

### ***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™**

***Schedule Your Workshop  
by calling***

***Rosemary Raynaud  
206-364-1046, ext. 3***

***or***

***Cindy Salo  
425-486-6505***

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

Individual Workshop is \$135.00

*Workshop is given in person or by phone.  
A family member or friend may accompany you for free.*



### ***Rosemary Raynaud, M.Div***

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

Rosemary, a gifted therapist and minister, finds joy in empowering those needing surgery to discover their own healing wisdom. Her experience as a hospital and hospice chaplain taught her the importance of integrating mind, body and spirit to improve health and increase peace.

Rosemary is a Fellow in AAPC, and works as a therapist at Lutheran Counseling Network with offices in Shoreline and Seattle Washington. She enjoys being in nature — especially while camping and walking her Norwegian Elkhounds.



### ***Cindy Salo, M.Div***

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

As a pastor with over 25 years of experience guiding people through crisis, Cindy has the heart of a healer. She has worked as a chaplain in hospital and long-term care settings, trained care teams, and lectured on wellness, spirituality and caring for those in crisis.

Cindy brings her hearty sense of humor and warmth into every relationship. Knowing firsthand how surgery, pain, or receiving chemotherapy can be times of anxiety, she helps others use this time as opportunity for greater self-awareness and peace.

**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



**Use Relaxation CD to:**

- ◆ Reduce anxiety
- ◆ Stop headaches
- ◆ Reduce chronic pain
- ◆ Lessen side effects of chemotherapy
- ◆ Feel calmer during a biopsy, endoscopy, cardiac catheterization or MRI



Photo: Harold Feinsein

**Peggy Huddleston, MTS**

is the author of *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*.

Her writing and clinical work focus on the ways emotions and the human spirit enhance healing. She has been featured nationally on PBS-TV. More information is available on the Web at [www.HealFaster.com](http://www.HealFaster.com)

Cover watercolor by Jane Chermayeff.

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

**Learn Mind-Body Techniques to:**

- ◆ Feel calmer before surgery
- ◆ Have less pain after surgery
- ◆ Reduce side effects of radiation therapy and/or chemotherapy



**Surgery Coaches**  
**Rosemary Raynaud, M.Div.**  
**Cindy Salo, M.Div.**