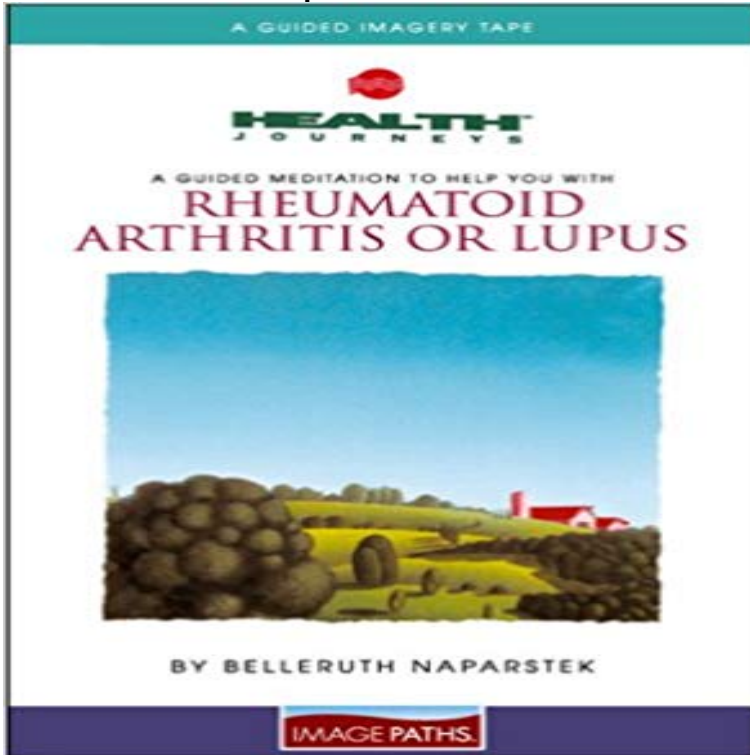


Health Journeys: A Guided Meditation To Help You With Rheumatoid Arthritis Or Lupus



Designed to help the body reduce inflammation, soreness, excess fluid; to help replace eroded bone and joint tissue; to help overactive, misguided immune cells subside; to encourage more softness toward the self, to reduce pain, and to encourage feelings of relaxation, safety, love and peace. Side B has affirmations. (Running time: 50 minutes)

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