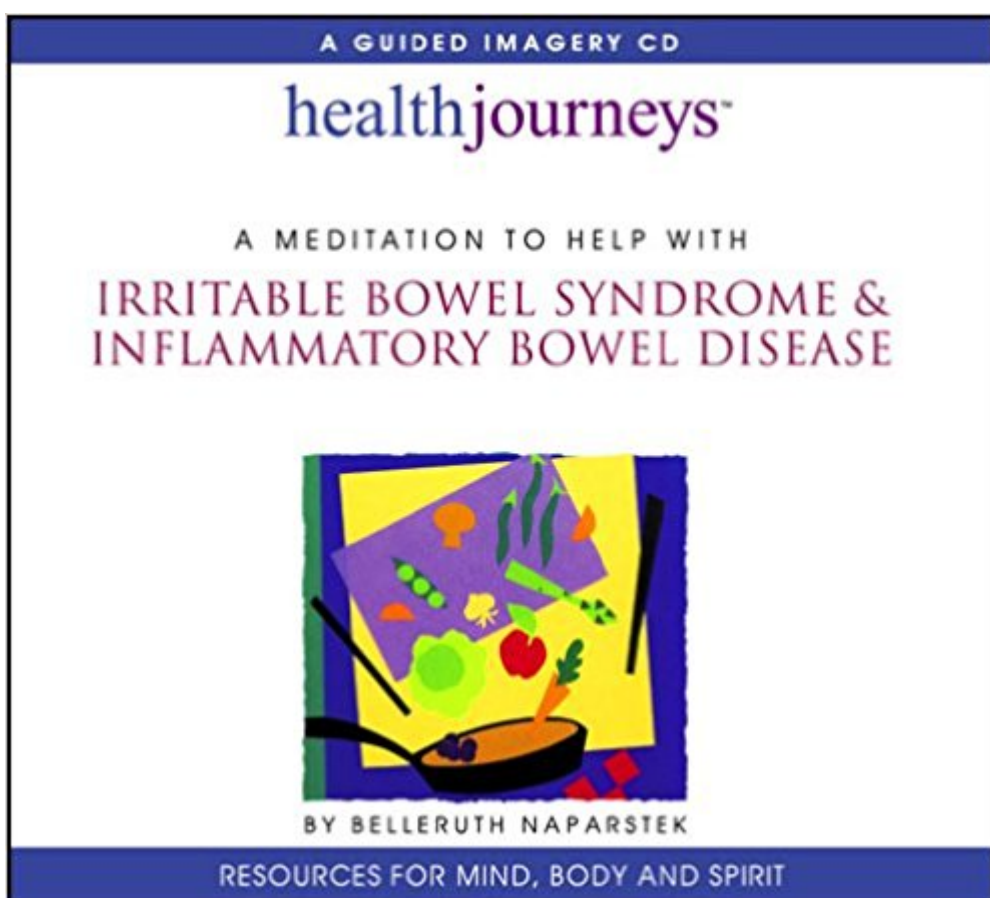


The book was found

A Meditation To Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys)



Synopsis

This guided imagery was designed to calm and support the digestive system; encourage balanced functioning of the immune system; help the body return inflamed, irritated tissue to normal; release toxins; support a sense of safety and strength. (Running Time: 40 minutes)

Book Information

Series: Health Journeys

Audio CD

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

Language: English

ISBN-10: 1881405605

ISBN-13: 978-1881405603

Product Dimensions: 0.2 x 5.5 x 4.8 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 9 customer reviews

Best Sellers Rank: #466,635 in Books (See Top 100 in Books) #40 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #42 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome](#) #125 in [Books > Books on CD > Health, Mind & Body > Meditation](#)

Customer Reviews

I'm very impressed with this product--it is very easy to listen to and comprehensive in terms of including suggestions to regulate the immune system (which is important if you have IBD rather than IBS as I do), repair damaged tissue, and improve the functioning of the digestive system. There are also very intelligent messages about relating to and expressing emotions, so that angle is covered as well. I'm very glad I discovered this MP3, and will be listening to it regularly for as long as I need to. Depending on my state of mind and body when I listen to it, I can experience anything from light relaxation to a deep trance in which I zone out during the imagery and "come to" at the end of it. Either way I feel sure I'm getting some value from it. This is a great value too, by the way--I've purchased much less impressive hypnosis MP3s for over \$20. From now on I'll stick to Health Journeys. April 2009 --Lisa (reprint from Health Journeys website)After having had great results with your Successful Surgery CD, I ordered this one as well. I've been listening every morning for several weeks and am already experiencing a calmer, happier, much less reactive gut. I highly recommend it for those with Crohn's or Ulcerative Colitis. Thank you for introducing me to the

soothing, supportive experience of guided imagery. February 2009 --Joyce (reprint from Health Journeys website)

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the popular Health Journeys guided imagery audio series. Her first book, *Staying Well with Guided Imagery* (Warner) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), won the Spirituality & Health Top 50 Books Award and was released in paperback January of 2006. Highlighted in the 20th anniversary edition of their seminal book, *Courage to Heal*, Ellen Bass and Laura Davis call *Invisible Heroes*, the most useful book for trauma survivors to be published in the last decade . As *Prevention Magazine* noted, she has been quietly creating an underground revolution among mainstream health and mental health bureaucracies, by persuading major institutions such as the U.S. Veterans Administration, the U.S. Dept of Defense, Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, scores of pharmas and nearly 2000 hospitals and recovery centers to distribute her guided imagery recordings, in many instances free of charge to recipients. Recently she has been developing military-friendly resources with the help of the U.S. Army and the Ft. Sill Resiliency Center, and DCoE (Defense Centers of Excellence) has declared guided imagery one of their Twelve Promising Practices. Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. Efficacy has been established for several psychological and medical challenges, most recently for military sexual trauma and combat stress at Duke University Medical Center/Durham Veterans Administration Hospital. Naparstek received both undergraduate and graduate degrees from the University of Chicago. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel in Chicago, and says that her musical comedy skills sometimes come in handy for teaching.

I was very disappointed. In the guided imagery section, the author spends half the time getting you

to identify your safe place and getting to know it but since everyone's safe place is so different a lot of the effort is wasted. I was anxious to get to the guided imagery but had to wait almost 7 minutes every time. In the positive affirmation section, some of the affirmations to be repeated were too long and complex for me to remember long enough to repeat. Even after listening to this tape more than 10 times, I still cannot repeat the affirmations. Some contain too many descriptive words and try to cover too much in one sentence.

recommended by a friend. Very helpful

I've gotta do this more but I really think it will help. I really appreciate someone doing this.

Got it for a friend and she loves it!

I don't like the background music while the therapist is talking leading the relaxation session, it's too loud. Overall it's a ok.

Was disappointed in this book - it was just okay.

I've suffered from IBS for years, ever since some horrendous experiences, compounded by subsequent physical problems. What I like about this meditation is it focuses on mind, body and spirit in a very powerful way. You put your own hands on your belly and imagine that healing is coming from them, right into your intestinal walls. Adding that component to the already excellent psychological and emotional imagery really accomplishes a very deep calming of my insides. I use this woman's work a lot. It's very sophisticated but not head-trippy, and it goes right into the body.

I have suffered from spastic colon for at least six years. I get cramps and other unpleasant symptoms that often require medication. Since I started doing relaxation exercises and listening to this guided meditation my symptoms are down by half and I have much more energy. I find the words, voice and music pleasant, soothing and comforting. Evidently my digestive system feels the same way. Maybe this is a placebo effect, but if it is, who cares? Not me!!!

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Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) A Meditation to Help With Irritable

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Leading Role of Fiber in Diet Failure, Constipation, Hemorrhoids, Irritable Bowel Syndrome, Ulcerative Colitis, Crohn's Disease, and Colon Cancer

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