

Prepare For Surgery, Heal Faster®

By Paula J. Sumner, FNP-BC

One of the most challenging healing “journeys” surely is surgery. The thought of having to undergo surgery is frightening to anyone. Whether the procedure is considered minor or major, if it includes general or regional anesthesia the very idea generates anxiety in the patient and her or his loved ones.

Fortunately, there is a program that puts you in charge of preparing for surgery, and to do it in such a way that you may heal faster. This program is called *Prepare for Surgery, Heal Faster*®. Developed by Peggy Huddleston, a graduate of Harvard Divinity School, the program includes five steps using mind-body techniques to help people prepare for surgery. Her book and relaxation CD are recommended at hospitals across the nation including Brigham and Women's hospital, a Harvard Medical School teaching hospital.

Ms. Huddleston writes that by using these mind-body techniques you will be helped to feel calmer before surgery, have less pain after surgery, use less pain medication, recover faster, strengthen your immune system, and save money on medical bills. Ms. Huddleston's program has been scientifically studied and recommended by leading physicians including Andrew Weil, MD, and Christiane Northrup, MD.

PEGGY HUDDLESTON'S FIVE STEPS TO PREPARE FOR SURGERY

Ms. Huddleston outlines the five steps to Prepare for Surgery in her book *Prepare for Surgery, Heal Faster. A Guide of Mind-Body Techniques* (Angel River Press, 1996. pp 4-6).

Even if you have only a day before surgery, you can dramatically influence your recovery by concentrating on Steps 3, 4 and 5. They are easy to implement.

After surgery, use Steps 1 and 2 to benefit your recuperation.

Some descriptive points from each step may give you an idea about suggestions to help you heal faster.

STEP 1: You will learn to relax using the described relaxation instructions, and using the CD enclosed with the book. You will boost your immune system.

STEP 2: The internal knowing of your body will allow you to create and use healing images. You will turn fear into positive, healing images.

STEP 3: Organize a support group. You will develop a team of supportive individuals that will surround you with healing energies and colors.

STEP 4: Use healing statements. You will use three healing statements to heal faster. Your anesthetist and surgeon are asked to repeat them to you as you go to sleep and wake up.

STEP 5: Meet the anesthesiologist/anesthetist ideally weeks before the surgery. Even if the meeting is the day of surgery, this provider can do a lot to relieve anxiety, and to learn the healing statements you have created.

This is a phenomenal program. I have trained with Peggy Huddleston and would be interested in speaking to you or other interested persons if you have a surgery or a procedure, such as chemotherapy, planned in the near future. If you would like more information I suggest you go to Ms. Huddleston's website, and read the abundance of information offered there: www.healfaster.com. You may also order her book/CD there as well as at popular book sites. I would be happy to help you explore these mind-body techniques to prepare you for your procedure. Please contact me and ask to speak to me directly if this is a program you are interested in. **H&H**



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