

## Why use hypnotherapy for Crohn's disease, ulcerative colitis or other inflammatory bowel conditions?

There is a lot of evidence that hypnotherapy alleviates the symptoms of these conditions.

A systematic review of papers published on different types of complementary and alternative medicine was performed in 2014 that concluded that the weight of evidence supporting the use of hypnotherapy for ulcerative colitis was very strong<sup>1</sup>.

A second systematic review of 30 years of research published on the use of hypnotherapy for these conditions concluded that hypnotherapy was significantly effective in improving and providing long-term relief from gastrointestinal symptoms in children and adults<sup>2</sup>.

The rate of improvement in symptoms ranges in studies from 53% to 94% and the benefits extend well into 6-month, 10 month and 12 month follow-ups<sup>3</sup>.

A randomised controlled trial compared the effectiveness of hypnotherapy versus other psychological techniques and found that hypnotherapy was more effective, and the effects were still evidence at one year after treatment for 68% of the patients<sup>4</sup>.

### References

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