.</strong> Controlling Your Body</td>
<td>30</td>
</tr>
<tr>
<td>Increasing Hand Temperatures Exercise</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 4.</strong> Relieving Aches and Pains</td>
<td>35</td>
</tr>
<tr>
<td>Relieving Aches and Pains</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 5.</strong> Breaking the Connections; Turning off Your IB-Triggers; A Peaceful Bowel</td>
<td>39</td>
</tr>
<tr>
<td><strong>Basic De-conditioning Exercise...MAKE A FIST!</strong></td>
<td>40</td>
</tr>
<tr>
<td><strong>Chapter 6.</strong> Recalling Our Connection to Spirit</td>
<td>41</td>
</tr>
<tr>
<td>Reconnecting to Spirit Exercises</td>
<td></td>
</tr>
<tr>
<td>Healing the Inner-Child, The Magic Smile</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 7.</strong> Letting Go</td>
<td>47</td>
</tr>
<tr>
<td>The Monkey was me... Exercise</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 8.</strong> Creative Stress Management</td>
<td>50</td>
</tr>
<tr>
<td>The End-of-Distress Exercise</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 9.</strong> Conquering Anxiety</td>
<td>57</td>
</tr>
<tr>
<td>Anti-Anxiety Exercises</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 10.</strong> QFocusing on Health</td>
<td>64</td>
</tr>
<tr>
<td>Perpetual Healing Exercise, Every Day in Every Way Exercise</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 11.</strong> Live Happy</td>
<td>69</td>
</tr>
<tr>
<td>Twenty tips to be happy with your body and soul</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 12.</strong> Your future Quantum Focusing</td>
<td>73</td>
</tr>
<tr>
<td>Inner peace</td>
<td></td>
</tr>
<tr>
<td><strong>Chapter 13.</strong> Record Keeping</td>
<td>74</td>
</tr>
<tr>
<td>Being part of our national record data keeping team</td>
<td></td>
</tr>
<tr>
<td>Record Data Forms</td>
<td></td>
</tr>
<tr>
<td><strong>EXTRA</strong> Remembering Your Dreams</td>
<td>77</td>
</tr>
<tr>
<td>Healthy Resources</td>
<td>78</td>
</tr>
<tr>
<td>About the Authors</td>
<td>79</td>
</tr>
<tr>
<td>References and Bibliography</td>
<td>81</td>
</tr>
<tr>
<td>Appendix—Hypnosis in the NEWS</td>
<td>82</td>
</tr>
</tbody>
</table>
Professionals talk about the “QUANTUM FOCUSING” METHOD

“A helpful guidebook for those ready to start on the journey of self-empowerment.”
Bernie Siegel, M.D. Author: Love, Medicine & Miracles

“A remarkable self-help book designed to enhance one’s relationship with oneself, others and the universe . . . helpful to individuals who suffer from physical and/or emotional problems as well as those who simply want to get more out of life.”
Michael B. Schachter, M.D., President, Foundation for the Advancement of Innovative Medicine

“A good read that’s got great stories and understanding of most of the challenges we all face today. The QF exercises are easy, short, pointed, penetrating and powerfully effective. Quantum Focusing is comprehensive, timely synthesis of many of the self-help tools out there.”
Dr. Neil J. Salka, Director of Chiropractic Care, Center for Traditional and Non-Traditional Healing

“Quantum Focusing, owner’s manual for the mind, is exceptional. Ellner and Barsky have captured the essence of the world’s sages . . . It is a primer for anyone who is entering the 21st century and wants to live it to the fullest.”
Anne H. Spencer, Ph.D., Dir., International Medical & Dental Hypnotherapy Association

“I recommend The QUANTUM FOCUSING IBS Protocol with confidence.”
Stephen Roberts, M.D.

“One of the more insightful books on the subject and clearly a valuable tool. I highly recommend it.”
Gary Null, Ph.D. Health Educator & Investigative Journalist

“An excellent resource for anyone with chronic illness or just interested in health. It teaches practical skills. I highly recommend it.”
Frank Lipman, M.D. Internal Medicine, Stress Medicine

“Quantum Focus is a powerful program for self-development, spiritual growth and self-healing.”
Andrew Cort, D.C., J.D. Author: Our Healing Birthright

“A challenging book for those seeking to understand faith, hypnosis and placebo to change their brains and minds.”
Rabbi Eric R. Braverman, M.D. Medical Director, Princeton Associates for Total Health

“QUANTUM FOCUSING is the ultimate self-health book. Read this book and regain your faith in your body’s innate ability to heal itself!”
Jeffrey A. Morrison, M.D., C.N.S.

“A healing journey from fear and pain to confidence and peace.”
Barnett J. Weiss, CSW, Former Seminar Director of The New York Society for Milton H. Erickson M.D., Psychotherapy and Hypnosis (NYSEPH)

“The QUANTUM FOCUSING Protocol for IBS takes mind-body medicine to a whole new clinical realm. A must read for any health professional who seeks results.”
Luanne Pennesi, R.N., M.S.

“QUANTUM FOCUSING Protocol for IBS is an extraordinary and helpful tool.”
Luis R. Cruz, M.D.
Here are just a few of the many more testimonials about QUANTUM FOCUSING

"This is a must for the reference shelf of every serious therapist, hypnotherapist, and healer."
LIZ FORTINI, MBA, CHt

Yesterday used Ellner/Barsky protocol to very receptive client. Today inquired—she reported that she was out on a usual walking route and noticed when she got to the top of a set of stairs that she was not in her usual intestinal discomfort. Since initial session, she had been pain free—feeling some pressure, but no pain. I encourage any who need guidance in assisting those with IBS symptoms to use Michael and Alan’s manual and client workbook.

"This book is EXCELLENT. It is clearly written, it makes a lot of sense, and is easy to follow. The additional bonus is that, with a few changes here and there, it can be used equally effectively to help clients with other issues too. Well done Michael and Alan, and thank you for making this available to us all."
IRENE COLVILLE, SYDNEY, AUSTRALIA, B.A; CM. ACA; CM.ASCH; CM.PCHA

"Already results in my practice. Client felt better after one session!"
SUSAN NORDÉMO, R.N., Healing Crossways, New Hampshire

At first I was skeptical having had I.B.S. for over four years, suffering immensely. I had tried everything from bowel cleansing, diet changes, new exercise regimes, vitamin supplements, meditation... I took two baths a day to help the tension I felt. I called Alan for an unrelated reason and throughout our conversation he told me he also helped people with I.B.S.. After four or five sessions, my attitude changed and the I.B.S. slowly disappeared. It has been a couple months since our first visit and nowadays I rarely have any relapses. Thank you!
You’ve given me a new lease on life.
BRIA HAGEN, FORMER IBS SUFFERER, CLIENT

“No matter what stress is going on in my life, it doesn’t matter, because I have a happy heart..."
MATT HOLLER, CLIENT

“It works. I use it all day long to stay on track. It is really amazing. My life gets better and better..."
PHILIP MANSEND, CLIENT
Copyright ©1999-2012 All Rights Reserved
By Michael Ellner, DD, MSH, CHT, Richard Jamison, Ph.D. and Alan Barsky, CHT

Copyright and Legal Notice:
No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of an audio or other recording, nor may it be otherwise copied for public or private use other than for "fair use" without the written permission of the publisher, except for brief, attributed quotations.

No portion of this document may be published in any form without permission in writing, which is usually freely granted when the purpose involves education, treatment, or research. Inquire at quantumfocusing@mac.com. If in doubt, email us: quantumfocusing@mac.com

All illustrations are copyrighted and aggressively protected. Illustrations are from Brian Narelle, John Benson, Greg Martin and many others. Cover illustration by Brain Narelle.

The words Quantum Focus™, Quantum Focusing™, Quantum Focusing, Mental Martial Arts™, QFocusing™, Quantum Focus Media™ and QFMEDIA™, Quantum Focus Media™, Quantum Focusing Coach™, are exclusive rights of Michael Ellner and Alan Barsky.

“I live with a happy heart, a peaceful mind and a playful spirit.” ©
is a registered trademark and not to be used in anyway without crediting www.QuantumFocusing.com

LEGAL DISCLAIMER
1. Quantum Focusing Coaches do not diagnose, analyze or fix people.
2. The intent of this work is solely informational and is in no way meant to be taken as nutritional or medical prescription or advice. Please consult a health professional should the need for one be indicated.
3. Please be evaluated and diagnosed by a licensed medical doctor before you work with a Quantum Focusing professional. Mental health professionals such as a hypnotists or hypnotherapists are not allowed by law to diagnose nor prescribe. That is up to a medical doctor. During your first meeting, please offer the hypnotist or hypnotherapist a copy of the report and for them to keep it with your file.
If you go to your hypnotist or hypnotherapist with a diagnosis made by a licensed mental health or medical person, then your hypnotherapist or hypnotist is allowed to use the same medical terminology.
If no formal medical doctor’s diagnosis has been made, then a hypnotist or hypnotherapist can still be very helpful in relieving many of the symptoms you report to him, but may not use the term IBS in addressing your concerns.

Information about the Profession of Hypnotherapy:
We are a certified profession, and we meet the highest standards set forth by the Professional Boards of credible Hypnosis Certification organizations like the International Medical and Dental Hypnotherapy Association AND National Guild of Hypnosis. Hypnotherapy is a self-regulated, not state-licensed, profession. We encourage people to practice according to the Code of Ethics and Standards of these fine organizations. We do not do medical diagnosis; nor are we licensed physicians or medical Practitioners. We are certified healing arts Practitioners, such as a Certified Hypnotherapist. We provide hypnotherapy services, which give high-quality alternatives for people seeking to overcome many of the challenges of life. We pledge confidentiality with our clients.
DEDICATIONS

Alan Barsky dedicates this book to his parents: To my father, Philip Barsky; “One day, when I was a small boy, I got bored and asked my father what to do? He replied, “Go cure a disease.” He always encouraged me to do great things. To my mother, Betty Barsky, who always showered me with love. To Sylvia Barsky, my wife and muse.”

ACKNOWLEDGEMENTS:
Peter "Coyote" Blum C.I., M. Dennis Paul, PhD, Tom DiFerdinando, HBCS, Barnett (Bud) Weiss, CAW, Ruth Hirsch, MA, Ajamu Ayinde, A.C.H., Daniel F. Cleary, C.I., Drs. Jerome and Anne H. Spencer-Beacham, Melissa Roth, CHT and Jim Duncan, CHT, David Werber, M.A. J.D., Ormond McGill, Dr. Gerald Cohen, Sol Lewis, Olivia and Douglas Rosestone, Dr. Al Krasner, Terry Tyson, Joel Eisenberg, Neil Adelman, Errol Strider, CHT, Don McMillan, and Justin O’Brien, MBA, have knowingly or unknowingly contributed to our development of the Protocol. Special thanks to Richard Jamison, PhD.; his contribution to QUANTUM FOCUSING is found on every page. Special thanks to Liz Fortini for her editing expertise. Special thanks to Bria Haben, psychology student, for her invaluable feedback. Special thanks for Daniel F. Cleary for his added brilliance, consistent insight, and sharp wit.

To find out more about QUANTUM FOCUSING in Clinical, Medical and Wellness Settings and QUANTUM FOCUSING Certification programs or to ask any questions, contact:

Alan Barsky, quantumfocusing@mac.com San Francisco area, 415-389-9444
Michael Ellner, REVDOCNYC@aol.com, New York City 212-580-3471

www.quantumfocusing.com
Overview from Michael and Alan

"Our remedies oft in ourselves do lie, which we ascribe to Heaven."
William Shakespeare

IBS defined:

Irritable Bowel Syndrome (IBS) is a very common functional disorder that interferes with the normal function of the colon (large intestine), characterized by abdominal pain or discomfort along with signs of bowel dysfunction, most commonly diarrhea and/or constipation. Although healthy people commonly experience these same symptoms occasionally, in IBS these symptoms are more severe or are experienced more frequently. IBS does not result from or lead to physical damage to the colon, like in Inflammatory Bowel Disease (IBD), nor does it lead to development of other, possibly more serious diseases.

The Solution is in your hands

Reducing or eliminating the symptoms of "Irritable Bowel" begins with learning our basic QUANTUM FOCUSING exercise. It allows you to enter states of enhanced consciousness and develop a mindset ideal for taking charge of your life and health.

Our ten week program is filled with mental exercises that will help you off-load toxic emotions and develop healthy, creative ways to master the every day stresses associated with your IB-Symptoms. You will also learn how to deprogram your IB-reactions by programming new, healthier reactions in their place during the ten-week/ten-session program.

Your body is designed to heal itself. For example, the inside of your stomach is new every two weeks or so. Interestingly, your stomach must produce a new layer of mucus every two weeks; otherwise, it will digest itself. Change takes place in your body everyday. Cells die; new ones replace them. Amazingly, most all of you is new every 7 years. It is like a second chance every seven years of your life.

Read the book. Follow the exercises. Feel Good about yourself.
Hope is Realistic!

Sincerely,
Michael Ellner and Alan Barsky
INTRODUCTION to QUANTUM FOCUSING

QUANTUM FOCUSING is the blending of hypnotic healing, Spiritual practice, creative stress management, and Quantum Physics. The QUANTUM FOCUS Protocol for IBS is a comprehensive ten-week program designed to help you neutralize the unrecognized reactions that are responsible for your IBS symptoms.

The Protocol for IBS takes a lighthearted approach to relieving some very disturbing symptoms. As a whole, the Protocol is based on our non-medical opinion that IBS is an unrecognized learned behavior. It was a way to deal with an emotional state. Swallowing your emotions may have worked well as an effective behavior for you to handle life, up to this point. Yet, we all have an ability to learn many new behaviors. If IBS is interfering with your life, now is the time to learn new behaviors. We have embedded our programming in a tried and true initiatory process for self-development and Spiritual growth.

Quantum energy is the packet or unit of energy required to move an electron out of its orbit.

QUANTUM FOCUSING is a modern Spiritual practice for living in the 21st century. In theory and practice, The QF-Protocol for IBS is a collaboration of the personal and professional experiences, educations, trainings, and Spiritual practices of Michael Ellner, DD., CHT, MSH, Richard Jamison, Ph.D., and Alan Barsky, CHT. Helping people to learn how to utilize their own resources and experiences to feel better and function at higher levels was and is the driving principal behind the art, science, philosophy and practice of QUANTUM FOCUSING.

QUANTUM FOCUSING was developed over a twenty-two year span to help people feel better and act more effectively. The IBS-Protocol was developed over a three-year period drawing on the latest discoveries and ideas from Behavioral Medicine, Hypnosis, Mind/Body Spirituality, Philosophy, Physiology, Eastern and Western Medicine, Cognitive Science and Quantum Physics.

A Quantum Focusing Coach is the professional to work with. QUANTUM FOCUSING Coaches do not diagnose, analyze, or fix people. What they do is assist people like yourself develop your own self-hypnometative, imagery and creative coping skills and abilities. They do this by going through this workbook with you and using their teacher’s manual, the Practitioner’s Handbook, to guide them on how to help you get the most from your experience.
Start by filling in this IBS CHECKLIST

name__________________________________________ date____________________

If you suffer from abdominal discomfort or pain, bloating, and constipation, you may have a real medical condition known as irritable bowel syndrome (IBS). Only your doctor can tell for sure. By filling out the checklist below, basic information about your condition can be ascertained.

Please note that answering "yes" or "no" to any of these questions does not necessarily mean you have IBS. This checklist is not meant to replace the advice of your doctor.

1. Do you suffer from any or all of the following symptoms? Check all that apply.
   __Abdominal discomfort or pain
   __Bloating
   __Constipation
   __Other

2. Are these symptoms frequent and/or recurring?
   __Yes
   __No

If yes, how long have you had these symptoms?
   __For a few months
   __6 months
   __1 year
   __5 years

3. Does having a bowel movement help to relieve your abdominal discomfort or pain?
   __Yes
   __No

4. Do you ever have hard or lumpy stools?
   __Yes
   __No

5. Do you ever strain when you have a bowel movement?
   __Yes
   __No

6. Do your symptoms ever disrupt your daily activities? (work, school, life, etc.)
   __Yes
   __No

7. What medicines are you currently taking for your IBS symptoms?
   Prescription medication______________________________________________
   Over-the-counter products____________________________________________
   Herbal products_____________________________________________________
   Other_____________________________________________________________

8. Have any of these medicines relieved any or all of your symptoms?
   __Yes
   __No
   Which ones?_________________________________________________________
Introduction To IBS

You are not alone

Gastrointestinal issues affect just about everyone. The Mayo Clinic estimates that 1 in 3 Americans—perhaps even more—regularly battles some kind of digestive problem.²

Here is a list of US Presidents who have had gastrointestinal problems:

George Washington, dysentery; John Adams, diet, heartburn, purging; James Madison, chronic cholecystitis; Andrew Jackson, dysentery, diarrhea; William Harrison, ulcer?; John Tyler, dysentery; James Polk, cholera; Zachary Taylor, typhoid; James Garfield, anal fissure, "weak stomach", rectal bleeding, abdominal cramping; William Taft, typhoid fever, perineal abscess; William Taft, food poisoning #1, food poisoning #2, heartburn, constipation?, digestive ill; Warren Harding, influenza?; Herbert Hoover, gall bladder, intestinal cancer, GI hemorrhage; Franklin Roosevelt, anemia from hemorrhoids, GI problem, cholecystitis; Harry Truman, intestinal flu, gall bladder, hernia operation; Dwight Eisenhower, appendectomy, Cohn disease, bowel obstruction, cholecystectomy, intestinal obstructions; John Kennedy, celiac disease?; Lyndon Johnson, cholecystectomy; Ronald Reagan, colon cancer, colonic polyps, gastroenteritis, adhesions; George Bush, bleeding ulcers, Japan puke; William Clinton, reflux esophagitis, rectal bleeding; George W. Bush, appendectomy, hemorrhoid, colonic polyps, colonic polyps.

How long is the Digestive System?
It is about 32 feet long from your mouth to your anus.

IBS—Irritable Bowel Syndrome

Does this sound like you?
"People usually have recurring abdominal bloating or discomfort," said Dr. Thomas Walton of Cotton-O'Neil Digestive Center. "Sometimes they get diarrhea, sometimes they get constipation, and sometimes they get both. It is not just a one-time thing. It is something that happens to them several weeks out of each month."

IBS Facts

IBS affects 10 to 22% of otherwise healthy adults.
Over 50 million Americans have had or now have IBS symptoms, approximately 85% of which are women. IBS is the number one reason why people see gastroenterologists, accounting for as many as 3.5 million physician visits a year and 2.2 million prescriptions per year. They account for 10% of visits to primary care doctors and at least 40% of visits to gastroenterologists.
Its symptoms are second only to the common cold in the reason people see their doctor. It is the second highest reason for absence of work by employees in the United States. Studies estimate the price of IBS care is $8 billion yearly. One Seattle study showed $4,400 spent per patient just during the first year they were diagnosed.5

IBS is a worldwide problem and is prevalent in China, The United Kingdom, Australia, New Zealand, and Scandinavia, and reported among men in India (women in India do not have the same health care access men do). The United Kingdom is where the breakthrough studies first happened that proved hypnosis was among the most important ingredients in a successful elimination of the symptoms of IBS.

IBS is sometimes called “spastic colon” because spasm of intestinal walls is largely what causes its symptoms.2 It is also sometimes called by spastic colitis, mucus colitis, and nervous stomach. However, colitis may be the wrong name as it implies an inflammation and IBS does not have an inflammation. That is something else and that would be Inflammatory Bowel Disease. Ulcerative colitis and Cohn’s disease are examples of true BID.

For most people, IBS follows a predictable path. Their health symptoms start out as a minor problem. They do not think much about these symptoms at first and expect to feel better. However, over time their symptoms just will not go away. Therefore, the person starts out by seeking to get a medical diagnosis in the hopes of a quick cure.

Usually, they consult a conventional medical doctor who tells them that their symptoms are found in a wide range of health problems and it is best to take many tests to find out what is going on. When the tests come back negative, their doctor gives them an IBS diagnosis, which is a diagnosis of exclusion. So begins the long and painful journey into the emotional stuck states we have named “The Chronic Trap”. Unable to explain your symptom, conventional medical doctors all too often recommend anti-depressive drugs or seeing a mental health care professional.

Many patients stop taking the medicines because their toxic effects and/or lack of benefits turn them off. Most of these people resent being told that their very real symptoms are all in the head. Despite all their best efforts, tens of millions of people with IBS run from one type of health care practitioner to another without relief!

“I always recommend getting treated by a doctor. When was the last time a physician took you out for ice cream?”

Swami Beypondananda
Some basic IBS related information

The “Gut Brain”.

“...the Gut has its own brain, the enteric nervous system, which is the only part of the peripheral nervous system that is capable of mediating reflex behavior in the absence of input from the brain or spinal cord. In other words, there is a brain in your bowel that acts completely independently from the brain in your head.”

“These two brains act independently and interdependently. The Vegas nerve—the tenth cranial nerve, is used by the two brains to communicate with the other. The enteric nervous system lives in the lining of your esophagus, stomach, small intestine, colon and rectum. Both the enteric nervous system and the central nervous system (the brain in your skull) are developed from the same embryonic tissue. All the neurochemicals in the central nervous system are also found in the enteric nervous system.”

“In his book, The Second Brain, Dr. M. Gershon, MD says that a steady stream of messages flows back and forth between the brain and the gut.

“Normally, everything in the enteric nervous system operates the digestive system silently. However, should the head brain feel stressed with thoughts like “Oh my gosh, I have to pay the rent” when it is not the enteric nervous system’s job to pay the rent, sometimes the “gut brain” feels the stress. Stress or psychological pain can increase and trigger uncomfortable gut reactions and symptoms. A hyperactive enteric nervous system often can manifest as a spastic colon, diarrhea, constipation or other symptoms. An uncomfortable gut and other digestive disorders can cause stress to the brain in the head.

“With all the stress in the world today, with both women and men needing to juggle jobs, careers, children, friends and their own relationships, it is no wonder IBS is increasing in the population of the world year by year.”

Constipation

No food is digested in the colon. That work takes place efficiently in the small intestine. The function of the colon is to absorb water and salts from digestive products that enter from the small intestine, therefore acting as a “drying tank”. When a spasm occurs, the cramping can trap stool in much the same way a kink in a garden hose traps water. This process produces constipation. When a bowel movement does take place, it is with difficulty through straining, and the
stool is hard and said to resemble “rabbit pellets” or “rocklike marbles”, or is described as “pencil thin” or “ribbon like”. 11

There is a wide range of normal for daily bowel movements. For some three times a day is normal, for others three times a week. It is important to know what constitutes normal for you.

The most common suggestions for most people to relieve constipation are:

1. Increase fiber in your diet (not for everybody, but most)
2. Increase fluid intake, preferably water
3. Increase physical movement, walking, sit-ups, etc; and
4. Relaxing when you feel stress

**Diarrhea**

Diarrhea is loose and frequent bowel movements. It might result from a virus or bacterial infection. It can also result from prescription drugs, such as antibiotics, aspirin, and many over the counter remedies. It can also occur from eating too much fruit or fruit juice, emotional stress, intestinal parasites, lactose intolerance, food poisoning, or water or food that upset you when traveling to another country. Since there are also serious conditions that cause diarrhea, you need to consult your physician if it lasts for more than a few days. If you are suffering, be sure to drink plenty of liquids, especially water. Hot water is often very soothing as well. 10.

**Alternating constipation and diarrhea**

Unfortunately, IBS sufferers often experience the difficulty of having both constipation and diarrhea, although they tend to have one more than the other. Occasionally there is mucus in the stool.

Constipation is from an inhibited motility disorder. Diarrhea is often when there are spasms in the colon, the movement forces stool to move too quickly before the fluid part of the feces can be absorbed. Interestingly, people with diarrhea are seldom awakened from sleep with the feeling of impending diarrhea. It often occurs immediately after breakfast or after other meals throughout the day. Food does not itself trigger the explosive diarrhea, but instead activates the gastro colic reflex, a neurological and chemical response that tells the colon to empty itself.

Always tell your doctor if you experience any blood in the stool, as it is not usual with IBS. 10
Fiber Warning

We are not nutritionists, nor can we advise you on nutrition. However, we want to share with you some things we have learned. In general, fiber is helpful for 85% of IBS sufferers, but has a negative reaction to the other 15%. Find out from your doctor or nutritionist to see which direction is best for you.

Americans consume, as an average, significantly less than the recommended amount of fiber, according to the National Cancer institute. 12

Fiber refers to a wide variety of substances found in plants. There are TWO kinds of fiber:

**Insoluble Fiber** is rough. It passes intact through the intestines, which is why it is called “high-residue”. It increases the frequency, water content, and looseness of bowel movements. Although crucial for good health, it can be a powerful IBS trigger. It needs to be incorporated into your diet in large quantities, but with great care. Insoluble fiber should never be taken alone or on an empty stomach.

**Soluble fiber** is smooth, very low-residue, and soothing to the digestive tract. It absorbs excess water in the colon, forming a gel that pushes through impacted fecal matter, and it stabilizes and regulates intestinal contractions. In this manner, it helped prevent the painful spasms and relieve both the diarrhea and constipation of IBS. 12

People are searching

One recent study conducted at the royal London School Of Medicine questioned 225 patients with intestinal problems. Of those with IBS, half were using complementary alternative therapies.

What About prescription drugs, like Zelnorm?

Zelnorm?!  CONSUMER REPORTS, September, 2004 issue reported that the Food and Drug Administration and even Zelnorm’s own company (Novartis) started releasing new warnings linking Zelorm with exactly what you don’t want—diarrhea and intestinal problems that actually lead to hospitalization, surgery and cases of death. If you take Zelnorm, the FDA suggests you keep an eye out for rectal bleeding, bloody diarrhea, fainting, and new or worse abdominal pain.

In one paragraph titled “Slim Advantage”, we find that “Zelnorm’s effectiveness was not impressive in the studies on which the FDA gave it’s approval”, according to experts CONSUMER REPORTS consulted. At its present cost of $160 a month, CONSUMER REPORTS sums it up in the last paragraphs under “What You Can Do”, listing instead certain dietary changes, exercise and
reminding sufferers of hypnotherapy and stress management techniques that are safe alternatives.

We cautioned that there were better ways to deal with this problem than Zelnorm and today, it has been taken off the market, except in special circumstances.

**THERE IS A BETTER WAY!**

In recent years, international medical studies have proven the efficacy of hypnotherapy for people suffering with IBS. Adding hypnotherapy has proven to be more effective than most IBS treatments without it and even here, we believe that *Quantum Focusing* will prove to be more effective than conventional hypnotherapy.

**What Can You Expect from Quantum Focusing?**

If you can imagine a YOU totally free of the symptoms of IBS, a YOU that is completely free of IBS-related discomfort. If you can let yourself feel what your life would be like if IBS-related fears no longer limit you and hold you back—and lock on that image of yourself, then you have everything needed to put a smile on the signals that used to irritate you.

**A Breakthrough View of IBS—The Quantum Focusing Approach**

Our approach starts with a holistic view of IBS. The Quantum Focus system looks to resolve IB-Syndrome symptoms where they start as a learned behavior in your mind and brain. We do not just work on the IBS, but with the entire person to take charge of their stress, health, and life!

**RE-Thinking**

In so-called functional disorders – like IBS, the symptoms are very real but there is no pathology to explain the symptoms. This suggests to us that IBS is caused by unrecognized "gut reactions" that produce spastic over and/or under tensing of the person’s gastrointestinal tract. That is very good news because the symptoms of the IB-Syndrome are unconsciously learned reactions to unrecognized stimuli.

**These neurological patterns can be neutralized and you can reprogram yourself in new, healthy ways.**
We believe that our book is the light at the end of the tunnel for the tens of millions of people who suffer from chronic IB-Symptoms. We believe that our protocol will help IBO-Sufferers escape from living in the shadows of their IBS-symptoms.

We all learn different ways to cope with the every day tensions of life -- We believe that people who suffer from Chronic IB-symptoms unknowingly created neurological pathways that react to stimuli by over-tensing (twitching) and/or under tensing (twitching) an otherwise healthy gastrointestinal tract....

We are confident that your symptoms CAN be reprogrammed. This volume, Protocol For IBS, will show you how.

**Have you experienced this comment from Doctors or others?**
“**It’s all in your mind**” and feel frustrated?

Jim Duncan, one of Detroit’s great hypnotists says: “It is silly that you may have been told that it is all in your mind... OF COURSE it is! Our minds are where we experience EVERYTHING. So the next time you hear someone foolishly or callously say that it’s all in your mind, just SMILE to yourself and think, you’re right it IS all in my mind and I am learning ways to use my powerful mind to overcome the challenge.

“**I am the Captain of my fate. I am the master of my soul.**”
Earnest Henley
This book and all the IBS Relief Self-Hypnosis MP3’s are available for purchase in the ‘Tools’ section of this application.