

## 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 Vitalah Simon

**MEd, BC-DMT, LCAT, RYT-500**

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

*Workshop is given in person or by phone.  
Individual and Small Group Workshops Available.*

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

## Vitalah Simon also gives Peggy Huddleston's Workshops:

*Reduce Anxiety, Migraines & Insomnia  
Reduce Chronic Pain and Speed Healing  
Lessen Side-Effects of Chemotherapy*

**To schedule a workshop  
in person or by phone,  
serving the Tri-State area of NY, NJ and CT  
centrally located in Valhalla, NY  
call (914) 769-8745.**

**[www.yogashine.com](http://www.yogashine.com)**



**Vitalah Simon, MEd, BC-DMT, LCAT, RYT-500**  
is fully trained and certified to present the  
*Prepare for Surgery, Heal Faster Workshop™*.

Vitalah is very excited to offer you this effective and meaningful workshop workshop. While preparing for a possible second surgery, she discovered Peggy Huddleston's program and found it very helpful in navigating the challenges in preparing for surgery as well as greatly enhancing the recovery process after surgery.

She is the main instructor at YogaShine in Valhalla, NY, and has practiced Yoga for more than 45 years. She has been teaching Yoga and practicing Dance/Movement Therapy for over 25 years.

She is a Registered Yoga Teacher at the 500-hour Professional Level by Yoga Teacher's Alliance, a Licensed Creative Arts Therapist and is Board-Certified in Dance/Movement Psychotherapy. She also has an MEd in Counseling and Dance/Movement Therapy.

Her clients have found her guidance very helpful, calming, insightful and empowering.

Please call to discuss your needs and concerns.

## 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 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.

Her writing and clinical work focus on the ways emotions and the human spirit enhance healing. See [www.HealFaster.com](http://www.HealFaster.com).

A psychotherapist, she has a private practice in Lexington, MA.



Watch a short, powerful video about Peggy Huddleston's work on your phone — just scan the QR located here.

# 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  
Vitalah Simon**  
MEd, BC-DMT, LCAT, RYT-500