

metaMe **Connect**

IBS doesn't  
have to dictate  
your life.

**We can help.**



# Do you suffer from Irritable Bowel Syndrome (IBS)?

Our specially trained, state-licensed therapists will guide you through a clinically proven, three-month hypnotherapy program designed to provide lasting relief from your symptoms.

Our program is delivered online from the comfort and privacy of your home or office.

## WHY HYPNOTHERAPY?

For over 40 years, hypnotherapy has been used as an effective treatment for IBS. Over 25 studies and clinical trials demonstrate its effectiveness in relieving IBS symptoms.<sup>1</sup>

## IS IT RIGHT FOR ME?

Even for patients who don't respond to standard approaches, hypnotherapy can be very effective in reducing IBS symptoms.

*In clinical trials using the same program we offer, over 70% of IBS sufferers enjoyed significant relief.<sup>1</sup>*

## HOW WILL IT HELP?

Hypnosis treatment substantially reduces symptoms of IBS such as abdominal pain, bloating or distention, and diarrhea or constipation. On average, symptom severity was cut in half. Treatment benefits have been shown to last for years.<sup>1</sup>

## HOW DOES IT FEEL?

Don't expect an intense altered state or to become unaware of what is happening. The experience is more subtle. People generally find it comfortable and relaxing.

<sup>1</sup>For a full list of scientific and clinical references, see [www.metameconnect.com](http://www.metameconnect.com)

## OUR PROGRAM

### *Effective*

We use a standardized medical hypnotherapy treatment for our patients, which is practiced at major medical centers across the country, including Northwestern University in Chicago.

### *Trusted*

You will work with your own specially trained, state-licensed therapist who has completed formal training in clinical hypnosis and in our IBS treatment program.

### *Convenient*

Treatment is completed in the comfort of your home or office using video-chat technology, at a fraction of the cost of a doctor's office visit.

To learn more, visit us at  
[www.metameconnect.com](http://www.metameconnect.com)

metaMe **Health**

*Hypnotherapy can be an important part of managing your IBS symptoms, but it may not be for everyone.*