

## **INSTANT RELIEF FROM IBS?**

Do you feel helpless with IBS? Are you suffering unexplained symptoms that won't go away?

Hypnosis can help to overcome IBS. Although the exact cause of IBS is unknown, stress is proven to make it worse. IBS can cause a variety of painful problems that can make your life a living hell: diarrhoea, bloating, constipation and headaches are common.

If you're like many IBS clients I work with, you might have noticed that your quality of life has suffered. People don't realise that IBS sufferers can experience low self-esteem, poor sleep and lack of confidence.

In a recent study, hypnosis was shown to be the most effective form of overcoming IBS. A massive 71% of clients using hypnotherapy noticed a huge improvement. The lead researcher, Dr Whorwell reported of hypnosis, "We've found it helped all the symptoms."

In my clinical practice I have pioneered hypnotherapy techniques that incorporate visualisation and also advanced stress management. These can bring an immediate increase in your ability to handle IBS.

You learn from your first session to use hypnosis to relax you, and start to help your subconscious mind find ways to solve IBS. Clients report being amazed at how easily this seems to happen.

This proven course can help you deal with stress, and enjoy more confidence.

Imagine how much better you'll feel when you enjoy being around others – socially *and* at work - because of your amazing hypnosis sessions!

IBS affects 1 in 5 adults. Don't suffer alone anymore. Hypnosis is proven to give relief.

### **CLIENT TESTIMONIALS**

"In the past two months, I am like a different person. I have become more confident in myself, more relaxed and can cope with stress much more easily. I can't believe how relaxing your sessions are and how far I've come." - Louise Fricker-Billing

"I certainly didn't expect to be as convinced by his methods as I was. I did feel better about myself." - Laura Wright, South Wales Echo, June 2007

"Since I first started coming to see you I have now lost a stone in weight but more importantly for me I managed to get through an incredibly stressful time over the last few months without binging." - Lisa Brown

"I can honestly say that my confidence is improving by the day." - Clare

**Buy Now!** 

**Richard Haggerty BA (Hons)**

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Master Hypnotherapist,  
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## WHICH FEAR OF IBS "TRIGGERS" DO YOU RECOGNISE?

- Fear of not being to cope in social situations or meetings
- Constantly affected by feelings of bloating
- Unexplained discomfort
- Constant constipation
- Dreadful diarrhoea
- Constant anxiety whilst driving or travelling - in case you can't make it to the loo in time
- Worrying about going to work in case your IBS "flares up"
- Losing sleep because of pains and worry about how you'll cope
- Worry about how you'll cope if a big "relapse" happens

### SHOCKING REPORT ON THE BBC: "IBS REVEALED"

"There are no [conventional] treatments that are effective, so I thought we should try hypnotherapy," says medical gastroenterologist, Dr Whorwell. The results were staggering:

"A recent study showed hypnosis had helped 71% of patients for up to five years after their course of treatment," say BBC researchers.

"I stopped smoking and feel so much happier. Since seeing you Rich, I've also rekindled a sense of childhood playfulness and ability to have fun that I thought I



had lost. My overall sense of relaxation is much increased, so have my happy feelings and ability to focus. I just don't have that sense of tension in my stomach that always seemed to be there any more."

- Mel Plati, Artist, [www.melaneia.com](http://www.melaneia.com)

## What Else Can I Help You With?

You'd be surprised how many things hypnosis can help you with: Comfortable childbirth, fears, confidence, self-esteem, nail biting, interviews, and anxiety/stress.

**Call Now on  
07771 554782**



## HOW CAN HYPNOSIS HELP YOU?

[Hypnotherapy](#) is a powerful, proven way of helping a wide range of problems. It could assist you in [gaining relief from Irritable Bowel Syndrome](#).

You don't realise it yet, but booking hypnotherapy may be the best thing you have ever *felt motivated* to do. As you look back with increased confidence and a sense of wellbeing, imagine how incredibly valuable your hypnotherapy sessions have been.

As well as helping you gain relief from IBS, hypnosis can also help you *develop confidence*, quickly and easily. Picture yourself *feeling more relaxed* and comfortable in front of friends and colleagues.

You're probably wondering whether you can go into a trance. Fact: you already can! Just remember a time when you have started to daydream, or lost yourself in an exciting film. And it'll become clear how many times you naturally *enjoy going into trance* each day.

You have nothing to fear from hypnosis and everything to gain. You are always in control. I create a calm and comfortable setting where you are *naturally motivated* to make the changes you want.

Now, I can almost hear your mind saying, "I am interested in finding out more. What should I do now?" Call now on 07771 554782 in confidence for a [free informal chat](#) and to ask any questions you have. I would like to hear from you.