



Digestible Overview for Patients



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. 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:

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

Our human-guided program helps 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 graded exposure to help reduce symptoms and move towards a less restrictive diet.

Digestible offers daily recommendations for brain-gut regulation exercises, which take **just 5-20 minutes per day.**



Is Digestible right for me?

Digestible is for you if you:	Digestible might not be the right fit if you:
Have a diagnosis of IBS (including IBS-C, IBS-D, or IBS-M) or another Disorder of Gut-Brain Interaction (DGBI).	Have been diagnosed with Inflammatory Bowel Disease (IBD), Celiac Disease, or another condition involving structural damage to the digestive tract.
Have tried other treatments (like restrictive diets, medications, or supplements) without satisfactory symptom relief.	Do not speak English.
Identify stress as a trigger for your symptoms.	Are currently experiencing an acute psychiatric crisis, severe untreated mental health condition, or psychosis.
Experience fear around food or 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 you would not want a child you care about to go through.	
Are open to incorporating a mind-body approach to your IBS treatment.	

Not sure if Digestible is right for you? We recommend consulting with your healthcare provider.

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 key influences 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, which can then lead to chronic digestive issues.

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



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