



SAINT LOUIS  
UNIVERSITY

**Saint Louis University Medical Center**



Saint Louis  
Behavioral Medicine Institute

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## **Traveling on a Weak Stomach Doesn't Have to be Impossible**

Doctors at Saint Louis University School of Medicine say there are many ways to treat IBS, including one surprising one: hypnosis.

Newswise — Irritable bowel syndrome can be painful and embarrassing. But trying to plan a summer vacation if you have IBS can be downright difficult. Ryan Niemiec, Psy.D., a behavioral health consultant at Saint Louis University School of Medicine, says there are a number of treatments available that can help men and women travel with ease – and one surprising one. “Hypnosis has proven to be a very effective way to treat IBS – it’s about 80 percent effective in people who haven’t had success with other treatments,” he says. “Much like using hypnosis to help smokers end their addiction, we’ve found that this technique can help calm nerves. It also helps patients use their own very powerful minds to overcome pain and discomfort.” Niemiec is quick to point out that this form of hypnosis doesn’t resemble the hokey images we’re used to seeing in movies. “It’s basically a way to retrain the mind,” he says.