



Discussion Guide for Providers



What is Digestible?

Digestible is a mobile application and Brain-Gut Regulation program designed to help reduce symptoms of Irritable Bowel Syndrome (IBS) or other Disorders of Gut-Brain Interaction (DGBIs). Digestible was developed with clinical experts including:

- Dr. David Clarke, Gastroenterologist and President of the Association for the Treatment of Neuroplastic Symptoms (ATNS)
- Dr. Jennifer Franklin, Gastro-psychologist
- Ingrid Currington, Accredited Practicing Dietitian and Credentialed Eating Disorder Clinician
- Dr. Becca Kennedy, Family Medicine Physician

The program integrates concepts and techniques from evidence-based mind-body therapies such as:

- GI-CBT
- Emotional Awareness & Expression Therapy
- Exposure-based CBT
- Mindfulness-based Stress Reduction
- Relaxation training
- Pain Reprocessing Therapy
- Self-compassion

Digestible guides users to identify their stress-based habits and triggers, including fear of symptoms, fear of food, stressful personality traits, repressed emotions, self-limiting beliefs, and avoidance behaviors. We then gently support users in challenging their specific triggers by providing various tools for stress reduction and challenging stressful patterns. These tools include educational modules, meditations, visualizations, somatic tracking, journaling practices, and graded exposure to avoided foods.

Digestible is designed to offer daily practices and educational modules **requiring just 5-20 minutes per day.**



Who should use Digestible?

Consider for patients who:	Not suitable for patients who:
Have a diagnosis of IBS (incl. subtypes C, D, or M) other disorder of gut-brain interaction such as Functional Dyspepsia.	Are currently experiencing an acute psychiatric crisis, severe untreated mental health condition, or psychosis.
Have tried other treatments (like diets, medications, or supplements) without satisfactory symptom relief.	Have been diagnosed with Inflammatory Bowel Disease (IBD), Celiac Disease, or another condition involving structural damage to the digestive tract.
Identifies stress as a contributing factor to their symptoms and is open to trying a mind-body approach.	Do not speak English.
Experience fear around food or worry about which foods are "safe" to eat.	



How to discuss Digestible with a patient/client?

Key Talking Points

- ☐ Reinforce that IBS is not caused by structural abnormalities or damage but rather a disruption in how your brain and gut are communicating.

“IBS is what we call a **Disorder of Gut-Brain Interaction, or a DGBI. What that means is that the issue isn't in your gut alone — it's actually a disruption in how your brain and gut are communicating. For this reason, mind-body treatments can be effective for many people.**”
- ☐ Discuss the physical presentations of stress and anxiety in the body including digestive symptoms and heightened pain sensitivity.

“Stress activates the body’s fight-or-flight response, which disrupts the digestive process and heightens pain sensitivity. This can lead to the hallmark IBS symptoms like diarrhea, constipation, bloating, and pain. Over time, stress can lead to a hypersensitive gut, even when everything looks ‘normal’ medically.”

- ☐ Explain that stress, both current and past, can play a major role in IBS.

“Stress can play a major role here. And not just current stress — even stress from earlier in life, like childhood adversity or chronic tension growing up, can change how the brain and nervous system process signals from the gut.”

- ☐ Offer hope that there are effective treatments to reduce symptoms.

“The good news is that the brain and nervous system can change. Just like they learned to be on high alert, they can learn to calm down and regulate again. There are effective treatments that target the brain-gut connection.”

- ☐ Share Digestible as a resource.

“One example is a program called Digestible. It’s a app specifically designed for IBS that helps retrain the way your brain and gut are communicating to reduce symptoms. It focuses on helping you identify and address stress-based triggers that could be contributing to your symptoms.

If you’re open to a mind-body approach, I’d recommend checking it out. I can also share my code for a 14-day free trial, CARE14.”



Referral Process

70% of IBS patients are open to mind-body treatment, yet only 15% are ever referred.

With your help, we can change that.

If you have a patient that you think would benefit from using Digestible:

- Offer your patients 2 weeks free (in addition to the first 2 day trial) with code **CARE14**
- Request complimentary provider access to explore the program yourself by emailing support@digestibleapp.com or by submitting the [provider access request form](#)
- Offer them the Patient Handout (linked under [Provider Resources](#))