

BELLERUTH NAPARSTEK

A MEDITATION TO HELP YOU MANAGE DIABETES

This guided meditation for diabetes is a holistic, mind-body, evidence-based treatment tool that can be applied to either Type One or Type Two diabetes. Offering affirmations and guided imagery for diabetes, this recording has been endorsed and distributed by AADE, the American Association of Diabetes Educators. Embedded in this soothing, hypnotic meditation for diabetes are suggestions designed to help lower blood sugar naturally. The narrative invokes images in a relaxed, focused state of mind, of the body's receptivity to insulin, whether from an under-utilized, natural supply or from medications, or some combination of both.

- Track 1: Introduction
- Track 2: Guided Imagery
- Track 3: Affirmations

Psychotherapist Belleruth Naparstek, M.A., L.I.S.W., is a nationally recognized pioneer in the field of guided imagery, health and wellness, and the author of *Staying Well With Guided Imagery* (Warner Books), *Your Sixth Sense* (Harper San Francisco) and *Invisible Heroes* (Random House). Her highly acclaimed Health Journeys guided imagery series is used in over 3,000 hospitals and clinics, and has sold over two million copies worldwide.

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

healthjourneys™

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Music by Steven Mark Kohn
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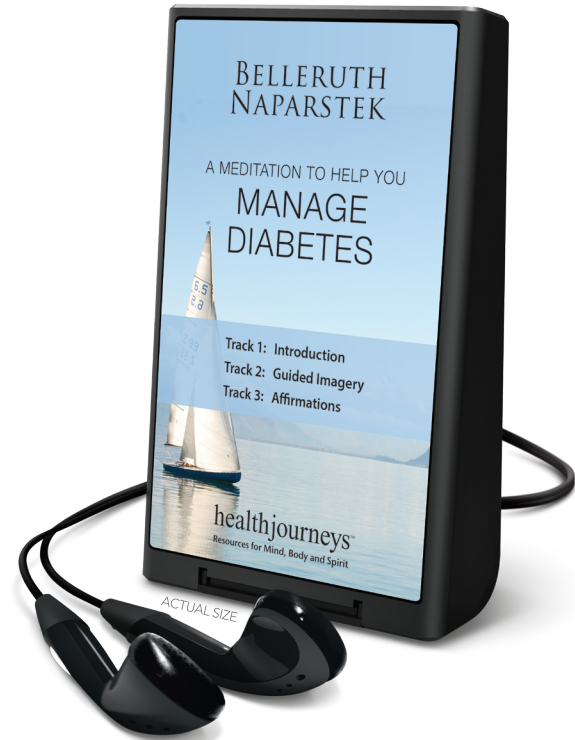
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