

A Meditation to Help With Irritable Bowel Syndrome & Inflammatory Bowel Disease (Health Journeys)

Belleruth Naparstek



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This guided imagery was designed to calm and support the digestive system; encourage balanced functioning of the immune system; help the body return inflamed, irritated tissue to normal; release toxins; support a sense of safety and strength. (Running Time: 40 minutes)

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James Rouse:

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