Prepare for Surgery, Heal Faster
A Guide of Mind-Body Techniques
by
Peggy Huddleston
Foreword by Christiane Northrup, MD

"...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

"...essential reading for those who desire to participate in their healing. I enthusiastically recommend it."
Susan L. Troyan, MD
Surgeon, Brigham and Women’s Hospital, Harvard Medical School teaching hospital
Instructor in Surgery, Harvard Medical School

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 psychotherapist Peggy Huddleston, author of a revolutionary book PREPARE FOR SURGERY, HEAL FASTER: A Guide of Mind-Body Techniques (Angel River Press, 2007, 2nd edition. $14.95). Huddleston developed five steps to prepare for surgery and heal faster. Readers learn to use the mind-body techniques of relaxation and visualization to reduce anxiety, use 23-50% 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 Medical Center in NY and other leading hospitals across the U.S.

"An impressive body of medical research documents that people who actively prepare for an operation have less pain, fewer complications and recover sooner," says Huddleston.

"Healing Statements," words spoken by anesthesiologists during surgery, are one of the five steps of Huddleston's method. Ground-breaking studies at Beth Israel Medical Center in New York and St. Thomas's Hospital in London showed that patients given these statements used 23-50% less pain medication than patients in the control group.

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Angel River Press, Ingram, TX   (800) 726-4173   www.HealFaster.com
Huddleston's Five Steps to Prepare for Surgery are:

- **Relax to Feel Peaceful**: Shows patient how to reduce anxiety before surgery.
- **Visualize Your Healing**: Patient turn worries into positive, healing imagery.
- **Organize a Support Group**: Friends and family wrap patient in a “Blanket of Love” for a half-hour before surgery which helps the patient feel calm.
- **Use Healing Statements**: Words spoken by the anesthesiologist during surgery that reduce use of pain medication by 23-50% after surgery.
- **Meet Your Anesthesiologist**: In hospitals not using Huddleston’s method, patient learns how to request anesthesiologist to use the Healing Statements.

Patients who follow the five steps in *PREPARE FOR SURGERY, HEAL FASTER* report feeling calmer before surgery, having less pain after surgery and using less pain medication. Their recovery is quicker, their immune system is strengthened and the bottom line is that they feel better.

The book includes sections on lessening the side effects of chemotherapy and radiation, vitamins that speed healing, preparing children for surgery, plus extensive resources and references.

A research study has documented the benefits of Huddleston’s relaxation CD. Patients who were hospitalized and not having surgery had less anxiety and used less medication for anxiety compared to a control group when they listened to Huddleston’s Relaxation CD twice a day for 20-minutes. The study was conducted at Beth Israel Deaconess Medical Center, a Harvard Medical School teaching hospital. Results were published in the *Journal of Alternative and Complementary Medicine*, March 2007.

*PREPARE FOR SURGERY, HEAL FASTER* was selected for the Book-of-the-Month Club and One Spirit Book Club. Peggy Huddleston was featured on PBS-TV's *Body & Soul*, Fox News, The Boston Globe and Family Circle.

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About the Author: Peggy Huddleston’s clinical work and research focus on the ways positive emotions and the human spirit enhance healing. She is a researcher and psychotherapist with a private practice in Lexington, Massachusetts.

*PREPARE FOR SURGERY, HEAL FASTER*
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A Relaxation/Healing CD is a companion to the book, *PREPARE FOR SURGERY, HEAL FASTER*
Price: $19.95, running time 120 minutes
Available from Angel River Press, 800-726-4173

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