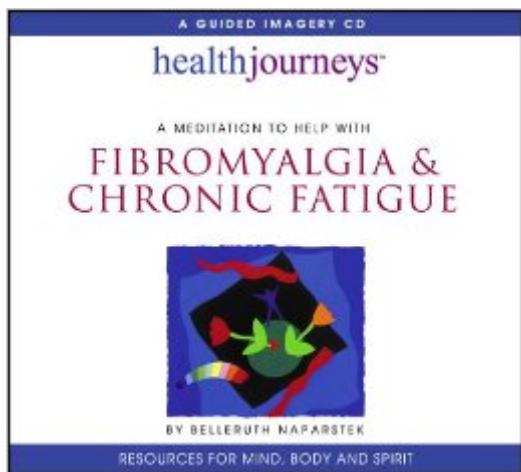


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# A Meditaiton To Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD)



## **Synopsis**

This guided imagery uses the latest research on what helps with FMS and CFS. Imagery of a balanced immune system and relaxed, well-oxygenated muscle tissue join other images that encourage sound sleep, reduce fatigue, pain and depression, and reinforce self-worth and optimism. (Run Time: 47 minutes)

## **Book Information**

Audio CD: 1 pages

Publisher: Health Journeys; Abridged edition (June 1, 2002)

Language: English

ISBN-10: 1881405575

ISBN-13: 978-1881405573

Product Dimensions: 0.5 x 5.5 x 5 inches

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

Average Customer Review: 4.8 out of 5 starsÂ  See all reviewsÂ  (26 customer reviews)

Best Sellers Rank: #541,849 in Books (See Top 100 in Books) #134 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #161 inÂ  Books > Books on CD > Health, Mind & Body > Meditation #167 inÂ  Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

## **Customer Reviews**

I was attracted to Health Journeys recordings because I have Fibromyalgia/Chronic Myofascial Pain Syndrome, and had a ruptured spinal disk. I was unable to take medications for these problems due to adverse reactions. I thought I was doomed to a life of pain, but tried Belleruth's recordings as a last resort. Am I glad I did! I was so pleased that this one, specifically for Fibromyalgia and Chronic Fatigue Syndrome, was introduced! If you are having trouble sleeping, experiencing the IBS that so often accompanies FMS, if you ache all over and feel like crying all the time, the answer may not be more meds... it could just be this fantastic recording. Belleruth empowers people to help themselves. Her soothing voice and wonderful imagery have helped me gain control over my pain and over my illness, and brought me a new outlook on life. Don't feel like a guinea pig any longer, at the mercy of a doctor who may not have a full understanding of your illness and who treats you with painkillers, antidepressants, or, "It's all in your head." Or, if you're receiving competent care, complement your medical treatment with these recordings - they won't interfere! There IS something YOU can do to care for yourself... to ease your pain without drugs, and to prepare yourself each night for deep and

restful sleep. I can't recommend Belleruth's recordings highly enough. I can't imagine anyone whose life wouldn't benefit from them.

Ms. Naparstek has a very soothing and calming voice which is a pleasure to listen to when one is in so much pain. Her CD is very positive, therapeutic, relaxing and uplifting. You can actually feel your body healing itself and the "fibrofog" lifting away to bring back the healthy, loving, beautiful self you once were. You should listen to this CD once daily for powerful affirmations that will condition your body and mind to be as healthy and strong as it should be. I highly recommend this CD to anyone struggling with Fibromyalgia or Chronic Fatigue Syndrome who wants to get their life back.

Sufferers from the chronic pain of fibromyalgia can feel quite lonely. There are lots of "modalities" out there, many of which are useful in palliating the pain to some extent. Over the years, I have found that daily stretching exercises, weekly remedial massage and the use of a naturopathic diet, in that order, have yielded the most relief. I am now exploring meditation as another source of help. I heard Belleruth Naparstek being interviewed on the radio and was so impressed by her that I ordered her CD "A Meditation to help with Fibromyalgia and Chronic Fatigue (Health Journeys)" from .com. I can honestly say it is excellent. She has a beautiful voice and is very knowledgeable about fibromyalgia. She is also unpatronising and non-judgemental - and we sufferers from the condition know that it is common for non-sufferers to be somewhat judgemental. Naparstek takes the listener on a mental journey that is very healthy. She recommends that the CD be listened to daily for a number of weeks. I have to say my pain is no better, but that is not her fault. I know that mental calmness is something that can't be achieved instantly. I recommend the CD wholeheartedly.

This will be short and sweet. I have Fibromyalgia for 22 years now. I really like this meditation and the affirmations that are included. I am having to make myself to set aside time to listen and receive the benefits. It is worth the time. Even if FMS is not your disease it is good for anyone living with Chronic Pain.

Belleruth Naparstek's affirmations and guided imagery offer two choices for feeling better physically, emotionally, and spiritually. I began by listening to one part of the CD before going to sleep at night, and the other part upon awakening in the morning for the first two weeks, and now listen to affirmations or imagery each evening before bed. My body pain has reduced, I feel stronger self

confidence, and better able to listen to my body. I highly recommend her CD's to anyone seeking healing in any area she creates CD's for.

I was diagnosed 11 years ago and have a lot of flare-ups through the years. I ordered this CD with the hope that it would help even a little bit...well to my surprise it works so wonderfully....in a time where I was stressed out and knew that if I didn't calm down I would be suffering severely the next day, I listened to this CD and the next morning woke up feeling great. I've told several people including my Nurse Practitioner that this is the best CD out there to help ease your suffering. I liked it so much that I have ordered several more of Belleruth's CD to use at different times in my battle with FMS.

This CD has been wonderful. My husband and I listen to it before bed and sometimes I listen to it in the afternoon. It does help us sleep, but I think I hear something new every time I listen to it. It helps me remember to relax my muscles and to breathe deeply. I guess I need the reminder, because I always am surprised to find that my muscles are so tense. I recommend this CD for everyone.

I did find this CD helpful. At times I've even fallen asleep before it's finished while listening to it before going to bed. The author's voice is soothing and calming. She talks you through the process of relaxing your body and concentrating on letting the pain go. You can listen to it at any time of the day when the pain becomes unbearable.

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and Fibromyalgia: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Strategies: A Chronic Fatigue Syndrome and Fibromyalgia Journey The Fibromyalgia Cookbook: More than 140 Easy and Delicious Recipes to Fight Chronic Fatigue Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Healing Trauma: Guided Imagery for Posttraumatic Stress (Health Journeys) Anxiety Relief: Guided Imagery Exercises to Soothe, Relax & Restore Balance (Guided Self-Healing) Exercises for Fibromyalgia: The Complete Exercise Guide for Managing and Lessening Fibromyalgia Symptoms Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet (Reset Your Diet Now and Say Goodbye to Adrenal Fatigue Forever) Fibromyalgia and Chronic Myofascial Pain: A Survival Manual (2nd Edition) Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome

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