



A Meditation to Help You with Weight Loss

Belleruth Naparstek

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The Health Journeys guided meditation for weight loss has been shown to double weight loss in a controlled pilot study at Canyon Ranch. Belleruth Naparstek's relaxing imagery and hypnotic suggestions on this weight loss meditation CD serve to amplify listeners' motivation to eat healthy foods and enjoy physical activity, while providing state-of-the-art cellular imagery to speed up metabolism and envision the biochemical conversion of fat into energy, heat, growth, strength and movement. Additional images on this guided meditation for weight loss generate a sense of love and gratitude to heighten serotonin levels in the bloodstream, which in turn reduces appetite and increases motivation to maintain a healthy lifestyle. Belleruth's calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn and produced by the Cleveland Orchestra's Bruce Gigax, to create optimal impact with this award-winning meditation to lose weight. A separate track of affirmations accompanies the guided imagery for weight loss, offering the same images and suggestions in a briefer format, designed for repeated listening on the go or even while driving. This empowering, energizing and confidence-building weight loss meditation cd is used in weight loss programs, hospitals and health spas nationwide. (Running Time: 60 minutes)

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