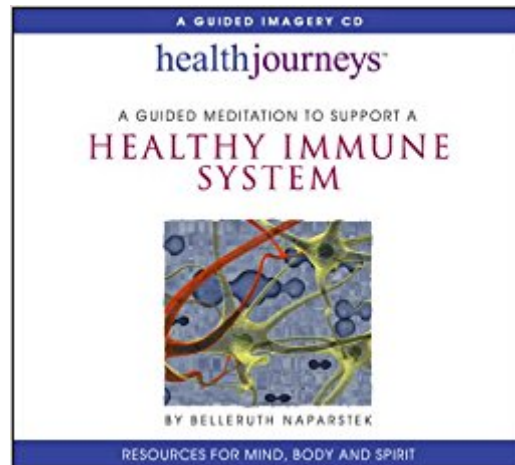




The book was found

# Healthy Immune System



## Synopsis

For years Belleruth Naparstek has had requests for general, immune system imagery - from cancer survivors who want to continue using imagery for maintaining their good health and from those prone to infections, colds and viral illness. So this imagery is designed for general immune system strengthening and balancing. It is written to support the strong but discriminating action from protector cells in the body; to encourage appropriate action from suppressor cells; and promote the defense system's ability to differentiate between compromised and healthy cells. Additional imagery encourages appreciation and gratitude for the body's exquisitely orchestrated, non-stop system of protection. With affirmations. (Running time: 35 Minutes)

## Book Information

Audio CD

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ISBN-13: 978-1935072003

Package Dimensions: 5.5 x 4.9 x 0.4 inches

Shipping Weight: 0.8 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 9 customer reviews

Best Sellers Rank: #544,584 in Books (See Top 100 in Books) #231 in [Books > Books on CD > Health, Mind & Body > General](#) #313 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

## Customer Reviews

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the popular, 50-title, Time Warner 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 their soon-to-be published 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*

recently 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, The American Red Cross, Aetna U.S. Healthcare, Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, GlaxoSmithKline, Ortho Biotech, Roche, Abbott, Amgen, and nearly 2000 hospitals, mental health centers, social service agencies, health spas and recovery centers to co-brand and distribute her guided imagery recordings, in many instances free of charge to recipients. In addition, 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 PTSD 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.

This is my third guided imagery cd from Belleruth, and I absolutely love the others, but this one turned out not to be as appropriate for me as I had hoped. It seems to be aimed at people with suppressed immune systems, and unfortunately mine is overactive. Rather than relaxing, this particular program seems a bit rousing to me. If you have a suppressed immune system, I would definitely recommend it.

Wish there I could listen to this without the music.

This is my mother's favorite CD, she is battling an illness and listens to this morning and before bed time...she is really turning her outlook around about her illness because of this, this CD is priceless as far as I am concerned.

I haven't really used this much, but her CD on preparing for successful surgery I have used, given copies to my doctors, and copies to my friends. That one is a true winner!!

Belleruth creates great guided imagery CDs and this one continues with the same quality as the other efforts. Worthy buying and worth listening to many, many times.

This CD was more difficult for me to follow than her stress CD as this immune CD did not fit my type of health situation.

Relaxing, healing and inspiring!! I would highly recommend it. You also learn a great deal about the immune system. Thanks

I don't know what all the hype is about. I love meditation CD's, but this meditation was very short and when it was over, I thought...That was it?

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