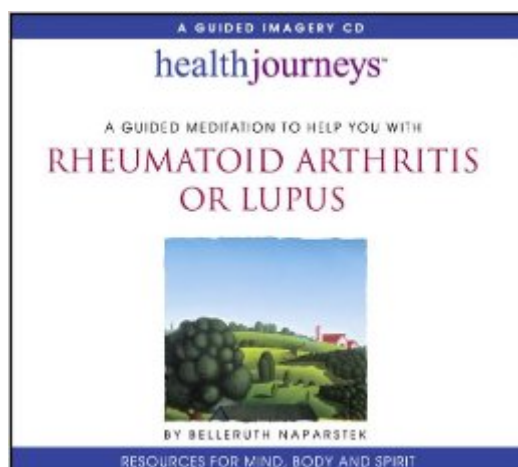


The book was found

A Meditation To Help You With Rheumatoid Arthritis Or Lupus



Synopsis

Belleruth Naparstek created this imagery to focus on inflamed joints subsiding and overactive immune cells settling down. There is imagery to combat pain and fatigue, and encourage feelings of peace, calm and gentleness toward the self. With Affirmations. (Running Time: 50 minutes)

Book Information

Audio CD

Publisher: Health Journeys (August 1, 2003)

Language: English

ISBN-10: 1881405699

ISBN-13: 978-1881405696

Product Dimensions: 5.5 x 5 x 0.3 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,194,934 in Books (See Top 100 in Books) #74 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #326 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #633 in [Books > Books on CD > Health, Mind & Body > General](#)

Customer Reviews

If you have this horrible disease, or if you know anyone that does, Belleruth Naparstek's "A Guided Meditation to Help You with Rheumatoid Arthritis or Lupus" is a must have and a true God send. This audio CD gives you the tools that you need to take back your life and get your joy back. Having RA, Osteoarthritis, and Fibromyalgia, the pain was more than I thought I could bear and was robbing me of my life. Unable to take the harsh medications I didn't think I would ever find anything to help me. After only listening to this for 4 nights, I am ALREADY seeing positive changes. I actually even slept through the night!! She has an entire collection to choose from. I thank God for Belleruth Naparstek!!

Gave CD to dear friend suffering from rheumatoid arthritis. She reports that it is used together with other therapies and that the guided imagery not only is relaxing but also helps in resting and falling asleep.

I bought this as a cassette, and thought it was the last available copy of the recording. So happy to

see it available as a CD, I'm buying it again! I have really bad insomnia and this helped me relax and sleep. I also have been dealing with autoimmune stuff for 17 years, and these affirmations are right on target. Usually guided imagery doesn't work for me, but this recording does.

My whole family enjoys this soothing meditation. It encompasses forgiveness and also nurturing of self. It is beautiful ! Highly recommended !

I have used the guided imagery to work on an autoimmune problem and regular arthritis for a long time. It works! and helps me sleep.

[Download to continue reading...](#)

Arthritis: Arthritis Relief for Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, and Juvenile Arthritis. Follow The Arthritis Diet, Cure and Treatment Free Yourself From The Pain A Meditation to Help You with Rheumatoid Arthritis or Lupus Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid Arthritis, Fibromyalgia, ... (Eat Right 4 (for) Your Type Health Library) Arthritis: Fight it with the Blood Type Diet: The Individualized Plan for Defeating the Pain of Osteoarthritis, Rheumatoid (Dr. Peter D'adamo's Eat Right for Your Type Health Library) The First Year: Rheumatoid Arthritis: An Essential Guide for the Newly Diagnosed Gut: Goodbye - Leaky Gut! The Ultimate Solution For: Leaky Gut Syndrome. Digestion, Candida, IBS (Diverticulitis, Diverticulosis, Irritable Bowel Syndrome, ... Celiac Disease, Rheumatoid Arthritis) MAGIC WAND FOR SALE, a story about lupus: A book that helps you to explain your Children to understand LUPUS The New Arthritis Cure: Eliminate Arthritis and Fibromyalgia Pain Permanently After the Rain: Overcoming Diabetes Lupus Arthritis Sarcoidosis Obesity High Blood Pressure and the Effects of Prednisone The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) LUPUS: Systemic Lupus Erythematosus: Symptoms. Types. Causes. Diet. Diagnosis. Treatments. Research. The Lupus Answer - Holistic Lupus Diet & Treatment The Lupus Guide: An education on and coping with Lupus Connective Tissue Diseases: Holistic Therapy Options--Sjogrens

Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) How to Deal With Back Pain and Rheumatoid Joint Pain

[Dmca](#)