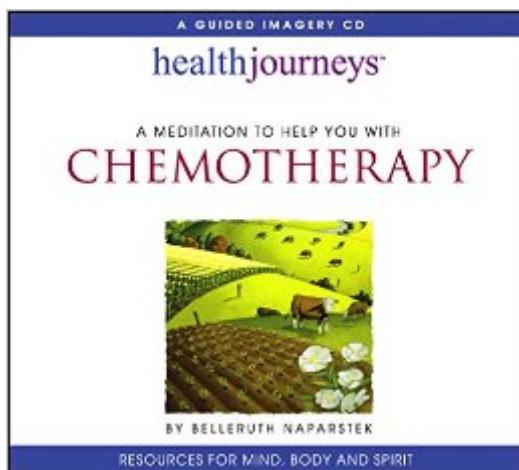


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# Meditation To Help You With Chemotherapy (Health Journeys)



## **Synopsis**

The Health Journeys guided meditation for chemotherapy is designed to naturally and holistically increase comfort during treatment and fortify emotional resilience and a positive attitude. Belleruth Naparstek's state-of-the-art guided imagery for chemotherapy helps reduce side effects, such as nausea, low blood counts and fatigue, and counter any fear, depression or anxiety. Additional hypnotic images and suggestions support the body's cancer-fighting immune cells. This particular chemotherapy meditation has been distributed by oncology nurses in chemo units nationwide, through the auspices of Smithkline Beecham, Roche, Amgen, Kaiser Permanente, Blue Shield and many notable hospitals such as the Mayo Clinic, Dana Farber and Johns Hopkins. Naparstek's calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn and produced by the Cleveland Orchestra's Bruce Gigax, to create the most impactful use of meditation for chemotherapy. A separate track of affirmations provides a briefer form of guided meditation for chemotherapy, embedding the same healing images and suggestions in positive statements that can be enjoyed while engaged in other activities. Enjoy the immersive, hypnotic, calming images and suggestions on this evidence-based chemotherapy meditation and the sense of peace, control and mastery it can provide during a challenging time. (Running time: 41 minutes)

## **Book Information**

Series: Health Journeys

Audio CD

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

Language: English

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ISBN-13: 978-1881405597

Product Dimensions: 0.5 x 5 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews Â (30 customer reviews)

Best Sellers Rank: #37,040 in Books (See Top 100 in Books) #11 in Â Books > Books on CD > Health, Mind & Body > General #12 in Â Books > Books on CD > Health, Mind & Body > Meditation #13 in Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## **Customer Reviews**

I am currently going through chemotherapy, and I bought this cd to help me be as comfortable as possible with this treatment. I listened to it before my first treatment and while I was receiving

chemo. for the first time....it really did help me to relax and concentrate on the positive energy that is available to me....I would recommend it to anyone who is going through this process, because it really can help to alleviate some of the anxiety and stress related to this difficult disease.

This is an excellent CD to get if you do not have the Health Journeys "Fight Cancer" CD. If you do, you will find, as I did, that they are nearly identical. The guided imagery on "Fight Cancer" uses a light image for visualizing healing, and this one uses a fountain of water, but that's the only difference. The instructions, affirmations, relaxation cues, and most of the guided imagery are the same on the two CD's. If I had known that I would not have bought this one. I am otherwise quite satisfied with these products. I like Belleruth's voice (which is essential, and is entirely a matter of personal preference.) They are very helpful, and I recommend them highly. I appreciate being an actor in my cancer treatment, and not just a passive recipient.

Attitude has to be one of the most important parts of battling chronic disease. Nearly two years into my fight against breast cancer a counselor at the Cancer Center loaned me her copy of this magnificent CD. Health Journeys: Meditation to Help You with Chemotherapy helps your mind guide the medicines for the fight. The body needs peace and calm to assist the medical profession as we battle cancer. I highly recommend this CD.

I am currently undergoing chemotherapy to treat breast cancer and I find this CD soothing and empowering. Ms. Neparstek's voice is calming and reassuring. It is also the perfect length for me (the two sections, without the introduction, total almost 37 minutes). The first section, guided imagery, takes the listener through a visualization process in which we imagine a comfortable place where we are surrounded by loved ones. We are asked to envision a ribbon of light coursing through our bodies and eradicating cancer cells. The guided imagery is empowering, instilling me with the confidence that my own mindset plays a vital role in my healing. The second section, affirmations, is also empowering. Through a series of statements, we are encouraged to acknowledge the healing that is taking place within us and our role in that healing. Cancer has prompted me to look closely at my mindset and re-evaluate my way of thinking which is typically very anxious. As part of my efforts to manage my anxiety, I am reading about and practicing meditation. This CD was an important first step for me in moving toward a healthier and calmer way of thinking.

Chemotherapy for me was a very debilitating experience, until I discovered two things: Vitamin C IV and this CD. I listened to it every night when I went to bed and almost every morning before getting out of bed. It not only helped me to relax so I could sleep, but also to develop and keep a totally positive attitude about my complete and permanent recovery. I finished chemo on March 29th this year, and I still listen to this CD occasionally; it reinforces the power of a positive attitude, faith, and the strength one can draw from loved ones. If you or someone you care about is, or will soon be, in chemotherapy, do yourself or that person a huge favor...buy this CD for them.

This CD has been very supportive as I proceed through chemotherapy. I like that it has both a guided imagery section and a section with affirmations. As Ms. Naparstek points out, some people do better with guided imagery and others with affirmations. I find them both helpful at different times and usually listen to both.

I bought this CD for my mother. She said it really helped to pull her through a painful night. She indicated the voice was soothing and helped her to focus on healing, positive thoughts. I was so happy to hear it was helpful. I found the suggestion while reading the Breast Cancer Checklist Book. Thumbs up!

Belleruth's Meditation for Chemo has been very helpful to me. Not only does she do a great job of getting me relaxed, her guided imagery and affirmations are powerfully effective. I took off one star because her suggestions during the imagery part are a little too specific for me. For instance, when she invites the listener to imagine him/herself in a comfortable place she goes into ideas about that place: a rock in the sun, cool grass, etc. I don't go to any of the places she suggests and I get distracted. Other than that, it's really an excellent program. I would easily recommend this to anyone with cancer, even if they're not having chemo. Be well.

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