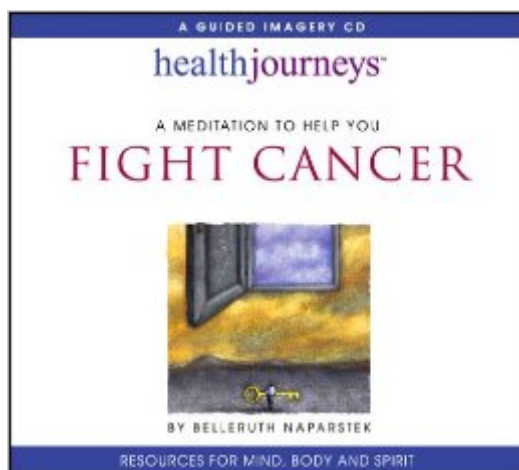


The book was found

# Meditation To Help You Fight Cancer



## Synopsis

The Health Journeys guided cancer meditation CD offers 41 relaxing, inspiring minutes of guided imagery and affirmations designed to help the body mobilize a strong immune response to fight cancer naturally, alongside conventional treatments of chemotherapy, radiotherapy and surgery. Belleruth Naparstek's carefully constructed narrative on this cancer meditation imagines tumors shrinking and fighter cells triumphing over cancer cells, while a protective cushion of love and support surrounds the listener. The result of repeated listening is a dissipation of fear and discouragement; and an upturn in hope, motivation and positivity. Naparstek's calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn, to set up the most powerful impact for assisting the body with its own natural ways to fight cancer. A separate track of affirmations bolsters the healing, hypnotic cancer meditation with brief, positive suggestions in a format that can be heard and enjoyed while engaged in other activities, including driving. Meditation and cancer treatment are natural partners, and these state-of-the-art guided meditations for cancer are recommended and distributed by the Mayo Clinic, Johns Hopkins, Dana Farber, Memorial Sloane Kettering and Kaiser Permanente. (Running Time: 41 minutes)

## Book Information

Audio CD

Publisher: Health Journeys; unknown edition (January 1, 1991)

Language: English

ISBN-10: 1881405354

ISBN-13: 978-1881405351

Product Dimensions: 5.5 x 4.8 x 0.3 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (51 customer reviews)

Best Sellers Rank: #147,458 in Books (See Top 100 in Books) #67 in Â Books > Books on CD >

Health, Mind & Body > Meditation #67 in Â Books > Books on CD > Health, Mind & Body > General  
#141 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

This is an incredible little tape. Side 1 is the guided imagery which is I guess about 20 minutes and side 2 has some reinforcement phrases to say to yourself. The guided imagery is terrific. She takes you to a special place, you address your immune system directly, telling it you're ok and they can stand down, and she helps you surround yourself with support. The first time I listened I cried like I

hadn't cried in a long time. I didn't know how much I had kept inside. It is such a good tape I can't say enough.

I copied this CD to my iPod and listen to it every time I take the dog for a walk, which is often. My scans went from bad to really good in a year. The oncology nurse was startled with the results and asked, "What are you doing?" I've cleaned up my diet (almost no sugar, as cancer cells love sugar), lost body fat with diet and exercise, take detox supplements, and don't obsess over the cancer. I was supposed to be dead 6 years ago and up until the last year was just getting by. Maybe something on the scan would be a little better but something else would be worse. It was frustrating. I attribute a great deal of the healing to the guided imagery and affirmations on this disk. The guided imagery is so moving. The emotions really well up and I'm a little sad when it's over. Sometimes I listen two and three times in a row because it reaches so deeply within. I can't recommend it highly enough. I'd give it 10 stars if that were possible.

This audio book does not give the listener the usual round of medical jargon about MS. It is a tool for the patient with MS at probably any level of progression, to help themselves to feel more energy, improve concentration, and generally improve their overall stamina. As a patient with MS, I receive continued benefit to help make each day more enjoyable. I shared this tape with a local MS support group, and all of the group wanted to buy their own copy for their own use. They too found various degrees of improvement in their daily condition with the disease.

With a soothing voice Belleruth Naperstek leads the listener to a sense of peace through calming meditative words. It would seem to be helpful to anyone contending with cancer. It is not, however, as helpful to those experiencing other cancer related disease, especially blood related. Leukemia, for example, would require very different images. Still, it would be somewhat helpful to someone with leukemia or lymphoma if they are not terribly distracted by the brief imagery specifically related to tumor cancers.

By far Belleruth's tapes are the best in applying guided imagery to health and healing. Her tapes inspire as they help you focus your mind on healing your body. Highly recommended!

I found this tape one of the most healing avenues I have tried in my journey with MS. It helps you to let go of the tense feelings whether they are mental or physical. It is a gift to your well being to try

this tape.

As a person surviving MS, times of pain, frustration and stress can really be a hinderance to you and the disease. Just taking a few needed precious moments to listen to this guided imagery tape will help you "let go." I listen to it every night and never get tired of it. There have been many times during the day when I have made time to listen to it also. The tape has gotten me through some tough days. You will be pleased to have this as part of YOUR MS survival armory.

regularly- & have been listening to it for the 2-3 yrs. I find Belleruth Naparastak's voice very melodious & comforting &, I think, the imagery she guides us to/through is helpful.

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