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

"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...

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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.

**Peggy Huddleston’s Five Steps to Prepare for Surgery:**

- **Relax to Feel Peaceful**
  - Allows patients to reduce anxiety before surgery using a relaxation CD.
- **Visualize Your Healing**
  - Turn worries into healing imagery which speeds recovery.
- **Organize A Support Group**
  - Surrounded in the love of family & friends, you feel calmer before surgery.
- **Use Healing Statements**
  - Words spoken during surgery reduce the use of pain medication 23-60%.
- **Meet An Anesthesiologist**
  - How to request use of the Healing Statements.

The book includes sections on preparing children for surgery, vitamins that speed healing and lessening the side-effects of chemotherapy, plus extensive resources and references. Finally, an inspiring epilogue reflects on “One More Way to Enhance Healing.”

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**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.

**PREPARE FOR SURGERY, HEAL FASTER**

| Publication Date: January 2012 | A Relaxation CD and Instruction CD are companions. |
| Price: $14.95 trade paper/265 pages | Price: $19.95, running time 80 minutes |

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Helping seniors prepare for surgery improves and speeds up their recovery. Get suggestions for what to do before, during, and after a major surgery. For the primary caregiver of an aging loved one, surgery can be a difficult thing to prepare for when the senior has chosen to age in place in the family home. However, there are steps that families can take in order to plan for a safe and efficient recovery at home. Prehab at home before surgery. New research points to the importance of preparing for surgery using prehab methods that are designed to help seniors return to happy, healthy lives following serious surgeries. For seniors, prehab activities could include wholesome nutrition and light exercise to prepare the body for surgery.