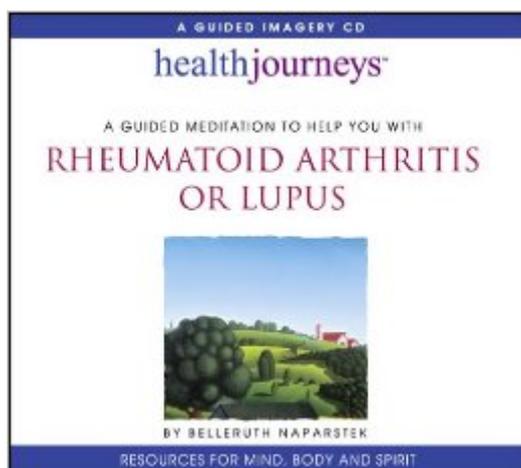


The book was found

# 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)

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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.

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