

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 tape. 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. Establish supportive doctor-patient relationships.

Ideally you will read the book and use the CD or tape one or two weeks before your operation. If you only have a day before surgery, you can still benefit.



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

Offered by
Saint Francis Integrative Medicine

One-hour workshop includes the book, *Prepare for Surgery, Heal Faster* and its companion Relaxation/Healing CD or audio tape.

Individual Workshop \$65
Group Workshop \$45
(By phone or in person)

A family member or friend may accompany you for free.

**To attend a workshop,
please call HealthConnect at
1-877-STFRANCIS (1-877-783-7262)
or register online at
www.stfranciscare.com**

For more information about the comforting services of Integrative Medicine or to order the book and CD in advance, please call 860-714-7451.



Joan Harovas, RN

is fully trained and certified to present the *Prepare for Surgery, Heal Faster Workshop™*.



A nurse for 38 years, Joan works in emergency medicine and as a preoperative and recovery room nurse.

Joan is the developer of Mindful Connection™, a series of workshops, classes and on-going support groups that teach the importance of being connected to oneself and the present moment. Joan is certified in Therapeutic Touch and is a teacher with the Somato-Tonic Institute. She is also a Reiki Master.

Additionally, Joan has a private practice as an energy practitioner and teacher and is an Integrative Medicine practitioner at Saint Francis.

Barbara Fasulo

is fully trained and certified to present the *Prepare for Surgery, Heal Faster Workshop™*.



Ms. Fasulo is an Integrative Medicine practitioner at Saint Francis and is certified in Energy Therapy, Reiki, Hypnosis and Pastoral Care.

She is deeply committed to her work spending many years in medical settings using these techniques to assist others in reducing stress and creating wellness in body, mind and spirit. Barbara also has a private practice in Middletown, CT.

Healthcare professionals 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*

“Best program I have ever seen showing how to prepare for surgery — physically, emotionally and spiritually.”

Joan Borysenko, PhD
Author, *Minding the Body, Mending the Mind*
Co-founder, Mind/Body Clinic
Beth Israel Deaconess Medical Center
Harvard Medical School teaching hospital

“Essential for those who desire to participate in their healing. I enthusiastically recommend it!”

Susan L. Troyan, MD
Surgical Director, BreastCare Center,
Beth Israel Deaconess Medical Center
Instructor in Surgery, Harvard Medical School



Photo: Harold Feinstein

Peggy Huddleston, MTS

is the author of *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*. She trains healthcare professionals to teach her workshop for people facing surgery.

Her ground-breaking research and clinical work focus on the ways emotions and the human spirit enhance healing. She has been featured nationally on PBS-TV.

Her book is recommended at hospitals including Brigham and Women’s Hospital (a Harvard Medical School teaching hospital), NYU Medical Center in New York and Kaiser Permanente Santa Clara Medical Center in California.

She has taught workshops in self-healing to thousands in the US and Europe. A graduate of Harvard Divinity School, she is a psychotherapist.

(800) 726-4173
www.HealFaster.com

Having Surgery?

Use Mind-Body Techniques to:

- Feel calmer before surgery
- Use less pain medication
- Recover faster

Peggy Huddleston’s Prepare for Surgery, Heal Faster™



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