

DOWNLOAD PDF CANCER GUIDED IMAGERY PROGRAM FOR RADIATION, CHEMOTHERAPY, SURGERY AND RECOVERY

Chapter 1 : Guided Imagery Program for Cancer

*Cancer Guided Imagery Program for Radiation, Chemotherapy, Surgery and Recovery [Steve Murray] on calendrierdelascience.com *FREE* shipping on qualifying offers. This book is based on Steve Murray s successful Cancer Guided Imagery DVDs which are in hospitals and support groups throughout the country.*

Guided imagery has been used for decades as part of treatment to help make that connection. This guided imagery program for cancer focuses on three different aspects of the healing process for cancer patients. Healing music composed specifically for this program by Max Highstein accompanies the powerful script, beautifully voiced by Kitzie Stern. A patient would visualize fighting their cancer with artillery blasts, laser guns, and other violent means to stimulate the immune system. But rather than add negativity to an already difficult situation, this program takes another approach. Vibrant music and colorful imagery bring this program to life, making it dramatic and powerful. Excerpt from Part One: Love knows everything, including the exact location of every cell. And if you watch, you can see very fine rays of light going from your heart center to any areas within your body that need help. These rays work very quickly and efficiently, finding one cell, then another, and another. Preparing To Receive Treatment Chemo therapy and radiation can be very challenging. But being mentally prepared and positively focused can make a huge difference in your experience. Use this meditation before, during, and after each treatment to optimize its effectiveness, and to make the experience as smooth and pain free as possible. Use this meditation to help your and mind and body make treatment as easy and effective as possible. Excerpt from Part Two: Even though the treatment may be foreign to your body, all your cells are friendly, and do everything they can to help the treatment find its way around. A special welcoming committee of cells is even assigned to make sure the treatment has everything it needs, and introduces it to other cells. Now the treatment is going where the cancer is, so it can do its job, and it goes to work Emotional Support While Healing This guided healing meditation helps relieve emotional components that may have contributed to illness, and may be impeding healing. Energy that is tied up in stored feelings of anger, sadness, or fear is energy that could otherwise be used to help your body heal. Freeing up that energy can make a big difference in your recovery. The meditation leads you step by step, making the process simple and effective. Excerpt from Part Three: The notion that visualization could promote physical healing captivated my attention, and I produced my first program with a focus on healing different parts of the human body. And like my early work, I brought in an enormously talented voice artist to narrate the program. Kitzie Stern did an amazing job bringing each of the three scripts to life. I sincerely hope you and your loved ones never need this program. But if you do, I hope it brings you much, much healing, and deep inner peace.

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Chapter 2 : Pain Management for Esophageal Cancer | CTCA

Cancer Guided Imagery Program: For Radiation, Chemotherapy, Surgery and Recovery by Steve Murray From the Author I understand that a person in the beginning of a cancer challenge is usually overwhelmed and time is of the essence.

This program utilizes focuses on three different aspects of the healing process for cancer patients. Healing music composed specifically for this program by Max Highstein accompanies the powerful script, beautifully voiced by Kitzie Stern. All of the qualities that made The Healing Waterfall an award winning bestselling meditation are present here, focused specifically on healing cancer. A patient would visualize fighting their cancer with artillery blasts, laser guns, and other violent means to stimulate the immune system. But rather than add negativity to an already difficult situation, this program takes another approach. Vibrant music and colorful imagery bring this program to life, making it dramatic and powerful. Excerpt from Part One: Love knows everything, including the exact location of every cell. And if you watch, you can see very fine rays of light going from your heart center to any areas within your body that need help. These rays work very quickly and efficiently, finding one cell, then another, and another. Preparing To Receive Treatment Chemo therapy and radiation can be very challenging. But being mentally prepared and positively focused can make a huge difference in your experience. Use this meditation before, during, and after each treatment to optimize its effectiveness, and to make the experience as smooth and pain free as possible. Use this meditation to help your and mind and body make treatment as easy and effective as possible. Excerpt from Part Two: Even though the treatment may be foreign to your body, all your cells are friendly, and do everything they can to help the treatment find its way around. A special welcoming committee of cells is even assigned to make sure the treatment has everything it needs, and introduces it to other cells. Now the treatment is going where the cancer is, so it can do its job, and it goes to work Emotional Support While Healing This guided healing meditation helps relieve emotional components that may have contributed to illness, and may be impeding healing. Energy that is tied up in stored feelings of anger, sadness, or fear is energy that could otherwise be used to help your body heal. Freeing up that energy can make a big difference in your recovery. The meditation leads you step by step, making the process simple and effective. Excerpt from Part Three: The notion that visualization could promote physical healing captivated my attention, and I produced my first program with a focus on healing different parts of the human body. And like my early work, I brought in an enormously talented voice artist to narrate the program. Kitzie Stern did an amazing job bringing each of the three scripts to life. I sincerely hope you and your loved ones never need this program. But if you do, I hope it brings you much, much healing, and deep inner peace.

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Chapter 3 : Guided Imagery for Cancer

Cancer Guided Imagery Program for Radiation, Chemotherapy, Surgery and Recovery - Kindle edition by Steve Murray. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Cancer Guided Imagery Program for Radiation, Chemotherapy, Surgery and Recovery.

Some surgeries remove tissue. For example, a laryngectomy is surgery to remove part or all of the larynx voice box. Some surgeries make an opening in the body. For example, a colostomy is surgery to make an opening from the colon to the outside of the body through the abdominal wall. The type of surgery and the way it is done will depend on the: Then they decide on the best approach to surgery. The surgical approach describes the way the surgeon reaches the surgical area site or organ. The 2 main approaches to surgery are open surgery and minimally invasive surgery. Open surgery uses a wide incision cut to reach and examine, remove or repair tissue. It is often called conventional, or traditional, surgery because it is a well-established approach to surgery. Minimally invasive surgery uses approaches that do not need a large incision. The surgeon usually makes a small cut to place an endoscope a small, flexible tube with a light and lens. The surgeon uses the endoscope to look at an area inside the body, and can use special instruments to remove or treat tissue. In general, recovery is faster and there is less pain with minimally invasive surgery. But this type of surgery cannot be used for all tumours. In some cases, the surgery can be done through an opening or cavity in the body. For example, the surgeon may use a transoral approach to reach cancer in the larynx. Transoral means through the mouth. Sometimes prostate cancer can be treated with transurethral resection. This means that the prostate is removed through the urethra the tube that carries urine from the bladder to the outside of the body. Surgical techniques The surgical technique refers to the steps in the surgery and the instruments used to do the surgery. Radiofrequency ablation RFA uses a special probe to deliver radiofrequency waves that heat and destroy abnormal tissues. Find out more about radiofrequency ablation. Cryosurgery uses extreme cold liquid nitrogen or liquid carbon dioxide to freeze and destroy abnormal cells. Find out more about cryosurgery. Electrosurgery uses a high-frequency electrical current to destroy abnormal cells. Radiosurgery uses highly focused high-dose radiation to destroy cancerous tissue. Endoscopic surgery uses an endoscope that the surgeon places in the body through small incisions or a natural opening. The surgeon uses the endoscope to look at structures or organs or remove tissue. Different types of endoscopes are used to examine and treat different parts of the body. Find out more about endoscopy. Robotic surgery is also called robot-assisted laparoscopic surgery or computer-assisted surgery. During robotic surgery, the surgeon sits at a station a short distance away from the person on the operating table. High-intensity focused ultrasound HIFU uses ultrasound waves to create intense heat, which destroys tissue. Laser surgery uses a laser beam to destroy abnormal cells. Find out more about laser surgery. Mohs surgery removes a tumour little by little in layers. After each layer is removed, the doctor examines it under a microscope to look for cancer cells. Layers are removed until no cancer remains. Find out more about Mohs surgery. It is used for accurate biopsies, to remove tumours or to precisely deliver radiation. Percutaneous ethanol injection PEI uses an ultrasound or a CT scan to guide a needle through the skin to inject alcohol ethanol directly into a tumour. Questions to ask about surgery To make the decisions that are right for you, ask your healthcare team questions about surgery.

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Chapter 4 : Having surgery - Canadian Cancer Society

Cancer Guided Imagery Program: For Radiation, Chemotherapy, Surgery and Recovery by Steve Murray A readable copy. All pages are intact, and the cover is intact. Pages can include considerable notes-in pen or highlighter-but the notes cannot obscure the text.

You may be treated as an outpatient you will not have to stay overnight or you may have to stay in the hospital for one or more days. Surgery may be done while you are under a local, regional or general anesthetic. Whether you go home the same day or stay in the hospital for a few days depends on the type of surgery you have, the type of anesthetic used and your overall health. Your surgeon or healthcare team will talk to you about: They will explain all the risks and benefits of the surgery to you and then have you sign a consent form. The anesthesiologist a doctor who specializes in giving anesthetics will explain the type of anesthetic you will have during surgery. The healthcare team will arrange for any blood that may be needed. Some people choose to use their own blood if possible. This is called autologous blood donation or autotransfusion. If you choose to use your own blood, the healthcare team will collect your blood before surgery. Before surgery The following tasks are done before surgery. Some are done days or weeks before you have surgery. Others are done right before you go into the operating room. Tests and procedures Some people may not be able to have surgery if they have certain health problems, including lung, heart, liver or kidney disease. Before you have surgery, your doctor will take a personal health history and do a physical exam. Your doctor will usually do tests to make sure you are fit enough to have the operation and to help plan the surgery. The following tests are often done before surgery: Urinalysis is done to check kidney function. Blood tests are done to find out your blood type and to check your blood cell counts, how well your blood clots and how well your liver and kidneys are working. Other imaging tests, such as an ultrasound, a CT scan or an MRI, are done to find out the size and location of tumours and to see if cancer has spread to nearby organs or lymph nodes. Find out more about these tests and procedures. Special preparation What you need to do before surgery depends on the type of surgery being done. Most people will need to do the following. You will need to take a shower the night before surgery or morning of surgery. Avoid eating or drinking after midnight the night before surgery, unless you are told otherwise. Be sure to let your doctor know what medicines you usually take. Do not take your regular medicines unless your healthcare team tells you it is safe to do so. You may need to take special medicines before surgery. For example, you may need to take a laxative or have an enema to ensure your intestine is empty before some types of bowel or pelvic surgery. Your healthcare team will tell you which medicines to take, as well as how and when to take them. Back to top During surgery Surgeries are done under sterile conditions, usually in an operating room. Before the surgeon begins, you are given an anesthetic and the area being operated on is specially cleaned, then draped. The surgeon often uses a sharp instrument to make an incision, or cut, in the skin to reach the area or organ to be treated. In some cases, the surgeon can use a natural opening in the body such as the mouth to reach a tumour or area being treated. The surgeon removes tissues, organs or structures. The tumour or cancerous tissue along with a margin of healthy tissue around it is removed. The surgeon may also remove the lymph nodes closest to the tumour. Surgery may also be used to collect a biopsy sample. Reconstructive surgery may be done at the same time as surgery to remove a tumour. It can also be done later during another, or second-stage, operation. If an incision was made, the surgeon will use stitches or staples to close it. A bandage is placed over the site of surgery. Back to top After surgery Recovery and observation after an operation are important parts of surgery. Your healthcare team monitors you in different ways right after surgery, as you recover in the hospital and after you are sent home. Right after surgery As soon as your surgery is finished, you are moved to a recovery area. The healthcare team will monitor you in this area until the anesthetic wears off. They will regularly check your blood pressure, heart rate and breathing. They will also check for signs of bleeding or any other side effects of surgery. If needed, you are given medicines to control pain, nausea or other symptoms. Your bandages are checked and changed

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as needed. Depending on the type of surgery you had and your overall health, you may have the following during a longer recovery period. During surgery a tube called a catheter may have been placed in the bladder to drain urine during surgery. This tube is usually removed when you can urinate on your own. Sometimes tubes called drains are placed into or close to the incision during surgery. These tubes drain extra fluid from the incision. They are removed when there is little fluid coming out of them. They are usually removed a few days after surgery. During surgery, the healthcare team often places an intravenous IV line into a vein. They use this line to replace fluids lost during surgery. Once you can take in fluids and medicines on your own by mouth orally and the line is no longer needed, the healthcare team will remove it. You might not feel like eating or drinking after surgery. Or you may have to wait until your intestine starts working properly. It may take a while to return to a regular diet. Some people may need extra nutrition as a result of surgery or if your diet was poor before surgery. The healthcare team may encourage you to take deep breaths and cough regularly to remove mucus and prevent lung infections. You will need to slowly return to physical activity, but most people are encouraged to get out of bed and start walking very soon after surgery. This helps keep blood clots from forming in the legs, prevents pneumonia and gets the digestive tract moving. You will be released, or discharged, from the hospital and sent home after you recover from surgery. You may feel tired and weak for a time after the operation. Talk to your healthcare team if you or your caregiver needs help after surgery. They can arrange help for you at home. Follow-up after surgery A follow-up appointment with the surgeon is usually scheduled to:

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Chapter 5 : Types of surgery - Canadian Cancer Society

Get this from a library! Cancer guided imagery program for radiation, chemotherapy, surgery and recovery. [Steve Murray] -- Prepares a patient mentally and emotionally for cancer treatment and recovery.

All MP3s are now handled by BetterListen and you will be billed separately. The mindâ€™tools presented in this program can help you change your attitudes, positively impact how you feel and function, improve survival, and help minimize symptoms and side effects of treatment. The processes presented here were originally developed at the Cancer Support and Education Center, the first organization of its kind in the world. They have been subsequently inaugurated at thousands of hospitals throughout the world. They were originally developed by Dr. Independent studies have supported the effectiveness of these tools. When people receive a diagnosis of cancer, they often feel shocked and confused. Miller has produced are those found to be most useful by patients in rallying their internal defenses against cancer. People have many different beliefs about how to deal with a diagnosis of cancer. Some will accept whatever the doctor recommends; some will take radiation, but not chemotherapy, and some the opposite, and some refuse both! Some look to their religious beliefs as most important in their healing, while others feel the most important is to trust science and good doctors. Regardless of which kind of person you are, you will find this a most useful program, it will help you be successful in healing, whatever other treatment you choose. Contents â€™ Track Information Track 1: The Healing Image The imagery you select for your healing can be either realistic or symbolic; you might visualize white corpuscles in golfing the cancer cells, or you might imagine Navy SEALs swooping in to eliminate invaders. The idea is to choose images that feel empowering to you. The beautiful musical background was especially composed and performed for this program by Dr. Miller and Raphael Fred Sharp. Targeting Your Treatment Miller recommends that you consult competent professionals to advise you on the most appropriate treatment for your condition. If you choose chemotherapy, you might imagine your treatment as if it were a cloud of insecticide killing a swarm of locusts. If you receive radiation, you can imagine dartâ€™like particles flying towards a gnawing rat; in short, use whatever symbolic expression is most meaningful to you. The more emotionally powerful your images are and the more vividly you can imagine them, the more effective they tend to be. The purpose of this program and Dr. Our goal is to create the healthy attitudes and mental images that can prevent or diminish the side effects often associated with radiation, surgery, and chemotherapy. Similarly, a positive expectancy contributes significantly to the speed and completeness of recovery. Studies have shown that anxiety and tension can slow the healing process; deep relaxation and positive imagery can diminish or eliminate this stress the body to heal most rapidly. As you listen to this program you will be training your mind and your brain to function in the way most likely to enable you to be successful in your healing. How Healing From Cancer Works Deep relaxation, meditation, and prayer serve to free the mind of from distractions so that all of its power can be concentrated within. In addition, freed from the stress, tension, and anxiety, the body can metabolize away the stress chemicals and create that deeply relaxed state that facilitates optimal functioning of the immune system and other healing activities of the body. As you listen and follow Dr. The guided imagery Dr. Miller presents was developed through integrating the most effective aspects of hypnotherapy, psycho-cybernetics, and cognitive behavioral psychology to engage normally unconscious levels of the mind. You will learn to use those inner images to concentrate the supportive energy of your mind on such activities as activating your immune system and enabling your body to focus your treatment on the cells you want to eliminate from your body. Learn more about how this takes place at Dr. Although the process taught here can actually be effective and healing for many different conditions, as well as for general stress management, they are most specifically designed for use by those who have received a diagnosis of cancer. They are very effective for use as adjuncts to any other cancer treatment you are undergoing, and are compatible with all accepted treatment modalities. The mindâ€™tools presented here are often extremely helpful in combating the side effects that are so common

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with cancer treatments. Sometimes there are no specific treatments for a given a cancer. In such cases Healing from Cancer can still be used to great benefit. Even after the diagnosis of cancer has been made, there is often a period of time that must elapse before specific treatment can be initiated it may be necessary to wait weeks before surgery can be performed, etc. Using this program during this time gives the patient emotional support in addition to whatever specific healing they can initiate during this period of time. Healing From Cancer is also helpful in relieving the depression, shock, and acute PTSD that often occur immediately after cancer is diagnosed, as it supports a positive outlook and serves to remind patients that we are not powerless against cancer, and that a strong partnership between patient and healthcare system is the most effective strategy. Important information and Contraindications Dr. Miller strongly suggests that, although this program may be used in immediately upon discovery of your illness, you consult a qualified and trusted health professional as soon as possible, as inadequately treated cancer can be harmful to your health, and potentially, in some cases, fatal. Your goal will be to become as relaxed as possible. As you listen to this track you will find that the soothing voice and gentle music will draw your attention away from external concerns. You will learn to clear your mind of unnecessary thoughts and to systematically relax each part of your body. If you are unfamiliar with using your imagination, meditating or otherwise guiding your awareness within, it may take several listenings before you begin to experience the profound levels of peace and serenity towards which you are being guided. Be patient; the more difficult you find it, the more valuable it will be for you to discover how to relax so deeply. You will be guided to what Dr. In addition, by finding mental images which our most meaningful to you, you will be most able to engage the ability of your brain and nervous system to create the inner conditions best suited to healing, comfort, and the highest level of function. Miller will suggest that you call upon your inner healer. If you are a religious person, you may find that God, Jesus, or a saint, prophet, or other religious figure can best serve this purpose. On the other hand, you might choose a mythological figure, a cartoon character, a movie superhero, an animal, a color, or even an invisible spirit or energy as your inner healer. The more vivid the image of this healer, the more emotion it taps into within you, and the more you can let yourself believe in it, the more effective your inner healer will be. You can that learn more about how mindâ€”body medicine works by visiting Dr. What we are doing is not hocus pocus, but solid science, and the more you understand the mechanism, the more effective it can be for you. This negativity can often impair their ability to continue with the treatments, and even when they continue, their inner resistance may actually inhibit the ability of the treatment to work. As you listen to this track you will learn to make friends with your treatment, to welcome it into your body, and to visualize it bypassing the cells of your body and acting directly upon the cancer cells. You will imagine that, because it is bypassing the cells of your body, that this will block the side effects that might otherwise occur. Interestingly enough, people who do this actually do experience much you are side effects. Furthermore, there is good evidence that the treatments are more effective. There is a high correlation between those people who had a successful outcome of their cancer treatmentâ€”even full remission, and those who managed to keep a positive attitude all the way through their treatment. Miller highly recommends that you experience the DVDs presenting the interview with Maggie Creighton link to promo of the cancer center video and a number of patients who have used these techniques in their work at the Cancer Support and Education Center.

Chapter 6 : Guided Imagery for Cancer, MP3, CD, Tapes, Samples

Start your own Cancer Guided Imagery Program right away and: Tap into the Healing Power of the Body and Mind Connection Prepare mentally, emotionally and physically for cancer treatment and recovery. Help reduce and relieve side effects, lessen fear and stress of cancer treatment.

Chapter 7 : Breast Cancer Self-Care and Recovery: Guided Imagery | Patient Education | UCSF Medical C

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Chapter 9 : Guided Imagery for Successful Chemo   Alternative Medicine, Autoimmune, Cancer Recove

brand new, Cancer Guided Imagery Program: For Radiation, Chemotherapy, Surgery and Recovery, Steve Murray, This book is simple and easy to read. You will be able to start your own Cancer Guided Imagery Program right away and Tap into the Healing Power of the Body and Mind Connection; Prepare mentally, emotionally and physically for cancer.