

Mind over Gut

How to tap into the power of
the subconscious mind to
relieve anxiety and reduce
IBS symptoms

A special report for **IBS Sufferers**
By Elizabeth Pry

Special Report for Sufferers of Anxiety and Digestive Distress

Discover the Top 4 Methods for Managing your Subconscious Mind in order to Eliminate Anxiety and Reduce Your IBS Symptoms

RELIEVE ANXIETY - CONTROL SYMPTOMS - RENEW HOPE

Hello, my name is Elizabeth Pry. I am a Health Educator and Lifestyle Coach, championing people like you into a more peaceful mindset and consequently better health. I have been working with folks plagued with anxiety for almost 20 years...the sources of anxiety are innumerable ranging from a traumatic past, to loss of income, failed relationships, struggling academic, professional or sports performance and poor self-worth issues. Throughout this time, I have come to believe how we perceive our experiences, whether past or present, will determine how we are currently feeling which then determines what actions we will take and thus the resulting outcome...in essence, how we say our life is.

This brings me to the point of Irritable Bowel Syndrome. The National Institute of Health has determined that IBS is caused by anxiety...it is NOT a physical dysfunction with your intestines. While in an IBS flare-up, it certainly seems like there is something very wrong and broken with your intestines! They simply are not functioning properly...gas, bloating, nausea, stomach cramps and spasms, diarrhea and constipation are just some of the unbearable symptoms you may be experiencing. Regardless of how severe your IBS symptoms become, your gut is reacting to what is happening in your mind! Anxiety is created by what we are thinking and how we feel about what we thought!

That may be hard to believe...our minds can make our stomach and intestines work improperly? Yes, it is true! Our minds, subconsciously and consciously, control our bodies. For example, do you have to think about beating your heart? Or circulating your blood through your body? No, this is automatic...your subconscious or limbic system (the old, animal like part of our brain) is managing all of this for us. But, what else is the subconscious managing unbeknownst to us?

Our subconscious mind may be exacerbating and in some cases causing our anxiety and consequently our IBS symptoms! You may have trouble believing this at first...how can something I am unaware of have such a huge and devastating impact on me?

The reason this is happening is our subconscious mind is the "keeper" of all things pertaining to us...memories, experiences, circumstances, reactions and consequences...dating all the way back to the beginning of our existence. One of the

jobs of the subconscious "keeper" is to protect us from being hurt again...and what better way to protect us, then to constantly remind us (I'll address this later) of past memories, experiences and circumstances?! Gee thanks, Subconscious Mind!

If you are anything like me, it is tough to change how we are feeling...once a person feels anxious it appears near impossible to alter this feeling. Anxiety takes over all that we are trying to do...we experience a rapid heartbeat, shortness of breath, racing thoughts, shaky feeling within our body and swimmy feeling in our head. We may feel hopeless and trapped as if we cannot do anything about our situation....and at about that time, our stomachs begin to churn warning us that diarrhea, abdominal spasms and constipation are just around the corner.

So, if the source/cause of our IBS symptoms is anxiety and anxiety is generated in the Subconscious Mind, then how do we manage what seems to be unmanageable in order to relieve our IBS symptoms?

After several years of searching for the answer to manage my subconscious mind in order to relieve my IBS symptoms and quell my anxiety, I have used these 4 Top Methods with great results. Let's identify them below and learn how these methods can help you too!

Top 4 Methods to Manage the Subconscious Mind

- Hypnosis/Relaxation Audios (MP3)
- Awareness/Mindfulness Training
- Emotional Freedom Technique (Tapping/Acupressure)
- Gentle Yoga and Breath Work

1. Hypnosis/Relaxation Audios

Hypnosis has long been touted back to the Babylon days as a viable treatment option in accessing the subconscious mind. While in a state of mental relaxation, one can easily settle into the subconscious where all the past upset is stored.

It is important to understand...like I mentioned above, the subconscious mind keeps a keen eye open and an alert ear for any and all signs that might harm us. For instance, if you had a mother/father that was berating to you (real or imagined), your subconscious mind has "recorded" this event and then recalls ALL of the experiences that come with such a circumstance. The mind remembers what noise was in the background (a TV show, a song, a lawnmower, bacon crackling in a hot griddle) along with any scent that was nearby, such as the sweet and savory smell of cured pork, fabric softener, fresh cut grass, or a candle burning.

In addition, the mind specifically remembers the look in your parent's eye, the way his/her mouth was turned down, the tone of voice, the sensation of your clothes on

your body and even the feel of the hot or cold surface you were standing on. Not to mention, HOW you were feeling inside your body...the trembling that began, elevated heartbeat, sinking feeling of dread AND the churning of your stomach!

The problem becomes whenever we experience any of the above examples (bacon cooking, candle burning, grass being cut, etc.), even on a calm and easy day, our subconscious alerts us that we need to protect ourselves from a berating...even if you are by yourself! In addition (and this is important to note), your subconscious mind is constantly on hyper-alert anticipating such a traumatic situation will occur so much so that it searches for would-be issues.

In order to calm our overly active subconscious mind, hypnosis and relaxation CDs are a perfect solution. They are easy to use, just load it up and press play. This method will calm your mind allowing you to have a different perspective and make better and healthier choices regarding your emotional and physical health.

2. Awareness/Mindfulness Training

Awareness Training is all about becoming very acutely sensitized to what is happening to you emotionally and physically. As we discussed above, our subconscious mind offers up a ton of signals that we are headed into Danger, whether real or perceived! In addition, it really makes no difference either on whether the Danger is currently occurring or it is something that we are reliving or fearing will occur. In most respects, the majority of us are not trained to be aware of these signs...and thus the same pattern continues. This is why we feel at times that we are banging our heads against the wall. Does that sound or feel familiar to you?

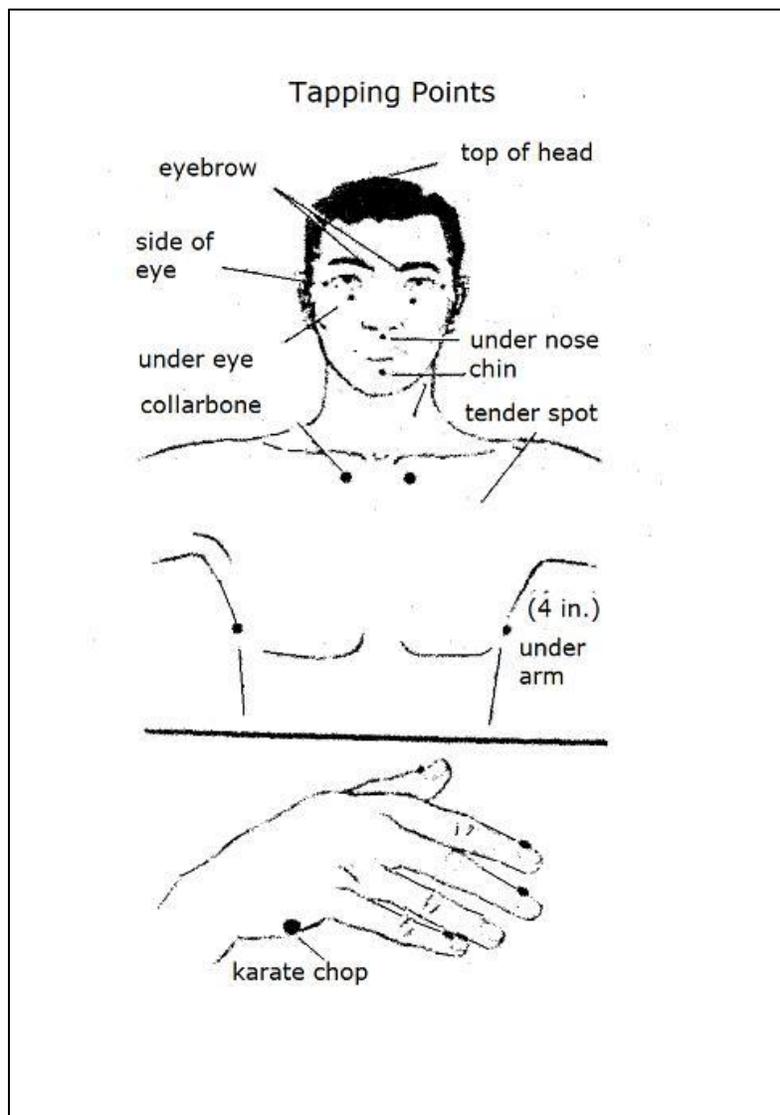
In Awareness Training, the client learns how to become mindful of her symptoms, quietly investigating and observing herself in action. Once this mindfulness/alertness is achieved, the IBS sufferer can learn how to better manage her anxious thoughts, feelings, perspectives and even physical symptoms. Our bodies guide and lead us at all times. It is up to us to listen! With Awareness Training, you will learn how to "hear" your body and learn simple (but not always easy) techniques to change a screaming psyche into a soothed soul!

3. Emotional Freedom Technique (Tapping/Acupressure)

Emotional Freedom Technique, EFT, is a form of energy medicine used to shift subconscious thoughts and beliefs into the consciousness where they can be understood, rationalized, and adapted into a more effective and self-serving belief. EFT, pioneered by Gary Craig, is a newer (in contrast to the ancient findings on hypnosis and yoga) methodology. However, it is just as effective and useful as the other Top Four Methods to Managing Your Subconscious Mind. EFT can be administered by either a practitioner or yourself, once you learn the simple concept of where to tap on your body. The power in EFT comes from becoming aware of emerging beliefs that may be debilitating or halting recovery. EFT helps to loosen

up beliefs about past traumas or fears about the future that are stored in the subconscious mind. Akin to waking from a bad dream only to realize that it is not your reality, EFT brings to the forefront those scary thoughts and feelings that you subconsciously have been holding. Once given the opportunity to see your world in a different way, a sense of freedom emerges and anxiety is relieved.

You may be wondering how tapping loosens up stored negative beliefs. Like acupuncture, EFT works on the meridians in our body. Meridians make up a circuitry or giant web that delivers Qi (pronounced "chee") or life force energy to all of the organs and tissues of the body. There are many meridian channels throughout the body. The Meridian System has been used in Traditional Chinese Medicine to explain why we become unhealthy or sick. When Qi is disrupted and does not flow smoothly in the meridian channel system, emotional and/or physical distress, pain and ill health occurs. EFT brings the body back into balance.



The Ten EFT Tapping Points

This diagram shows you the 10 points that we will use to clear all energy disturbances with EFT. The ten points address all 14 meridians due to the fact that some of the points are located at the intersection of two meridians. Since we are tapping on all meridians when we do EFT, we don't have to worry about which have the disturbance in them. We are tapping on all of the meridians anyway. See the tapping points diagram. The names of the points starting at the top of the head and going down the body are:

- top of head
- eyebrow
- side of eye
- under eye
- under nose
- chin
- collar bone
- under arm
- inside wrist
- karate chop

How to Tap on the Points

Top of head:

Use all of your fingers to "pat" the top of your head so that you don't have to worry about the exact location of the point.

All the facial points:

Use two fingers on each point for the same reason.

Collar bone point:

The collar bone points are located just below the "knobs" at the end of each collar bone. Use a flat fist just below your neck, where a man would knot his tie, to get one or both of the collar bone points.

Under arm point:

This point is located on the side of your body a few inches below your armpit. On a man, it is level with the nipple. On a woman, it is located in the middle of her bra band. Use all four fingers running up and down the side of your body for each tap point.

Inside wrist point:

Notice the crease between your wrist and your hand on the inside of your wrist. The wrist point is located three finger widths below the crease. Use your whole hand to pat this point.

Karate chop point:

The last point on the pinky side of your hand is called the "karate chop" point because it is the place on your hand you would hit if you did a karate chop. You can tap this point any way you like.

Note: For the points that are located on both sides of your body, it does not matter which side you use. It's also okay to switch sides while tapping or use both sides

simultaneously. It will work any way that you do it. EFT is very forgiving that way. The tapping on each point should be rapid little "thunks." I say little thunks because you should tap hard enough to feel some percussion during each tap but not hard enough that you will begin to feel tender after a lot of tapping. You only need to tap each point around 4 to 6 times, though more is not a problem. You won't need to count taps because you will be saying a phrase at each point (see Special Offering below). Just tap rapidly while saying the phrase, and that will be enough taps.

SPECIAL OFFERING: TAPPING SCRIPT

Choose the specific problem.

In this first part, state your problem in sentence form. What is it that you say to yourself?

Determine the intensity of this problem on a scale of 0-10. How true does this feel or how upset do you feel about this?

Perform SETUP: While tapping the Karate Chop point on either hand, repeat your problem in sentence form along with an **AFFIRMATION 3 times**. Even though I have this _____(state problem here in sentence form), I deeply and completely accept myself.

Tap the following points as displayed above in the diagram while repeating the REMINDER PHRASE, [this issue (state problem here)]

- Eyebrow
- Side of Eye
- Under Eye
- Under Nose
- Chin
- Collarbone
- Under Arm
- Head

Now, assess your rating-how true does this problem feel now?

Repeat SETUP: While tapping your karate chop point, repeat the **REVISED AFFIRMATION:** Even though I STILL have SOME of this (state problem here), I deeply and completely accept myself.

Tap all of the points again, repeating the **REVISED REMINDER PHRASE,** remaining (state problem here).

Assess the intensity rating again.

Repeat if necessary.

4. Gentle Yoga and Breath Work

Yoga and Breath Work is a physical method to relieve anxiety and Irritable Bowel Symptoms. Breath Work simply refers to Deep Breathing in a concerted and controlled manner. Yoga and Breath Work is a beneficial addition to your healing process for many reasons. First, yoga can be done in conjunction with the other Top Four Methods to Manage the Subconscious Mind. In addition, yoga and Deep Breathing bring you into the present moment and away from thoughts of the past or future.

The present is the only place that we can change our circumstances. While Deep Breathing or holding a yoga pose (called an asana), our mind and body are focused on something other than our thoughts. Isn't it refreshing when you are NOT thinking about your anxiety or IBS symptoms? Another reason to use yoga for relief is deep breathing energizes our body and mind by sending fresh oxygenated blood, which creates a flow of energy to unblock our clogged up intestines. In addition, yoga and Deep Breathing connects the ability to control our bodily functions with our consciousnesses. Often times, we feel disconnected from our body...it may seem like we are two separate entities, which gives us a greater sense of being out of control, further causing a sense of anxiety. Lastly, certain yoga poses (asanas) are intended to relieve digestive issues, from bloating to cramps to constipation. See the end of this Report to receive your Free Gift to help you relieve your abdominal discomfort.

In addition, take advantage of the introductory special that Let Go of IBS is offering...a FREE 30 minute Anxiety Breakthrough mini-session. In this session, you will:

- Learn **one simple technique** to relieve anxiety regarding your circumstances
- **Uncover your limiting beliefs** that keep you imprisoned in IBS jail
- Leave with a plan to **Renew Hope for a more peaceful and pain-free life**

Our session can easily be done over the phone or Skype. Just leave a message on our website...letgoofibs.com to schedule your session today!

Here's to Happy Bowels!

Warm Regards,

Elizabeth Pry
Founder
Let Go of IBS
www.letgoofibs.com

P.S. Free Gift: Be sure to use this Yoga Asana to relieve digestive distress...



1. To begin, lie on your back with your knees bent and your feet flat on the floor. You can rest your head on a pillow or blanket for extra neck support. Let your arms rest at your sides.

On an exhalation, draw both knees to your chest and clasp your hands around them. This is Knee-to-Chest Pose (Apanasana).

2. Extend your left leg along the floor, keeping your right knee drawn to your chest. Extend your right arm out along the floor at shoulder-height with your palm facing down.

3. Extend your left leg along the floor, keeping your right knee drawn to your chest. Extend your right arm out along the floor at shoulder-height with your palm facing down.

4. Shift your hips slightly to the right. Then, place your left hand on the outside of your right knee. Exhaling, drop your right knee over the left side of your body. Keep your left hand resting gently on your right knee.

5. Turn your head to the right. Soften your gaze toward your right fingertips. Keep your shoulder blades pressing toward the floor and away from your ears. Allow the force of gravity to drop your knee even closer to the floor. If your right toes can touch the floor, allow your foot to rest.

6. Hold the pose for 10-25 breaths. On an inhalation, slowly come back to center.

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Disclaimer: The contents of this report are for personal interest only. They reflect the opinions of the author and those authorities quoted and are not intended to be a substitute for qualified professional advice. Please do not self-diagnose IBS. You need a medical diagnosis in order to rule out serious bowel diseases including cancer.