



# Manage IBS: Learn to Cope with IBS using Subliminal Messages

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## Manage IBS: Learn to Cope with IBS using Subliminal Messages Subliminal Guru

Manage IBS - Learn to Cope with IBS using Subliminal Messages. Seven powerful recordings, each 10 minutes long, containing thousands of embedded subliminal messages designed to help you reach your goal.

This recording contains the following subliminal affirmations:

- I am in control of my stomach and digestion
- I eat healthy, nourishing food
- I am able to beat IBS
- Every day my IBS is becoming more manageable
- I feel healthy and whole
- IBS is easy for me to deal with
- I cope calmly with IBS
- I easily avoid foods that trigger IBS
- I stay relaxed and stress free
- I enjoy regular healthy bowel movements
- I eat and drink in moderation
- IBS is manageable for me

To use this recording, simply hit "play" and listen. You can also listen on repeat in the background if you desire.

For full listening instructions, visit: <http://www.subliminalguru.com/listen>

To learn more about this audio, look it up in our catalog at <http://subliminalguru.com/catalog>

To learn how subliminal messages are embedded into this audio, visit <http://www.subliminalguru.com/subliminalanatomy.pdf>

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