

Prepare for Surgery, Heal Faster

A Guide of Mind-Body Techniques

by **Peggy Huddleston**

Foreword by **Christiane Northrup, MD**

"The most complete book for approaching surgery with maximal healing power that I have ever seen."

Christiane Northrup, MD

Surgeon and past-president of the
American Holistic Medical Assn.

Author of *Women's Bodies, Women's Wisdom*

*"Patients with unusually high levels of anxiety use **Prepare for Surgery, Heal Faster** to go forward with surgery in a confident manner."*

Lawrence H. Cohn, MD

Professor of Cardiac Surgery, Harvard Medical School
Former Chief of Cardiac Surgery, Brigham and Women's Hospital,
Harvard Medical School teaching hospital

Forty-million Americans have surgery every year. Many feel anxious before surgery and the road to recovery is often painful and prolonged. This need not be so, according to Peggy Huddleston, author of the updated edition of her revolutionary book **Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques** (Angel River Press, 2012, 4th edition. \$14.95). Huddleston developed five steps to prepare for surgery and heal faster. Readers use the mind-body techniques of relaxation and visualization to reduce anxiety, use 23-60% less pain medication and heal faster.

Her book and Relaxation CD are recommended at Brigham and Women's Hospital, a Harvard Medical School teaching hospital; NYU Langone Medical Center and other hospitals in the US.

A controlled study with 56 patients having colorectal surgery at The Lahey Clinic documented those using **Prepare for Surgery, Heal Faster** had significantly less anxiety before surgery and healed faster, leaving the hospital 1.6 days sooner than the control group, resulting in a cost savings of \$3,200 per patient. By the second day at home, patients used 60% less pain medication, had significantly less irritability, insomnia and an increase in patient satisfaction.

In a study at the New England Baptist Hospital, a Tufts University School of Medicine teaching hospital, with 44 patients having total knee-joint replacement those using Huddleston's book and relaxation CD and a one-hour workshop had significantly less anxiety before surgery and healed faster leaving the hospital 1.3 days sooner than the control group.

A study with 23 hospitalized patients at Beth Israel Deaconess Medical Center, a Harvard Medical School teaching hospital documented patients listening to her relaxation for 25 minutes twice a day had a reduction in anxiety, used less medication for anxiety and had a significant improvement in heart rate. Findings were published in the *Journal of Alternative and Complementary Medicine*, March 2007.

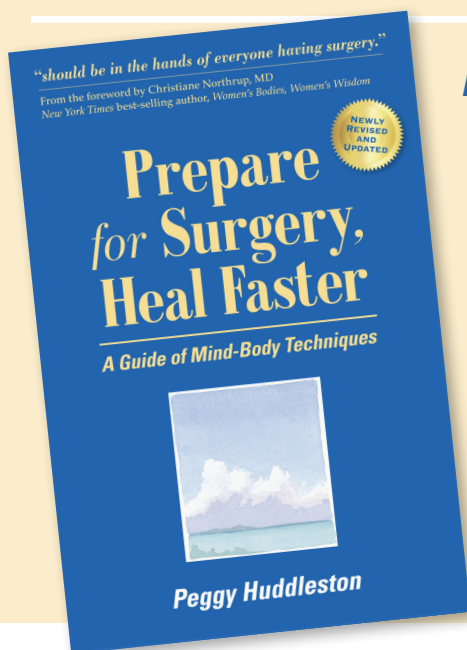
Prepare for Surgery, Heal Faster includes sections on preparing children for surgery, vitamins that speed healing and lessening the side-effects of chemotherapy, plus extensive resources and references. An inspiring epilogue reflects on "One More Way to Enhance Healing."

Peggy Huddleston's Five Steps to Prepare for Surgery:

- 1. Relax to Feel Peaceful:** Listening to her Relaxation CD or MP3 reduces anxiety. Feeling peaceful soothes the nervous system, strengthens the immune system and creates the biochemistry that speeds healing.
- 2. Visualize Your Healing:** Turn your worries into healing imagery by seeing the surgery as a healing intervention.
- 3. Organize a Support Group:** Ask family and friends to mentally surround you in a "Blanket of Love" during the half-hour before surgery. It helps you feel calmer while you wait for surgery.
- 4. Use Healing Statements:** Therapeutic words spoken during surgery by the anesthesiologist that reduce the use of pain medication by 23-50% after surgery.
- 5. Meeting an Anesthesiologist:** How to request the use of "Healing Statements".

About the Author: Peggy Huddleston's writing and research focus on the ways positive emotions and the human spirit enhance healing. A graduate of Harvard Divinity School, she trains health care professionals to use her pre-surgical program in hospitals and private practices.

Her *Heal Faster Workshops* are given at leading hospitals including Brigham and Women's Hospital, a Harvard Medical School teaching hospital and NYU Langone Medical Center in NY.



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