

# How a text message triggered off IBS



META-Medicine® explains why...Cathy's story

It was in mid-August that Cathy started getting IBS. Like many people, she'd experience painful symptoms of bloating and constipation followed by diarrhoea. As a holistic therapist and fan of natural healing, Cathy had tried several approaches to overcoming the issue, including dietary changes and releasing stress around her forthcoming exams.

While her symptoms improved, she was unable to stop the IBS recurring. The situation had been going on for almost 10 months when Cathy attended a META-Medicine introductory course, and received a startling revelation.

IBS is estimated to affect up to one in five of us at some point in our lives. It is classified by modern medicine as a functional disorder, because there are no apparent physiological causes. Interestingly, even conventional medicine has acknowledged the link between the onset of IBS and stress, and the fact that IBS often flares up during stressful periods. But until now, the specific cause and meaning of IBS has remained a mystery.

Cathy attended the META-Medicine course to enhance her health understanding and help her clients. She didn't realise it was an opportunity to figure out her IBS problem - until sitting at the front as a demo subject! Through the questioning, she discovered the root cause. It all started at a

friend's barbecue, when a text message from a colleague came through to her husband's phone. Without a second thought, she read it... and got a huge shock as she realised what was going on. They were having an affair. Cathy hid her horror and anger, and got on with the party.

## How did META-Medicine uncover the truth?

META-Medicine is a system for pinpointing the root cause of any illness. It is a bio-psycho-social system, which means it integrates what's happening at every level: mind, body, spirit and our interaction with the social environment. Going beyond all current mind-body approaches by giving us the specific and biological meaning of any health issue.

Based on the premise that disease is not a mistake; instead, our bodies' reactions are highly meaningful. IBS, along with osteoporosis, heart disease, acne, eczema, back pain and all other health problems, is a meaningful response to a

particular emotion. The model explains which emotions cause which health issues, and enables us to work out precise linkings, so we can identify the cause and triggers for a given illness quickly and accurately.

## What starts IBS?

META-Medicine explains how all illnesses, with the exception of poisoning and accidents, begin with an emotional shock. For a shock to cause an emergency dis-ease programme, it must be unexpected, dramatic, highly emotional and isolative. In the moment, the individual has no way of mentally dealing with the unexpected event, so the body takes over.

To identify the specific shock that causes IBS, we need to look at the biological function of the colon. The digestive tract's primary task is to process food. In today's society, filled with media, hi-tech communication and constant contact, it's not just food that we're taking in, it's also information. Just like food, information needs to be accepted, assimilated and utilised or rejected.

Just imagine for a moment that you eat, see or hear something rotten. Your body will either attempt to digest it or eliminate it. If it's totally indigestible, how you eliminate it will depend how far through the digestive tract it's travelled. If Cathy had read the text message and refused to accept it, she may have got gastric reflux. However, she took it in and attempted to get on with the party (and for a time, her marriage). The problem was, she was unable to let go of the 'chunk' of information and the anger she felt.

In META-Medicine terms, the root cause of IBS is an **indigestible anger**: the inability to digest a 'chunk' of information and holding onto anger about it. This was Cathy's experience exactly, and it lasted for several months, until she left her husband.

## Why does IBS follow a pattern of constipation and diarrhoea?

All illnesses follow a two-phase pattern, it's just more obvious with IBS than with other health issues. The two phases represent the body's way of dealing with the shock, then rebalancing. After a shock, we go into the 1st phase, a state of sympathetic stress. This is characterised by:

- Fight-or-flight reactions
- Stress and tension
- Compulsive thinking about the event
- Sleeplessness
- Reduced appetite
- Cold hands and feet

And in the case of IBS, constipation. The 'chunk' of information is stuck within the system, so cells in the colon increase and produce more gastric juices. Why? To enable us to digest the chunk.

When we resolve the anger, and digest the event, we enter the 2nd phase, a state of parasympathetic regeneration. In the 2nd phase, we tend to experience:

- Tiredness
- Increased appetite
- Reduced thinking
- Warm hands and feet

With IBS, this is the diarrhoea phase. Water builds up in the colon, to enable the elimination of the chunk, resulting in diarrhoea. The extra cells which have built up in the 1st phase are released,