

Images OF WELLNESS

REDUCING SIDE EFFECTS OF CHEMOTHERAPY

A **Guided imagery audio program** to effectively reduce treatment side effects from chemotherapy for cancer such as: nausea, vomiting, fatigue, body aches, etc. and also increase inner calm, positive attitude and personal empowerment.

- Track 1 - Instructions and Suggestions
- Track 2 - My Intentions for Treatment
- Track 3 - My Healing Place
- Track 4 - Disconnect from Treatment Side Effects
- Track 5 - Working with my Treatment
- Track 6 - Stop Nausea Now
- Track 7 - Affirmations for Healing

JANE PERNOTTO EHRMAN, M.ED., CHES has a Master's of Education in Health Education, from Pennsylvania State University, with an emphasis on Mind/Body Medicine. She is a Certified Health Education Specialist, a Board Certified Clinical Hypnotherapist and is certified in Interactive Guided Imagery(sm). Jane did post-graduate training at The Harvard Mind/Body Medical Institute in Boston, MA, and the Academy for Guided Imagery in Los Angeles CA. Her own experience with cancer in 1988 taught her the value of imagery, hypnosis and other forms of mind/body medicine to reduce stress, minimize side-effects, and enhance her wellness. As a national speaker, she presents in clinical, lay, and retreat settings on a variety of topics related to Mind/Body and Spirituality.

Contact Jane and view her other CDs and audio programs at:
www.imagesofwellness.com



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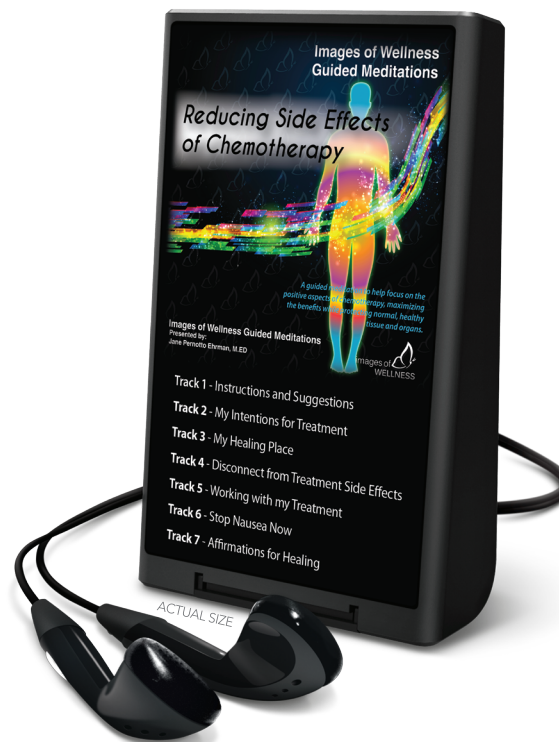
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