

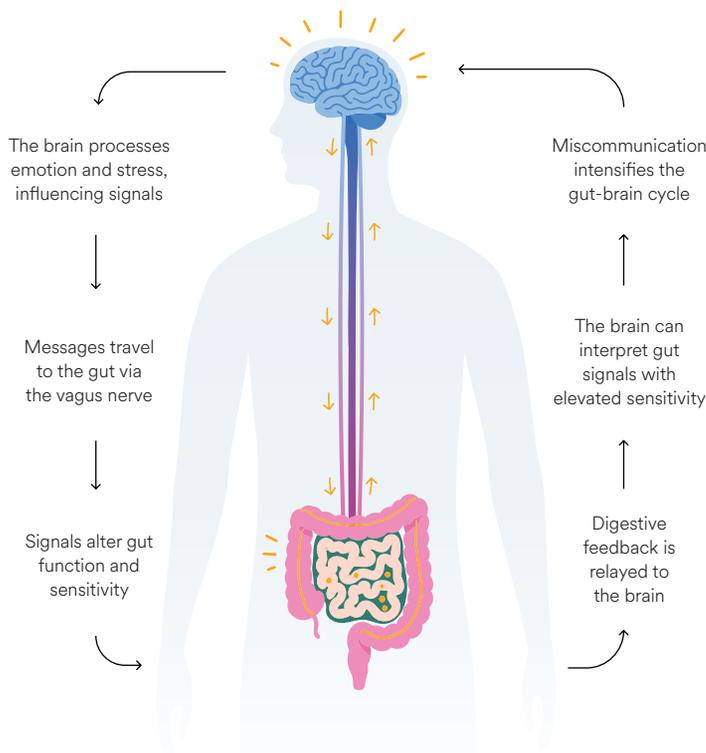
## What is a gut-brain disorder?

The gut and brain constantly communicate through the **gut-brain axis**. In gut-brain disorders, this system still works but becomes more reactive. Gut nerves can become more sensitive (visceral hypersensitivity), and the brain may amplify normal digestive signals.

This reflects changes in communication between the gut and brain rather than structural damage, which can cause normal digestion to be experienced as pain, bloating, nausea, heartburn or changes in bowel habits.

## The gut-brain axis

The gut-brain axis is the **two-way communication network** between your central nervous system and enteric nervous system embedded in your gut wall. It allows messages to travel back and forth between the brain and the digestive system.



## About Nerva: 6-week personalized gut-brain therapy program

- Science backed
- 15 min per day
- Long-term results
- Drug/diet free

Gut-brain therapies are evidence-based protocols designed to support how the brain and digestive system communicate. They aim to calm the nervous system, reduce gut sensitivity, and help the body respond to normal digestion in a more balanced way.

**Nerva is a structured gut-brain therapy program** that has been clinically proven to help regulate communication between the gut and brain.

- Targets visceral hypersensitivity and altered gut-brain signaling
- Helps regulate gut-brain communication
- Combines gut-directed hypnotherapy, CBT-informed coaching, and breathing techniques
- 12 month access for ongoing flare-up management

## 81% of Nerva participants achieved a clinically significant improvement<sup>1</sup>

<sup>1</sup>Anderson, Ellen J. BNutSci, MDiet1,2; Peters, Simone L. BSc (Psychophysiology) (Hons), PhD1; Gibson, Peter R. MBBS(Hons), MD1,2; Halmos, Emma P. BNutDiet, PGradDipBSc, PhD1,2. Comparison of Digitally Delivered Gut-Directed Hypnotherapy Program With an Active Control for Irritable Bowel Syndrome. The American Journal of Gastroenterology 120(2):p 440-448, February 2025. | DOI: 10.14309/ajg.0000000000002921

### Your healthcare provider has referred you to Nerva.

You'll receive an email with instructions to accept your referral with a 25% cost coverage so you can begin your personalized program.

[nervahealth.com](https://nervahealth.com)

\*Disclaimer: Nerva is a self-guided program that may help people self-manage their diagnosed disorder of the gut-brain interaction. Not evaluated by the FDA, TGA, MHRA or equivalent regulators. Do not change any prescribed medication or treatment without professional medical advice.

