

## What is IBS?

You may know that IBS can lead to abdominal pain, abdominal bloating, increased gas, and constipation or diarrhea.

But did you know that IBS is classified as a disorder of the gut-brain interaction?<sup>1</sup>

## What does this mean for you?

This means that your IBS is not just about what's going on in your gut. Your brain also plays a big role in your symptoms.

The gut-brain axis is a two-way communication superhighway that controls your bowel movements, how you experience gut pain, and even that feeling of butterflies in your stomach – so any miscommunication between your gut and your brain can make a negative impact.

## What can you do?

While dietary and simple lifestyle changes may be helpful in managing your symptoms, you still need to address the gut-brain interaction itself.

Science has shown that one of the best ways to 'fix' gut-brain miscommunications is through what's known as gut-directed hypnotherapy (GDH).

GDH works by improving the signals between your gut and brain to reduce pain sensations, improve bowel movements, and calm your IBS-related stress and anxiety.

## How can we help you?

We partnered with Dr. Simone Peters from Monash University to turn her research protocol into a mobile app called Nerva.

In her research study comparing GDH to the low FODMAP diet, it showed that GDH alone led to a 72% reduction in overall gastrointestinal symptoms, including abdominal bloating and excessive wind.<sup>2</sup>

## How does Nerva help you?

Nerva is a simple, easy-to-use six-week program you can follow from an app on your phone. It consists of daily 15-minute hypnotherapy sessions, educational readings about IBS, and breathing exercises.

It also helps you track your physical IBS symptoms, such as pain, bloating, and stool consistency, as well as your stress and anxiety levels, which we now know plays a big part in IBS.

## How effective is Nerva?

Nerva is used globally by over 150,000 people and referred by more than 5,000 healthcare providers to their patients.

- 89% of people who complete the Nerva program better manage their gastrointestinal symptoms.<sup>3</sup>
- 82% of people who complete the Nerva program better manage their stress and anxiety.<sup>4</sup>

## What are the benefits of Nerva?

Clinical psychologists that deliver GDH are hard to come by, so we built Nerva to make it more accessible, cost-effective, and standardized.

The benefits of Nerva include:

- You can do it from the comfort of your own home.
- It's significantly cheaper than ongoing in-person therapies and you can start right now.
- It works because it addresses the root cause of IBS in the gut-brain axis.



Scan the QR code or click [here to accept your referral](#) from **Julia Bates** and [access your 25% discount to the Nerva program.](#)

[1] Crossman DA, Hasle WL, Rome IV—Functional GI Disorders: Disorders of Gut-Brain Interaction. *Gastroenterology*. 2016;150(6):1257-1261. doi:https://doi.org/10.1053/j.gastro.2016.03.036. [2] Peters, S, et al., Randomised clinical trial: the efficacy of gut-directed hypnotherapy is similar to that of the low FODMAP diet for the treatment of irritable bowel syndrome. *Alimentary pharmacology & therapeutics*, 2016, 44(5), p. 447-459. [3] Peters S, Gibson PR, Halmos EP. Smartphone app-delivered gut-directed hypnotherapy improves symptoms of self-reported irritable bowel syndrome: A retrospective evaluation. *Neurogastroenterology and Motility*. 2022;35(4). doi:https://doi.org/10.1111/nmo.14532. [4] Peters S, Gibson PR, Halmos EP. 5216 App-Delivered Gut-Directed Hypnotherapy Program Nerva Improves Symptoms in Patients With Irritable Bowel Syndrome but How Can We Ensure Users Are Compliant? *The American Journal of Gastroenterology*. 2022;117(10):e365-e366. doi:https://doi.org/10.14309/ajg.00000858700.31768.51