

Introducing a new CD

# SELF-CARE FOR HEPATITIS C

## *Applied Meditation for a Healthy Liver*

by **Margo Adair** and **Robin Roth**

If you or someone close to you has been diagnosed with Hepatitis C, you know how difficult it can be. But now there's something new that can promote good liver function and encourage a liver-healthy lifestyle.

THIS UNIQUE CD USES *GUIDED VISUALIZATION AND MEDICAL IMAGERY* TO HELP YOU SUCCESSFULLY MEET THE CHALLENGES OF HEPATITIS C AND OTHER LIVER PROBLEMS.

Growing scientific evidence supports what ancient healers have known for centuries: the mind can play a powerful role in healing the body of even the most serious illnesses.

*Self-Care For Hepatitis C* takes you through three guided meditations that will help you focus on what's happening in your body.

- Relax as you listen to the guided meditations.
- Learn how to actively participate in your healing.
- Overcome obstacles to taking better care of yourself.

*The meditations* combine Margo Adair's expertise as a meditation trainer and author, and Robin Roth's experiences as a health educator and person with hepatitis C.

Along with the 76 minute CD, you'll receive a 32 page booklet containing self-care tips, the latest medical research on body/mind healing and Margo's advice on how to get the most out of using the CD.

Also included is Robin's story of how she used Applied Meditation along with standard treatment and alternative therapies to clear the hepatitis C virus and heal her liver.

*These powerful meditations will help you:*

- Reduce stress, feel relaxed and calm
- Strengthen your liver
- Boost energy levels
- Tap into your body's natural ability to heal
- Maintain positive self-care strategies

*THE MORE YOU LISTEN TO THE MEDITATIONS THE BETTER YOU FEEL!*

"I recommend this CD for people with all types of liver disorders; it makes it easy to do the stress reduction that aids liver health."

**ROBERT GISH, MD**, MEDICAL DIRECTOR, Liver Disease Management & Transplant Program, California Pacific Medical Center

Download a *free* sample:

**SEVEN MINUTES FOR LIVER HEALTH**

And order your CD:

**SELF-CARE FOR HEPATITIS C**  
for \$18.95

Add \$3.50 shipping (in WA \$1.69 sales tax)  
*Group discounts available.*

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**www.hepCmeditations.org**

"I play this CD for my clients while they get acupuncture treatment and they love it. Even the people who were reluctant to listen at first felt so good, they ask for it now."

**MISHA COHEN** O.M.D. L.A.C

"This CD has really helped me tune in to what's going on with my liver. I can visualize my liver any time I feel like it, and "hear" from my liver what are the healthier choices for me.

**KENNETH**—SUPPORT GROUP MEMBER