



Prepare for Surgery, Heal Faster with Relaxation and Quick Start CD: A Guide of Mind-Body Techniques

Peggy Huddleston

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Prepare for Surgery, Heal Faster shows you how to use mind-body techniques to reduce anxiety, use 23 to 50 percent less pain medication, and heal faster. Documented by research, it is recommended at leading hospitals across the United States. It includes chapters about using relaxation and visualization to reduce anxiety and speed healing. Feeling peaceful creates the biochemistry that speeds healing. The book is used with Peggy Huddleston's relaxation CD and Quick Start CD, which are bound into the book. Listen to the relaxation CD to reduce anxiety, stop headaches, and fall asleep if you have insomnia. A chapter explains how to use healing statements, words spoken during surgery that reduce the use of pain medication by 23 to 50 percent. You also learn to talk to a part of your body to discover what emotions are stored in your body and how to release them to speed healing. Other chapters describe vitamins to enhance healing, how to prepare children for surgery, and how to lessen the side effects of chemotherapy and radiation therapy.

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