Unlocking the Mystery of IBS

What Your Irritable Bowel Is Telling You About The Trauma In Your Past

A Special Report for IBS Sufferers

Karen Alison & Kathy Raymond
Hello, we are Karen Alison and Kathy Raymond, Certified EFT Practitioners and Natural Health Consultants who specialize in working with people who have Irritable Bowel Syndrome, Crohn’s and Colitis.

In this special report, we’re going to teach you the most valuable information we’ve discovered in our 20 years of client work and research about these two questions:

1) Why do I have IBS?

2) How do I get rid of it?

We’ll look at why people fail to recover from IBS pain and symptoms, the little-known role of trauma in IBS, and the strategies and techniques you can use to take control and live a normal life that includes good digestive health.

Unlocking the Mystery

So, first of all, why DO you have IBS?

If you answered, “It’s because something is wrong with my digestion” – or “my stomach” or “my colon” – we have some news for you. Very often, IBS does NOT happen because your digestive system is faulty. There’s more to it than that.

After all, if your digestive system was the problem, then your doctors would be able to find something when they put you through all the colonoscopies, endoscopies, stool samples, and other tests that are designed to find out what’s wrong.

IBS is mysterious and elusive because those tests generally show that there is absolutely nothing wrong with your stomach, intestines and colon. So why do you have pain, constipation, diarrhea, bloating, gas, anxiety, and other symptoms? It doesn’t make any sense, does it?

Well, the only reason it doesn’t make sense is because you’ve been trained to think of your body as a machine, made up of separate parts.
If one part doesn’t work, you treat that part – or take it out and replace it – and all will be well. This is the basis of medical science.

Unfortunately, as cell scientist Bruce Lipton, PhD, points out, it has little to do with the reality of your body. Thinking of your body as a machine is a system of thought that cannot help you resolve IBS.

What can help you is some breakthrough information from the field of neurology that is starting to change the whole picture of human health today, which we’re going to tell you about in this report. (If you want a solution right now, click here.)

The big thing to remember about IBS is that it’s not your fault. You did not cause it. It is a very real condition that has surprising links to brain science and mind-body medicine.

Mind-body? Does that mean IBS is a psychological problem or that you have it because you’re just trying to get attention? NO. Absolutely NOT. The pain is real and you’re not faking it. So don’t let anyone tell you that you’re just imagining it.

Now, let’s get started unlocking the mystery by looking at...

The 5 Top Triggers of IBS and IBS-like symptoms.

You may have dealt with some of these triggers already but STILL have IBS symptoms! That means it’s very likely that you haven’t come across the information in Trigger #5 before. If you’re like other IBS sufferers we’ve worked with, Trigger 5 is the missing piece that has escaped you in your quest to resolve this condition and the KEY to getting better.

Here are the five triggers:

1) Parasites.

Not the most common trigger, but it can happen if you’ve been in a foreign country or eat raw seafood or animal proteins.

Strategy: What you need to know about parasites is that they are cyclical – they may seem like they’ve gone away, but a month or two later, you have problems again. So you will probably need to treat them over several months to make sure you’ve dealt with all the offspring of the original parasites.
Parasites can be killed and the lining of your intestines restored to health with herbs and nutraceuticals under the guidance of a qualified naturopath. To confirm the parasitic infection is cleared, it makes sense to repeat stool cultures within a month after treatment.

And here’s something that might surprise you. Even when parasites start IBS symptoms, sometimes the pain and symptoms continue long after the parasites are gone! Why is that? It relates to trigger #5 on this list.

2) Dysbiosis.

Did you know there’s a whole universe inside your digestive system, made up of different types of bacteria or “flora”? Some help you digest your food, produce vitamins, and enhance your immune system by making natural antibiotics. But others can cause problems.

When your intestinal flora is in balance, the “good” ones are in the majority and everything is fine. But when your good bacteria is killed off or diminished, the trouble-makers increase and you’ll have uncomfortable symptoms and pain – both physical and emotional. If you have trouble with an overgrowth of candida yeast, this is a sign of dysbiosis.

What causes the bacterial population of your bowel to go out of balance? Dr. James LaValle cites:

- antibiotics, birth control pills and pain relievers
- chemical and heavy metal pollutants
- constant stress
- allergens, mould
- overconsumption of sugars and alcohol
- food additives
- H. pylori infection
- chemo and radiation

**Strategy:** With dysbiosis, it’s important to take action to heal the bowel and restore your bacterial balance with good-quality probiotics and nutraceuticals. Since dairy is often a problem for people with IBS, look for a probiotic that is dairy-free.
Can you get your probiotics from yogurt? Dr. David Dahlman says no, since even the supplemented yogurts don’t contain anywhere near enough probiotic to really make a difference.

But treating your dysbiosis is not all there is to it.

3) Food Reactions and Sensitivities.

Food reactions often go undiagnosed yet, according to Dr. Doris Rapp, they cause pain, gas, bloating, anxiety, depression and all sorts of other physical, mental and emotional symptoms. These symptoms are especially confusing, embarrassing, and distressing because they are often dismissed by health professionals.

Dr. James Braly targets cereal grains as a major cause of bowel problems and says that as many as one out of three people react to them, whether or not standard tests show any allergy. However, you may be fine with grains and flour products but react to other foods.

**Strategy:** To help reduce symptoms, find out which foods you react to and eliminate them from your diet. This will also help to relieve dysbiosis. The most common food allergens are dairy (top problem food), wheat (one out of three people have a problem), corn, sugar, caffeine, artificial sweeteners and additives, soy, citrus, eggs, and shellfish.

Electrodermal testing or an elimination diet will determine your personal food sensitivities. Avoid gas-causing foods (legumes, cruciferous vegetables like broccoli and cauliflower) until you are better.

But the impact of food is only one aspect of IBS.

4) Chemical Reactions.

This is one of the “hidden” triggers of bowel problems and pain that very few IBS sufferers know about. Chemically-based products are a huge problem for people with digestive issues. We have rarely seen a client with bowel problems who was not chemically-sensitive.

One of our IBS clients had pain-free periods for the first time in years once she followed our suggestions for clearing chemical products out of her life. A male client noticed a major improvement in his chronic bowel symptoms when he removed chemical toxins from his home.
**Strategy:** Reduce and avoid chemical toxins. Fortunately, more and more natural and unscented products are available every year which makes it easy for you to avoid the toxic versions.

Avoiding chemicals will also help with clearing up dysbiosis.

**AND LAST BUT definitely NOT LEAST, the key to solving the mystery of IBS:**

5) “Frozen” Trauma.

According to neuroscientists such as Dr. Robert Scaer and Dr. David Servan-Schreiber, trauma is one of the most powerful triggers of chronic pain and the recurring health problems of IBS, migraine, fibromyalgia, and chronic fatigue. It is also the least recognized, which is why your doctor may not have mentioned it at your last visit.

Not knowing about trauma and failing to address it is one of the most common reasons people do not recover from IBS.

The evidence for the connection between IBS and trauma is mounting, as these two recent studies show...

Who is more traumatized than war veterans? A 2010 report from the Baylor College of Medicine in Houston, Texas, showed that fully 33% of women war veterans studied have IBS. The report also concluded that, “A lifetime history of a broad range of traumas is independently associated with an elevated risk of the irritable bowel syndrome.”

A study of migraine sufferers at the University of Toledo College of Medicine in Ohio showed that childhood mistreatment and emotional abuse (i.e. trauma) is linked to chronic pain conditions – not only migraine headaches but Irritable Bowel Syndrome, fibromyalgia, and arthritis.

If you have trauma-related IBS pain and symptoms, can you do anything about it? Absolutely! We’ll get to that in a minute.

First, let’s define trauma so we’re all on the same page.
When you hear the word “trauma”, do you think of major events like wars, plane crashes, or natural disasters? These events can result in Post Traumatic Stress Disorder or PTSD.

Sufferers from PTSD end up with a bewildering range of symptoms. Here are some of the possibilities:

- They have trouble sleeping or sleep too much
- They have recurring nightmares
- They become addicted to cigarettes, pain killers, anxiety suppressants, and other substances
- They have trouble with relationships because they are still reacting to the events of the crisis
- They suffer from IBS, migraines, and chronic pain
- Often they are written off by the medical system as having “psychosomatic” or psychiatric problems yet talk therapy doesn’t help them
- Because of the devastating impact of their experiences, they have trouble moving on with their lives.

PTSD is a very serious and real condition that results from major trauma. But there are many other traumas that don’t show up on the evening news. They can include:

- a minor car or sports accident
- childhood surgery
- a house fire
- verbal or physical abuse or bullying
- an infant’s experiences during a hospital birth
- neglectful or absent parenting
- a surprise pregnancy
- the sudden end to a relationship
- working for the “boss from hell”

Or any situation where the brain perceives a threat to your survival when you are helpless to do anything about it.

Trauma is defined by this combination of threat and helplessness. It doesn’t matter whether the danger threatens your physical, emotional or social survival – they’re all the same to your brain. Your limbic system – the survival part of your brain – perceives the threat and takes over in response to danger. This occurs at the subconscious level, so you’re not even aware that it is happening.
Usually when your survival brain thinks you are in danger, it signals your nervous system to prepare for fight or flight.

But **trauma is an overwhelming experience.** Literally. When you’re traumatized, it’s like your circuits overload. So what happens to you is that instead of going into fight or flight, you **FREEZE.**

**Freezing is a survival response** that’s hard-wired into us as mammals. It’s a last-ditch attempt to survive attack (trauma) by “playing dead.”

In the wild, when a prey animal freezes, the predator may lose interest in the chase, since predators are often triggered by motion. Or the predator may believe the prey is dead and go off to fetch its cubs to come back and share the meal. In the time it’s away, the prey animal has time to recover and run away.

To recover, prey animals shake off the freeze by flailing their legs and trembling violently. But we humans have trained ourselves not to shake or tremble after a traumatic experience. In fact, we actively try to suppress this response since we are uncomfortable with how it looks and are afraid that it makes us appear weak.

Unfortunately, when you hold still instead of shaking, you don’t release the trauma. It gets stuck in your body and memory banks.

**Well, why does that matter?**

It matters because your brain reacts to it **as if it’s still happening.** Even when the trauma is long over, your brain **thinks it still has to protect you from it.**

Please read the next part very carefully, because it’s **the key to IBS symptoms.**

Let’s say your trauma was a car accident on a rainy day in the autumn. When the accident happened, you froze and your brain downloaded all the information at that moment – even if you weren’t consciously aware of most of it.

Your brain records the...

- crash of metal
- shatter of glass breaking
• tune playing on the radio
• sight of the other car as it leapt towards you
• brightness of its headlights
• smell of burnt rubber as your tires screeched on the pavement
• scent of decaying autumn leaves in the air
• taste of the coffee you’d just drunk
• food still digesting in your stomach from lunch
• sensation of the car seat against your back
• scrunching and tension of your muscles in reaction to the impact
• grey clouds in the sky
• conversation you were having with your passenger
• smell of that person’s perfume or aftershave

You name it, your brain stores it.

And what does your brain do with all this information? It uses it to help protect you.

How?

Like this: In the future, whenever your brain notices anything that reminds it of this stored information from the accident, it sends a signal to your amygdala – the alarm centre of your brain – that says, “DANGER, POSSIBLE LIFE THREATENING EVENT AHEAD.”

Then what happens to you? You experience the same frozen trauma reaction that you had at the time of the real car accident. Your brain actually makes a mistake and thinks that the car accident is happening again right now. So you freeze.

**How does that affect your digestion?**

During the original freeze reaction your autonomic nervous system goes haywire. First your heart rate, blood pressure and digestive activities dramatically increase, then they hit a low cycle where they dramatically decrease. This out-of-control cycle continues up and down throughout the time you are frozen.

You can freeze again at any time because your brain is constantly watching out for anything that reminds it of the car accident. A sight, smell, taste, feeling or any other tiny detail your brain remembers can trigger you into the freeze response. And the wild cycling of your autonomic nervous system starts all over again. So your digestion is repeatedly over-stimulated then shut down. Sounds a lot like diarrhea,
urgency and constipation, doesn’t it? Not to mention spasms and cramps.

The worst part of it is that all this is happening “automatically” – without your conscious knowledge. So it feels as if your digestive system has suddenly taken on a life of its own, no matter what you do to try and stop it.

Amazing as it seems, your brain thinks that it is protecting you from danger when you aren’t in danger at all! What’s really happening is that it is stuck in the past. This creates a lot of pain and anguish for you because, on the conscious level, you’re living your life in the present. You’re not in a daily car accident and you don’t have a frequent major trauma. (Unless you’re in a war zone.) Yet you’ve got these bizarre IBS symptoms that seem to come out of nowhere.

Well, they’re not coming from nowhere. Dr. Scaer and other brain scientists including Dr. David Servan-Schreiber and Robert Jampolsky, PhD, agree that bowel symptoms are very much linked to the secret world of hidden trauma inside your brain.

So how are you going to update your brain to release that old trauma, calm your amygdala, and keep your nervous system from triggering your bowel into painful reactions?

**Strategy:** There’s a simple technique that will help you to do this. It’s called EFT tapping and you can watch a video of how to do it on our website. (To watch the tapping tutorial, just go to the bottom of the Products page.)

Dr. Scaer says that, in his long experience of treating trauma and chronic pain, only mind-body methods such as EFT tapping are really effective.

In fact, tapping seems to have the effect of “re-programming” your brain to neutralize the old stored trauma so those memories no longer set off your amygdala. That means your amygdala will stay calm instead of triggering your nervous system into creating pain, anxiety, spasms, cramps, constipation, diarrhea, and other bowel symptoms.

Even if you don’t know exactly what the trauma was (i.e. childhood surgery you don’t remember), you can assume that your symptoms are happening in response to a trigger. Each time you tap for a symptom you also neutralize the trauma trigger that set it off.
So, with this simple tool, you can take control of your digestive health.

Unlike most techniques that require an expensive practitioner to do the work on you, tapping literally puts the power into your hands because you use it yourself.

What’s the catch?

The catch is that, even though tapping is easy to learn, you’re going to need some guidance to direct it well to IBS issues. That’s why we designed The No IBS Program. It leads you step by step through the whole process of relieving pain, gas, bloating, diarrhea, constipation, stress, anxiety, fatigue, embarrassment, the distress and annoyance of the way others respond to your IBS, the challenges at work and at school, and much, much more.

Could you do the tapping yourself, on your own, instead of using The No IBS Program? Of course! The truth is, you can do just about anything yourself. But it’s probably going to take you a lot of time and effort to figure out how to get the relief you want. (It took us 20 years to put all the pieces together.) So you’re more likely to give up in frustration long before you receive the benefits. Then you’ll be stuck with all the IBS pain, symptoms and anxiety you were hoping to escape from.

As with any new process, one of the fastest ways to achieve success is to have a coach. The No IBS Program is designed to be your digestion coach at a fraction of the price of live coaching.

Is tapping all there is to The No IBS Program? Absolutely not!

As we mentioned at the beginning of this report, IBS is a complex condition. To help you take control of IBS, we’ve combined research from energy medicine, environmental medicine, natural nutrition, and brain science. Want to know:

- what foods to avoid and which ones support you?
- how to quickly and effectively clear out the hidden chemical causes of IBS that are quietly poisoning you?
- how to relieve pain, stress and anxiety?
- how to reduce the irritation you can feel when other people don’t understand your condition?
• and how to recover from the shock of a bad experience in the doctor’s office?

All of that and more is covered in the program.

As we mentioned, it’s taken the two of us 20 years, as well as tens of thousands of dollars and many hours of client work to figure out the most successful way to help you deal with the pain, anxiety, stress, trauma, and symptoms of IBS. We’d like to share what we’ve learned with you.

But **you don’t have to wait 20 years** OR spend the kind of money we did!

The No IBS Program is an 8-module audio program you can download immediately to start feeling better. There are no expensive shipping charges and no waiting around for packages to arrive in the mail.

Right now, The No IBS Program is being offered at a special price. It’s like getting 8 office visits with us for less than the price of one – without ever leaving the comfort of your own home! Better hurry... because we don’t know how long it’ll be possible keep the price this low.

Now that you’ve unlocked the mystery of IBS, are you ready to start taking control of your symptoms and **get your life back**?

**Good health to you always!**

Karen & Kathy

Karen Alison and Kathy Raymond
The No IBS Program
www.no-ibs.com

**P.S.** Here’s what one participant said after completing the program:

“I have been able to sleep well in 'strange, new environments', and mostly without a sleep aid! This is unheard of for me. I started my period yesterday without any PMS prior to its arrival. In fact I wondered if I would be late this month simply because the tension, swollen limbs, and tummy aches were simply not there!
Thanks so much Karen and Kathy for putting together such a comprehensive program that addresses every facet of IBS. I have been giggling releasing 'charge' when I listened to some of the subject matter addressed with EFT - I couldn't believe you knew I was sensitive to light! That I'm afraid to look for a new job because of my IBS! On and on. It was outright shocking to me that anyone else could be aware of the world I live in every day.”
- M.N., Project Manager, Nevada

P.P.S. The No IBS Program is risk-free. You can keep it for a full year and if you decide you really haven’t received any benefit from it, we’ll give you a full refund.

References:


Dahlman, David, NC. Why Doesn’t My Doctor Know This? Morgan James, Garden City, NY, 2008.


Servan-Schreiber, David, MD, PhD. the Instinct to Heal, Rodale, USA, 2004.


**Disclaimer**: The contents of this report are intended for personal interest only. They reflect the opinions of the authors 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 other serious bowel diseases including cancer.