

What people are saying:

“I recommend Peggy Huddleston’s program to all who require surgery and want to recover faster.”

Andrew T. Weil, MD

Author, *8 Weeks to Optimum Health*
Director, Program in Integrative Medicine
University of Arizona

“Most complete program for approaching surgery with maximal healing power.”

Christiane Northrup, MD

Surgeon and past president
American Holistic Medical Association
Author, *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 and do well.”

Lawrence H. Cohn, MD

Cardiac Surgeon, Brigham and Women’s Hospital
Virginia and James Hubbard Professor of Cardiac Surgery, Harvard Medical School

“This program allows patients to be more personally integrated into their perioperative healing process. It reduces anxiety and has a positive impact on recovery.”

Angela M. Bader, MD, MPH

Anesthesiologist, Director
Weiner Center for Preoperative Evaluation
Brigham and Women’s Hospital
Professor of Anesthesia
Harvard Medical School



Use Relaxation CD to:

- ◆ Reduce anxiety
- ◆ Stop headaches
- ◆ Reduce chronic pain
- ◆ Lessen side effects of chemotherapy
- ◆ Feel calmer during a biopsy, endoscopy, cardiac catheterization or MRI



Photo Harold Feinstein

Peggy Huddleston

is the author of *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*. She developed five steps to prepare for surgery and trains healthcare professionals to use them.

A graduate of Harvard Divinity School, her writing and clinical work focus on the ways emotions and the human spirit enhance healing.

She has a private practice guiding individuals in preparing for surgery. Meetings are by phone and by Zoom. For research, videos and more see www.HealFaster.com.



Scan the QR code to hear a radio interview with Peggy Huddleston about *Prepare for Surgery, Heal Faster*.

The interview is also at the bottom of the homepage at www.HealFaster.com.

BRIGHAM HEALTH



BRIGHAM AND WOMEN’S
Faulkner Hospital

Peggy Huddleston’s
**Prepare
for Surgery,
Heal Faster™**



“Clouds from Goat Cay”, Exuma, Bahamas by Jane Chermayoff

Learn Mind-Body Techniques to:

- ◆ Reduce anxiety before surgery
- ◆ Use less pain medication
- ◆ Heal faster

What you will learn:

An analysis of 191 research studies with 8,600 patients documents that people who prepared for surgery had less pain, fewer complications and recovered sooner.

Peggy Huddleston's Five Steps to Prepare for Surgery:

1. Calm preoperative jitters guided by the Relaxation CD or MP3. Feeling peaceful strengthens your immune system and creates the biochemistry that enhances healing.
2. Visualize your recovery by turning worries into healing imagery.
3. Surround yourself in the love of family and friends to feel calmer before surgery.
4. Use "Healing Statements," words spoken during surgery that reduce the use of pain medication by 23–50%.
5. Meet an anesthesiologist at your preoperative meeting to request use of the "Healing Statements".

Ideally you will read the book and use the CD or MP3 one or two weeks before your operation.

If you only have a day before surgery, you can still benefit from using the book and relaxation. However, there is not time to schedule a workshop.



Peggy Huddleston's Prepare for Surgery, Heal Faster™

Free Workshop by Phone

1-hour workshop for those having surgery at Brigham and Women's Hospital or Faulkner Hospital.

**To schedule a workshop email
PrepareForSurgery@Partners.org**

You will get a response by email in 24-48 hours.

To use the workshop, you will need the book, *Prepare for Surgery, Heal Faster* and its companion Relaxation CD.

Both are in Brigham and Women's Hospital gift shop at 75 Francis Street, Boston, MA.

**Book, eBook & Relaxation CD can be ordered
at www.HealFaster.com and Amazon.**

**Relaxation MP3 is only available
at www.HealFaster.com.**

In the hospital's Kessler Library, you can watch a workshop. On their computer click on "Search for Health Topics". Click on "Videos". Scroll to "Health and Wellness" and scroll to Prepare for Surgery, Heal Faster Workshop. It can also be seen on the hospital's patient TV system. Library open M-F, 9-5:30pm. Sat. 11-3pm.

Perioperative Nursing and Clinical Services

Prepare for Surgery, Heal Faster™ allows individuals to start the healing process by decreasing anxiety and developing a more positive attitude before, during and after surgery.

It takes into account the whole person — body, mind and spirit.

It expedites the healing process by decreasing the use of pain medications and increasing mobility. This translates into a quicker recovery for our patients.

Joan M. Vitello

PHD, RN, NEA-BC, FAHA, FAAN

*Former Executive Director of
Perioperative Nursing and Clinical Services
Brigham and Women's Hospital*

Workshop Given by Staff

The workshops are given by nurses at Brigham and Women's Hospital trained by Peggy Huddleston, the author of *Prepare for Surgery, Heal Faster*. Terrie J. Hanscom, RN is the Coordinator of the workshops.

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