

A GUIDED MEDITATION TO HELP YOU WITH
RADIATION THERAPY

BY BELLERUTH NAPARSTEK

Designed to help listeners see radiation treatment in a positive light; reduce adverse side effects, such as fatigue and nausea; help immune cells combat trouble spots, reduce anxiety; encourage feelings of hope, resiliency, safety and support. Followed by continuous music. (32 minutes)

"I am a big fan of all Belleruth's audios and recommend them frequently to my patients and students. The beautifully crafted suggestions and images she offers open many doors to inner resources."

Martin Rossman, MD, President and Co-Director,
The Academy for Guided Imagery, Mill Valley, CA



Photo: Karen Ollis Toula

Clinical social worker, author, and nationally recognized guided imagery pioneer Belleruth Naparstek, ACSW, BCD is the founder of Health Journeys and the voice on many of its award-winning audios. For years, she has served on the faculty of the Andrew Weil Center for Integrative Medicine at the University of Arizona, training physicians from around the world in mind-body techniques. She is widely recognized as a key force in making guided imagery – and its benefits – available in a broad range of major U.S. health care institutions.

This is not a substitute for medical treatment.
Do not use while driving a car or operating machinery.

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