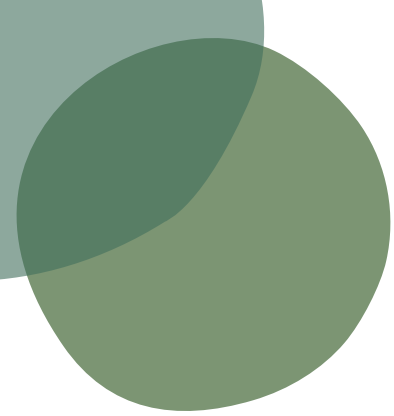




Digestible Overview for Patients



What is Digestible?

Digestible is a mobile application and Brain-Gut Regulation program designed to treat Irritable Bowel Syndrome (IBS) or other Disorders of Gut-Brain Interaction. Digestible was developed with clinical experts including physicians, psychologists, and dietitians.

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

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

Our brain-gut experts help you to identify your unique symptom triggers, and provide evidence-based tools for reduce symptoms using a brain-gut approach. These tools include educational modules, meditations, visualizations, somatic tracking, journaling practices, and guided exposures.

Digestible offers personalized daily recommendations based on an your specific needs, and it takes **just 5-20 minutes per day.**



Is Digestible right for me?

Digestible is for you if you:	Digestible may <u>not</u> be for you if you:
Have a diagnosis of IBS (incl. subtypes C, D, or M) other disorder of gut-brain interaction.	Are experiencing a digestive disorder like Inflammatory Bowel Disease, Celiac Disease, or another inflammatory or auto-immune condition.
Have tried other treatments like diets or medications and have not had satisfactory symptom improvement.	Do not speak English.
Identify stress as a trigger for your symptoms.	Are experiencing severe psychiatric disorders or psychosis.
Struggle with fear of food and worry about which foods are “safe” to eat.	
Identify as a perfectionist, or you tend to put the needs of others before your own.	
Experienced things in your childhood, that if a child you cared about were to go through, you would feel sad or angry.	
Are open to incorporating a mind-body approach to your IBS treatment.	



What is the science behind Digestible?

Research shows that Irritable Bowel Syndrome (IBS) is a disorder of the brain-gut connection. If you've ever experienced butterflies in your stomach during a stressful experience, you have felt the power of the brain-gut connection.

This is why treatments that only target the gut, like supplements or diets, can sometimes fall short. Digestible is unique because it targets the root causes of IBS in the brain and nervous system.

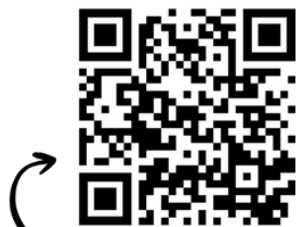
When stress, emotions, or certain personality traits put the brain in a state of high alert, the brain sends messages to the gut which disrupt digestion and pain perception. Research shows that even stress from childhood can impact how “protective” our brain and nervous system are wired to be.

Digestible helps you identify your unique stress-based triggers and gives you personalized daily, evidence-based tools to retrain your brain-gut connection, so symptoms can fade away.



How can I get started?

- Download the Digestible app on the App Store or Google Play Store
- Try the first 2 days free to see if it's right for you
- To unlock the full program, the cost is **\$149/year**
- If you try the first two weeks and don't feel like you're on the right track, we'll refund you no questions asked



Scan for iPhone access



Scan for Android access