

What people 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*

"*Prepare for Surgery, Heal Faster* empowers patients to lead the way to recovery by allowing them to take their appropriate place on the surgical team."

Mehmet C. Oz, MD

Host, *The Dr. Oz Show*
Cardiac Surgeon
NY-Presbyterian Hospital

"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

Cardiac Surgeon, Brigham and Women's Hospital
Virginia and James Hubbard Professor of
Cardiac Surgery, Harvard Medical School



Use Relaxation CD or MP3 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 Feinstein

Peggy Huddleston

is the author of *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*. She developed five steps to prepare for surgery and trains healthcare professionals to use them.

A graduate of Harvard Divinity School, her writing and clinical work focus on the ways emotions and the human spirit enhance healing.

She has a private practice guiding individuals in preparing for surgery. Meetings are in person and by phone. For research, videos and more see www.HealFaster.com.



Scan the QR code to hear a radio interview with Peggy Huddleston about *Prepare for Surgery, Heal Faster*.

The interview is also at the bottom of the homepage at www.HealFaster.com.

Peggy Huddleston's Prepare for Surgery, Heal Faster™



"Clouds from Goat Cay", Exuma, Bahamas by Jane Chermayoff

Learn Mind-Body Techniques to:

- ◆ Reduce anxiety before surgery
- ◆ Use less pain medication
- ◆ Heal faster

Offered by
Sara Cyr, CHC

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 MP3. 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. Meet an anesthesiologist at your preoperative meeting to request use of the "Healing Statements".

Ideally you will read the book and use the CD or MP3 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™

Workshop by Sara Cyr, CHC

1 hour workshop includes the book, *Prepare for Surgery, Heal Faster* and its companion Relaxation CD.

Individual Workshop is \$160.

Workshop is given in person or by phone.

*A family member or friend
may accompany you for free.*

Sara Cyr, CHC also gives Peggy Huddleston's Workshops:

*Reduce Anxiety, Headaches & Insomnia
Reduce Chronic Pain and Speed Healing
Lessen Anxiety before Medical Tests
(MRI, biopsy, etc.)*

**To schedule a workshop
call 617-827-9354**

Email: Sara@SparkYourHealing.com

Website:

www.SparkYourHealing.com



Sara Cyr, CHC

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

Sara is honored to work with those facing surgery, medical tests and pain to reduce anxiety and speed healing.

A long-time well-being enthusiast, she studied psychology at Vanderbilt University, graduating with honors. She later learned mind-body techniques to help overcome her infertility.

Hospitalized during her high-risk pregnancy, Sara used Peggy Huddleston's program to reduce stress, extend her pregnancy and bring her babies safely to viability.

As a facilitator, Sara will use positive guided imagery and relaxation techniques to help you draw on your own inner wisdom to shift you from a place of fear and anxiety to a place of peace so you can spark and speed your own healing.

Ready to spark your healing? Contact Sara to book your workshop today.