

Breaking News

[Study Shows No Link Between Estrogen-Only Hormone Therapy and Breast Cancer >](#)

[Many Breast Cancer Survivors Forego Annual Mammograms After Five Years >](#)

[Panitumumab Improves Progression-Free Survival in Metastatic Colorectal Cancer >](#)

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[First Post-Mastectomy Appointment
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Reviews

[Another Morning: Voices of Truth and Hope from Mothers with Cancer
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[Visions for Cancer Recovery
Produced by Crown Sign Productions >](#)

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[LIVESTRONG™ Accepting Applications for Survivorship Summit >](#)

Film Review

Visions for Cancer Recovery

Produced by Crown Sign Productions

This 20-minute video guides the viewer through a series of relaxation and stress-reducing techniques. Written by a cancer survivor and registered nurse, **Visions for Cancer Recovery** has wonderful imagery and a calm, peaceful narration and music that will help patients to learn relaxation practices for during and after treatment.

Guided imagery, a technique that involves visualizing a particular image or goal and then the achievement of that goal, has been shown to be an effective method for managing stress, anxiety and depression. It may also relieve high blood pressure, pain and chemotherapy side effects. The physiological impact of relaxation is caused by cortisol inhibition. This hormone is released as a response to stress. Over time, continual release of cortisol can inhibit the immune system, which is needed to function optimally to successively combat cancer.

In the first part of the video, the narration explains how to use imagery to distress and relax. The second part describes a popular imagery technique called the Simonton method, where patients imagine cancer cells being destroyed by chemotherapy or their bodies' immune system.

While there are no scientific studies to support the idea that visualization or guided imagery can kill individual cancer cells or improve survival time, as a complementary therapy with traditional cancer treatment, the relaxation techniques has been shown to improve quality of life of patients and may improve certain side effects.

The video sells for \$28.45, with first-class shipping included in the price. For more information, visit www.integral-visions.com/index.php.

