

Prepare for Surgery, Heal Faster

A Guide of Mind-Body Techniques by Peggy Huddleston



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"I recommend Peggy Huddleston's book to all who require surgery and want to recover faster."

Andrew T. Weil, M.D.
Author, *Spontaneous Happiness*
Director, Program in Integrative Medicine,
University of Arizona

"Should be in the hands of everyone having surgery."

From the foreword by
Christiane Northrup, M.D.
Author, *Women's Bodies, Women's Wisdom*

"Empowers patients to lead the way to recover..."

Mehmet C. Oz, M.D.
Host, *The Dr. Oz Show*
Cardiac Surgeon
NY-Presbyterian Hospital

"Best program I have ever seen showing how to prepare for surgery — physically, emotionally and spiritually."

Joan Borysenko, Ph.D.
Author, *Minding the Body, Mending the Mind*
Co-founder, Mind/Body Clinic
Beth Israel Deaconess
Medical Center

Suggested Interview Questions for Peggy Huddleston:

- How does *Prepare for Surgery, Heal Faster* help someone facing surgery?
- Describe your Five Steps to Prepare for Surgery.
- What research studies document the benefits of using *Prepare for Surgery, Heal Faster*?
- How do the "Healing Statements" lessen the use of pain medication after surgery?
- How do the "Healing Statements" reduce nausea after surgery?
- When does someone make this request to hear the "Healing Statements"?
- How can your book help young children who are anxious about having surgery?
- Your book has a chapter on How to Lessen the Side-Effects of Chemotherapy. Describe how this works.
- What are the vitamins that speed healing after surgery?
- What are some of the hospitals offering *Prepare for Surgery, Heal Faster Workshops*?

For listeners NOT having surgery:

Questions About Reducing Anxiety, Chronic Pain & Insomnia:

- How can your method be used to reduce anxiety in general, not just anxiety about surgery?
- What if someone is worried about a job interview or worried about their partner's health?
- Can your method be used to reduce chronic pain?
- How can your method be used for someone who has insomnia and has trouble falling asleep?
- Can someone use your method to lower high blood pressure?
- Can someone use your program to speed healing if they have a chronic health condition?

To learn more about *Prepare for Surgery, Heal Faster*
and to order the book and Relaxation CD or MP3, visit www.HealFaster.com