

**The Surgery Companion Ebook
Easier Surgery-Faster Recovery**

The Surgery Companion Ebook

The Seven Secrets for Easier Surgery and Faster Recovery

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The Surgery Companion Ebook: Introduction

Welcome to The Surgery Companion Ebook and thank you for downloading this valuable information. You are already on your way to an easier surgery and faster recovery.

The Surgery Companion Ebook program has been written to provide essential secrets and techniques which enable anyone to have an easier surgery, with less pain and a faster recovery. Anyone who reads the secrets and uses the techniques will benefit and have a better surgery experience. The results for anyone combining the recommendations in the book with listening to my CD program, The Surgery Companion, will be much more powerful. The Surgery Companion has already imbedded critical elements of all seven of the secrets and the results of all the tools written about here into the audio programs. All The Surgery Companion owners have to do is relax, listen and see how much easier and positive their surgery experience will be.

So enjoy the book, and I highly recommend also ordering The Surgery Companion as soon as possible, at www.thesurgerycompanion.com/order, to get the best and proven results.

This program and book were created based on over 6 years work and actual experience with hundreds of clients, creating, refining and

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optimizing the best of all of the suggestions which worked for actual surgery patients where I could see the results.

Sometimes, a person will ask me a very basic question: “My country (or city) has some of the most skilled surgeons and advanced methods in the world. Why do I need this product for surgery?”

The simple answer is this:

Surgery, by definition, is an invasive procedure where incisions are made into your body, causing trauma to the area operated on. Sedation and medications are given, all of which have an impact on the body's functions.

Surgery requires that your body and mind to do things they are just not used to doing typically, such as:

- Managing and eliminating the anxiety, stress, fears and anticipation of a surgery procedure, including reviewing all the legal forms and doctor discussions of what “might happen”.
- Being able to sleep easily and effectively while awaiting your surgery procedure, and sleeping easily and effectively after your surgery procedure, often in an unfamiliar setting like a hospital bed.
- Trusting a group of people you don't know to care for you while sedated or unconscious.
- Having your body consume and effectively get rid of sedatives and anesthesia, while minimizing adverse reactions like nausea.
- Having your body consume and effectively eliminate byproducts of medications to combat infection, manage pain, and other medications needed for your surgery.

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- Getting your body to resume normal vital bodily functions quickly and easily after having these functions restricted or impaired while sedated.
- Getting your mind to remain calm and positive while in unusual surroundings like an operating room or hospital.
- Having your body become accustomed to limited potential mobility and movement after surgery.
- Having your body be able to manage pain and discomfort after surgery while recovering.
- Having your body and mind remain focused on your ultimate result of complete recovery while rehabilitating.

Because you are asking your mind and body to do so many new things well to have an excellent outcome, a mind-body program is the IDEAL SOLUTION for Easier Surgery & Faster Recovery.

I have created The Mind Body Program for Easier Surgery and Faster Recovery, The Surgery Companion.

The Four CDs in The Surgery Companion will help you to:

- **Feel calm and positive before surgery**
- **“Work with” your doctors during your surgery**
- **De-toxify quickly after surgery**
- **Minimize your pain after surgery**
- **Recover much more quickly after surgery**

Many of the suggestions and recommendations we make in the book are

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already included on your CDs so all you have to do is listen to enjoy all of the benefits.

The Surgery Companion EBook is filled with all of the best secrets I have learned working with over a 1,000 clients, which can help make your surgery process even easier with a faster recovery.

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Chapter 1

The Mind Companion: Your Mind is the Most Powerful Tool You Have to Enable an Easier Surgery & Faster Recovery

“It’s all in your head”... Your mind is absolutely the most important single thing which you can influence regarding how successful your surgery and recovery will be. Your mind controls and sends signals to every part of your body, and regulates many of your body's functions automatically and unconsciously (without you being aware of it). You breathe without thinking about it, your heart pumps blood to every part of your body without thinking about it, your body releases chemicals, hormones and other helpful substances without thinking about it, and your immune system defenders are on patrol inside your body at all times, looking for and destroying things that don't belong there without you thinking about it. Your brain is actually like a big computer, running many powerful programs that keep you well and keep your body working properly.

The brain also reacts to increased levels of stress, anxiety and worry. Your brain is programmed with a “fight or flight” reflex that helped your ancestors survive immediate threats and dangers, like a tiger chasing after you. When your brain perceives danger, it releases a number of chemicals into your body, including adrenaline and the hormone cortisol, often referred to as “The Stress Hormone.”

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The stress response is valuable when you faced with imminent, life threatening danger. However, in modern society, people are finding their stress response is being activated frequently by events which are not life threatening and do not require physical effort (fight or flight). When your stress response is being activated frequently, your brain can still think there is imminent danger, and can create large amounts of adrenaline and cortisol in your body (like stressful times like when you hear you are going to have surgery). Unfortunately, excess amounts of these hormones in your body before a procedure like surgery can create the EXACT opposite conditions of what you want to have in your body.

Common pre-surgery conditions you and other patients may face because you are concerned about your surgery, pain after surgery, or your recovery, may include:

- Anxiety
- Sleeplessness
- Fear
- Worry about Pain After Surgery
- Concern About Recovery Time
- Worry About Surviving Surgery
- Increased Adrenal & Cortisol Levels

Some surgery patients may not even be consciously aware of thoughts which can be triggering the stress hormone. They can be occurring in your

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sleep, or at a deep unconscious level you may not even be aware of.

Increased adrenal activity and cortisol levels can have the following documented impact on patients:

- Impaired Brain Function
- Lower Immunity
- Suppressed Thyroid Function
- Compromised Adrenal Function
- Increased Blood Pressure
- Slower Wound Healing

All of these side effects of excessive amount of the stress hormone results and placing your body into pre-surgery function and conditions that are not very favorable for surgery.

So, it's very, very important that you take advantage of every possible tool which can help your mind create a calm and positive state for your mind and body throughout your time before surgery, during surgery and after your surgery procedure.

Conscious Mind Secrets and Tools

You can tap into your conscious mind at any time and hear or feel the thoughts you are having. Many clients I have get stuck in patterns of negative or worst case thinking before surgery, and do not have tools or awareness that they have a choice to be thinking about something else that would be more

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positive for them to think about.

SECRET # 1:

“Your Mind Has Incredible Power Over Your Body. The Calmer and More Positive You Learn to Be Before Your Surgery, the Faster and Easier Your Recovery will be.”

There are many methods, techniques and entire philosophies that groups have developed around ways to be calmer and positive at all times during your life. Since most of you only have days and not years to learn secrets to having greater awareness and influence over your conscious thoughts and the environment you create within your body based on those thoughts, I will focus on a few, easy to learn and very powerful tools. The most powerful ways I've found to influence conscious thinking on a regular basis is by influencing unconscious patterns of thinking, which is the core of what The Surgery Companion does when you listen repeatedly.

The Conscious thought shifting tools are also powerful, are taught in both my private sessions and seminars, and are easy to learn. I use these tools myself daily, and hope you will use them too.

Awareness and Peak States

The first thing that is important to do in order to shift your thoughts is to practice being aware of them. Most of us run in patterns or programs of thinking

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where we really are not very aware of what we are thinking and why.

A way to describe how you are feeling, what you are focusing on, how your body is at any given time is a “state”, or way of being. People can be in positive states, useful or resourceful states, negative states, or unresourceful states.

Being in the best state for a given situation or requirement in your life can make a huge difference in how you may react or perform.

Sports physiologists and researchers have spent many years, especially in the former Soviet Union, studying “peak states”-ideal state or ways of being. These peak states are for the mind and body to perform at their highest and best levels at the moment when they need to in competition. You can also create peak or ideal states for any situation in your life, for a work situation, a relationship situation or moment, or in this case, to have your mind and body be in an ideal, peak state for surgery and healing.

Technique: Moving the “Feeling Scale”

A very easy way to practice awareness is to assign how you feel on a scale from 1 to 100. At 100, you are thinking the most powerful and positive thoughts imaginable, and at a level of 1, you would be thinking of the worst thing imaginable happening. Start checking in with yourself and noticing when you are spending your time at a level below what you would like to be at, say 50. Any time you find yourself below this level, you can do a number of things to “interrupt” your pattern of negative or lower level thoughts.

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Technique: Pattern Interrupts

Easy ways to create this interrupt include: taking a long slow deep breath in...and releasing, by looking up at the ceiling then down at the floor, by pinching yourself. You can move your body, bounce up and down with your hands above your head, pinch yourself, find one that's easy to do anywhere so people won't think you are crazy when you start bouncing up and down at work.

Technique: Eye Movement Integration

A very powerful way to change your state is called Eye Movement Integration (EMI), developed by NLP pioneer and author Robert Dilts. This pattern of EMI was taught to us by Tim Halbom, one of the world experts at EMI: Change your visual focus by staring ahead then moving your eyes in a figure 8 pattern, starting up and to the right, over and down back up through the middle, up and over left and down left and back up the middle-repeat 4-6 times.

Once you have broken out of your lower level state, now think of something that puts you at a much higher level (loved ones, friends, peak experiences in life, spiritual connection, favorite hobbies). See hear and feel everything that you associate with that high level thought or experience and actually be there. By changing what you are focusing on you can change how you feel in an instant.

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Technique: Anchoring Positive and Useful Emotional “States”

Anchoring is a technique which is widely used by athletes and anyone who wants to create a certain emotional state easily and effortlessly, or change a less desirable state to a more desirable state. Anchoring is a technique also used widely in Neuro-Linguistic Programming, one of the mind-body methods we use. Anchors are based partially on the observation of Pavlov's experiments with dogs. Pavlov sounded a bell when giving the animal food. The animals would salivate when they saw the food. Over time, the dogs would salivate every time they heard the bell, even when no food was given.

The Anchor Technique for More Positive & Useful “States”

Anchors can be something you see hear, feel, smell, taste or touch. The most common are to see, hear and feel something. The more you can connect multiple senses to experiencing that feeling or physical and emotional state, the stronger it will be.

People commonly create anchors for themselves by touching a finger and thumb together. You don't have to have a physical touch to create an anchor- although it's often a very helpful tool. It's very important to touch exactly the same place every time to get the best response. Here is how you can create powerful positive emotional states with anchors:

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Technique-Anchoring:

- 1) Decide on a feeling or emotional state you want to create an anchor for.(for surgery, feeling calm and positive is an anchor we use in The Surgery Companion Program).
- 2) Choose a finger and thumb you want to use to recall (or trigger) the positive (more resourceful) state.
- 3) Remember a time or imagine a situation where you can see, hear and feel being calm and positive.
- 4) When you really are in this state and feeling calm & positive, press your finger and thumb together.
- 5) Let go of your thumb and finger when the experience begins to go down in intensity.
- 5) Distract yourself briefly- look at the ceiling, open your eyes, shake your body.
- 6) Do steps 2-4 several times.
- 7) Now touch your thumb and finger together exactly the same way and see if you see, hear and feel that feeling of calm and positive.
- 8) Now think of a time in the future, like the morning of surgery, and press your thumb and finger together and see if you feel calm and positive.
- 9) Press your thumb and finger together the next day to see that the anchor has stayed with you. You can always repeat the process if the anchor fades over time.
- 10) You can make this anchor even more powerful by adding additional positive states that you would want together (like calm and positive & safe trusting) to the same thumb and finger by repeating the process.
- 11) You can create more separate positive states that are useful by Anchoring different states to different fingers with the thumb that will help you through your surgery process.

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TIP: Positive Suggested States You Can Anchor

The Surgery Companion program uses visual (seeing), auditory (hearing) and Kinesthetic (feeling) anchors in all our CDs, some of these states include:

Feeling Calm & Positive

Feeling Safe & Trusting

Feeling Strong & Healthy

Feeling Love & Support

Feelings of Well-Being

Feeling Relaxed & Ready for Sleep

Feeling Tingling Sensations of Numbness (instead of pain)

Feeling Energized & Alert

You can literally create any state you want that you think is useful. It's best to practice and get a few of these positive states "anchored in" as soon as possible before your surgery.

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Chapter 2 The Body Companion: Small Changes Before Surgery Can Equal Big Results After Surgery

You have already done your body a great service by using the mind tools in chapter one to reduce your stress and anxiety levels before surgery, and reduce the amount of “stress hormone” (cortisol) going into your body before surgery. As you recall in the introduction, surgery asks your body to do many things it’s not used to doing, including: getting anesthesia and other medication by-products out of your body rapidly, returning to normal digestive and elimination functions after surgery, sleeping well in an unfamiliar setting (like a hospital), and healing from an invasive procedure that typically involves trauma to tissue, muscle, cells and sometimes bone.

How you are breathing, what food you are eating, what you are drinking, and how much you are moving your body, all have a significant effect on how your body functions from day to day. ANY steps you can take prior to surgery to improve the quality and or quantities in each of these areas can place much less stress on your body during surgery, and during your recovery.

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Surgery Secret #2

“Respect and Take Very Good Care of Your Body Both Before and After Your Surgery, Because You Need Your Body to Be Functioning Well In Order To Heal Rapidly”

Your body can go weeks without food, days without water, but only about 8 minutes without air. Effective breathing sends oxygen to every cell in your body, and strengthens your organs, muscles, tissue and cells. Effective out breathing releases more toxic carbon dioxide from your body. Ancient forms of controlled breathing techniques, both Yoga from India and Qi Gong from China, both involve controlled breathing for health and longevity.

Deep breathing is also known to trigger the “relaxation response”, named by Dr. Herbert Benson at Harvard Medical School, which is a physical state of deep rest that changes the physical and emotional responses to stress... and the opposite of the fight or flight response. Benson has completed clinical trials showing patients practicing deep breathing each day before surgery with the relaxation response had reduced post surgery complications and less anxiety than a control group of patients.

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Deep Breathing Technique:

This is a deep breathing technique we have used successfully with many of our clients. It's simple, easy to remember and it works.

Go to a place where there is good quality air. Outside in a park or yard with trees is ideal, or if indoors, near a partially open window. Standing is preferred as long as you are able to. You may sit as well. Stop and sit if you begin to feel light headed, or do not breathe in so deeply at first.

Hold one hand on your belly and one on the middle of your chest. Slowly start to inhale through your nose, while imagining you are drawing the breath in through your belly as you feel your hand rising. Slowly count to 4, continuing breathing in through the nose as the breath fills up to your chest, then start to breathe out through your mouth as you slowly count to four. Do ten breaths in and out, and see how you feel. Repeat three times a day and whenever you feel any stress or feel tired. Avoid doing this before sleep, as you will likely feel energized after this exercise.

There are many patterns for deep breathing available in books and online. Variety in breathing techniques can make it more fun and more likely you'll do deep breathing more often.

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Tips: Eating Before Surgery

One of the greatest gifts you can give yourself before surgery is to eat light and eat healthy before your surgery and throughout your surgery recovery process. Digesting food is the most energy consuming process and hard work your body does on a regular basis. Eating lighter, smaller more frequent meals that are mainly vegetables, combined with smaller servings (3.5-5.0 oz. per meal) of lean proteins (chicken, fish) and grains for a few weeks prior to your surgery. This will insure that your body will be doing less work processing your undigested food, so it has more energy to put into your healing and recovery process.

STRATEGIES: FOODS TO CONSIDER AVOIDING

There are a number of foods that can cause inflammation for many people, which inhibits healing. It would be very helpful to minimize or avoid these foods before surgery and during surgery recovery. These recommendations regarding likely allergen foods come from Dr. Elson Haas's book The False Fat Diet, and include organic forms of these foods and all products made from these foods:

Wheat
Pasteurized Dairy, Especially cows milk
Sugar
Corn

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Soy Eggs Peanuts

Strategies for minimizing these foods can include finding healthier substitutes that you enjoy during this period, like rye instead of wheat, almond or rice milk instead of dairy, stevia or xylitol instead of sugar, more veggies instead of corn or soy products, whey protein shakes instead of eggs, and walnuts or almonds instead of peanuts. Note that corn and corn syrup are in almost every prepared food imaginable, so this is great time to be reading the ingredients carefully on whatever you are buying or ordering. It just requires a little more planning, awareness and willingness to ask when you are ordering food out.

Strategy-Be Nicer to Your Liver!

Your liver will also be working much harder than usual after your surgery to clear your body of all toxins from the surgery and the anesthesia. A number of doctors recommend limiting or avoiding alcohol, caffeine, tobacco and fried or fatty foods before surgery will also help you recover more quickly. One exception- If you have addiction issues with any of these foods, now is NOT the time to quit-the additional stress and adjustments of quitting will be worse than the effects of what you are using.

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Drinking Before Surgery: The Importance of Water

The best thing you can drink before surgery is a pure, clean source of water, preferably filtered in some way to remove any chemicals and contaminants from the tap. Most people are not properly hydrated, and your body needs water to heal in general and especially after surgery.

According to the National Institutes of Health Website: “Water makes up more than two-thirds of the weight of the human body. All the cells and organs need water to function. Water serves as a lubricant and is the basis of saliva and the fluids surrounding the joints. Water regulates the body temperature through perspiration. Water also helps prevent and alleviate constipation by moving food through the intestinal tract. Alcoholic beverages and beverages containing caffeine (such as coffee, tea, and colas) are not the best choices because they have a diuretic (water-excreting) effect.

If adequate water is not consumed on a daily basis the body fluids will be out of balance, causing dehydration.” While the NIH recommends 6-8 8 ounce glasses of water per day, many top health professionals recommend much higher amounts for optimal health, at 1 ounce of water for every 2 pounds of body weight if you consider yourself moderately active, and 2/3 ounce of water for every 1 pound of body weight if you are an active person.

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I cannot emphasize enough how much better your body will function and how much faster it will recover after surgery, if you properly hydrate your body before and after surgery. If you are not drinking anywhere near the recommended amounts of water now, build up gradually over a week so your body can adapt to the increased amounts of water you are processing, and you do not stress your kidneys in any way prior to surgery.

Moving Your Body Before and After Surgery

Your body was meant to move frequently throughout the day. If you spend lots of hours sitting, either at work or at home, its very important that you find ways to move your body on a daily basis. This can be walking, dancing, swimming, jogging, weight training, yoga, anything that gets all of your muscles loose and moving, and gets your heart rate up a bit and gets your blood circulating. Even small increases in daily activity levels of movement, walking, stretching, deep breathing can make a really BIG difference. Again, the better your body is performing before the surgery, the better it will perform during the surgery. If you are having surgery soon, and have a specific health condition, check with your doctor and find out what activities may be safe for you to do.

Many of my clients who have physical limitations of some type even just do simple movements, like shaking their arms above their heads for several minutes, several times per day, or if they are more mobile, combining this

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exercise with bouncing gently on their heels, so that their toes do not leave the ground, for several minutes. ANY regular physical activity will increase and improve your circulation, and your blood circulating is what delivers the healing nutrients and helpful substances your body makes to help you heal faster!

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Chapter 3 The Spirit Companion: Reaching Beyond Yourself for Infinite Levels of Energy & Support

Create a Personal Friends/Family Support Team

Having a support team while going through surgery will reduce your stress, which will help you feel better, and enable you to recover more rapidly. Just knowing someone else is going through the surgery process with you will help you to do better, and creates a different energy field for your healing than if you feel you are going through surgery all by yourself. If you don't have friends or family that are able to help you, see if your hospital or doctor can recommend a support group or support services. A support team can be anyone from a spouse or family member, to friends at work or in the community. Don't be afraid to ask for help—people are inherently good and will want to help out if you let them. It's very reassuring to have someone with you when going to the doctor, going to the hospital, and seeing a friendly face when you wake up. If you are facing a long recovery period, a support team can help with everything from cooking to running errands to helping watch the kids.

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Secret #3

There is an Infinite Amount of Energy & Support Available to Help You from Loved Ones, Friends, Nature, Spiritual Resources and Source Energy

The Surgery Companion program has a guided visualization where you can bring in and experience the love, support and positive energy or wishes of family, friends, or pets. It's a very powerful suggestion, and you can also do this on your own before surgery by just thinking of all those positive people who are or have ever been in your life and imagining their positive energy is all around you and watching over you and protecting you. You can do this any time, and it's especially effective to visualize this the day of surgery before going into the operating room.

Most people also have their own unique spiritual beliefs they can access, and you can also call in and access a higher power you believe in to surround and protect you, which is very, very powerful. Other people connect at the very deepest levels with nature and mother earth, and you can create a visualization of mother earth's energy surrounding you and protecting you. Still others believe that there is a unifying energy, or source energy that all things are connected to and part of.

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Technique-Guided Visualization-State Creation:

Here is a simple process for visualizing, or creating a powerful state for imagining if you do not see pictures in your mind.

- 1) Wearing relaxed and loose fitting clothes, find a quiet a comfortable place to sit or lie down.
- 2) Close your eyes, and take 10 slow, deep breaths using the technique you learned earlier-with each breath in, imagine golden, healing energy or light coming into your body, and on each breath out, imagine you are releasing every care, every concern every thought that may stop you from being completely and totally relaxed.
- 3) Now, imagine you are in a place that is comfortable and safe. It can be a real or imagined place, past, present or future. See what you would see hear what you would hear and feel what you would feel in this place.
- 4) Now, imagine the positive energies, love and good feelings of everyone you've ever known who has shown you any of these feelings surrounding you, comforting you and protecting you. See, hear and feel how good it is to have those comforting protecting energies all around you.
- 5) Now, imagine the positive energies, love and good feelings of anyone you know of or can imagine of people who are known for their loving, caring and kind energies-they can be famous people, spiritual leaders, whoever has energy that's right and comforting and protecting for you.
- 6) Just see anything you may see, hear anything you may hear, feel anything you may feel and invite all of these comforting and protecting energies to be with you and stay with you-now, during your surgery, throughout your recovery and beyond.

You can add additional images of nature, spiritual sources, source energy, universal energy, sunlight, whatever and whomever you believe brings energy that is right for you and makes you feel better, safer and more comfortable.

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The energetic connection between beings is something that doctors and scientists are still not able to quantify completely, but they can still see that it works. There are numerous studies that demonstrate that patients who are prayed for by others in the hospital, even though they do not know they are being prayed for, do much better recovering than those who don't have people praying for them. One of these studies, of 900 patients at St. Lukes in Kansas City, showed an 11% reduction in post surgery complications.

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Chapter 4 The Intention Companion: Your Intentions and Expectations Can Help Heal You

Many of you may have heard of the power of intention. Setting your intention to have something happen in your life, to get it in your mind and see it as if it has already happened, feel it as if it has already happened and hear it as if it is one of the secrets of the worlds most successful and powerful people. Tiger Woods, Oprah Winfrey, and Bill Clinton and many other pro athletes and very very successful people have all talked about seeing their future as if it had already happened. Regardless of how you may feel about Tiger for his personal issues, he is one of the greatest and most successful athletes of all time, and has used visualization, intention, ideal state creation and self hypnosis to do things most people did not think were even possible. Tiger already sees the golf putt going in before he evens swings, and actually looks surprised if it doesn't go in.

Expectation leads to results, and your mind is very powerful. When you tell it something is going to happen, your mind actually creates the physiology and biochemistry of expectation. This is a wonderful and powerful tool for surgery and healing.

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Secret #4

Setting Your Positive Intentions and Expectations for Your Surgery Will Improve Your Outcome

A common trait of people who have healed from challenging health issues is that they see themselves as already healed in the future, and that they are merely going through a process on their way to being completely healed. Two thousand cancer patients who had remarkable healings and recoveries were all interviewed as part of a survey by Neuro-Linguistic Programming researchers to find out what they did that made their results so much better than others-the main thing they had in common was that they all believed they would get better, and that they all saw their illness as part of a process they were going through, on their way to complete healing and recovery.

Powerful Intention Statements of Healing & Wellness

Many clients have asked me, what is intention and how do you set your intention? You can set your intention many ways-one of the best and easiest I have shared with many clients is to write and say very powerful intention statements, such as:

I intend to heal rapidly and completely

My intention is to be playing tennis within one month of surgery

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I intend to have a pain free surgery recovery

My intention is to learn and grow from my healing process

I intend to sleep easily after surgery

I intend to surprise my doctors with how fast and complete my recovery is

I intend to eat healthy, breathe deeply and support my body's healing

Technique-Intention Exercise-Getting it “Into the Muscle”

Intention has some subtle differences from affirmation statements. It's really important for you to get your intention statements “into the muscle” and into your brain and body. The best way I recommend to do this is to involve as many of your senses as possible-to see hear and feel what you are saying. When you say I intend to heal quickly and easily, really imagine seeing, hearing and feeling yourself healing quickly, or remember a time where you healed quickly and what you saw heard and felt when that healing occurred.

I ask my clients to use their state management and visualization tools to be very relaxed, positive and in a receptive state for practicing their intention statements. I then have them write them down over and over again, while looking at what they are writing, repeating them aloud and with passion and expectation as they write them. Many studies on memory and recall have proven

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that recall is as high as 90% when you write it, look at it and say it aloud or to yourself at the same time, so there is proven method to this technique. I then have them stand (if it's comfortable) and say it aloud, while moving their arms and their body in some way that really feels natural and positive and affirming. Obviously, this type of exercise is best done at home or some other place where you can have privacy. I have placed a number of very positive intention statements into The Surgery Companion which will easily reach your unconscious mind while you are in a relaxed state.

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Chapter 5 The Post Surgery Companion: Creating Ideal Conditions for Healing

The most important thing you can do to have a great surgery recovery is to listen to The Surgery Companion Program daily. You can also follow as many of the recommendations I have made in the first four chapters in this book as possible. All of these suggestions are meant to create an ideal or “peak state” for you to enter into surgery, so that your mind, body and spirit are all as ready as possible for an easy and smooth surgery procedure.

Secret #5

“The More Ideal Conditions You Can Create For Optimal Healing Immediately Following Surgery, The Faster Your Recovery Will Be”

The moment your procedure is complete, your mind and body will want to begin the recovery and healing process. One of the most important conditions to create is the same condition of being calm & positive when awakening from surgery. I recommend that our clients listen to The Surgery Companion Surgery Recovery Program as soon as possible after surgery. If you do not have the program, you can use the anchoring tools I taught in chapter one to be calm and positive.

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Gratitude is also a very powerful state to be in. Dr. Wayne Dyer stated it's impossible to be in a state of gratitude and be sad at the same time. Make a list of 50 things you are grateful for before your surgery, and either read them, have someone read them to you, or remember them when you wake up. Gratitude is so powerful and healing, that I write down the things I'm grateful for first thing every morning, or anytime I want to shift my state .

Technique-Surround Yourself With Positive People, Places and Things

Surround yourself as much as possible with positive things and people during the first few days of your recovery: music, books, people and things you love during your first few days of recovery as possible. If certain people in your life who want to or need to see you during your recovery who are not healing for you, thank them for their good wishes and tell them you need lots of rest, and minimize your interaction with them. Surgery recovery is a GREAT excuse for this, and most people will give you the space you need. Avoid the news, violent programs or movies, or anything that is not positive. Give your mind and body a small vacation from all the bad stuff, so they can do their job more effectively. Your body wants to eliminate toxins from your procedure, including the anesthesia, byproducts of medications and any waste tissues from your surgery.

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Create a visualization for yourself where you imagine your bloodstream is a river carrying away anything unnecessary out of your body easily and effortlessly.

Eating & Drinking in the Hospital/Home the First Few Days After Surgery

For your first meals after your surgery (based on your doctors recommendations) you may want to stay with the healthier choices you were making before your surgery discussed in chapter three. Digestion is the hardest job your body has. If it has to work less after surgery digesting, it can focus more on your faster recovery. I was very surprised to see a hamburger and fries on the menu for a family member that had had surgery two days before. Again, avoid the typical allergen foods: wheat, dairy, corn , soy, peanuts, sugar, eggs, have lots of high water content vegetables, soups, vegetable juices, lean animal proteins, smaller meals, more meals per day, and lots of clean water will do amazing things to assist your recovery.

There are a number of supplements that can also speed up the healing process. Consult with your doctor or nutritionist for suggestions that are appropriate for you. Dr. James Balch's Book "The Prescription for Nutritional Healing", has a number of recommendations as well.

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TIP: Sleeping After Surgery

One of the most common complaints I've heard from people who have had surgery before using the Surgery Companion was how difficult it is to sleep in the hospital. In addition to soreness, pain or post surgery side effects, hospitals are busy, noisy and distracting. Prepare yourself for these distractions by purchasing a good sleep mask and earplugs before your surgery, and practice using them before surgery. Also, have an MP3 player or portable CD player to bring with you to listen to The Surgery Companion, music or other positive sounds. You can also use your anchor technique for "Relaxed & Sleepy" to help you sleep. Also consider talking to your doctor about the nighttime rounds the nurses make and see if its okay to NOT get woken up in the middle of the night for some routine check if it's not necessary.

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Chapter 6 The Surgery Recovery Companion: The Journey Back to Wellness

Now that you are out of the hospital or past the first days of immediate post surgery recovery, you have entered the period of complete healing and recovery. Depending on what type of procedure you had, this period could be several days to several months. Whatever the estimated period by your doctor is, and whatever your intention you've set is, this is a very important time to remember you are in a healing process, and to treat this period as just as important as your pre-surgery and immediate post-surgery phases. Your body is still doing a lot of work to help you recover, and its not uncommon for surgery patients "feeling great" to "overdo it" or go back to less healthy eating patterns and slow their permanent recovery

Secret #6
Your Recovery is a Process, Not a Single Event. Respect Your Healing Process.

This can be the most challenging phase of healing in some respects, because patients are always anxious to get back to "their old self". Many of my clients who have had surgery recover much more quickly than average and than their doctors estimated, because they have listened to The Surgery Companion Program and followed the recommendations in the book. I always recommend seeing your doctor during your recovery before any significant

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increases in your activity levels beyond what the doctor has recommended, so your doctor can verify the amount of physical healing that has occurred. Plus, going to see your doctor is a great opportunity to see the surprised look on their face at how good you are doing and remind them that it's because you used The Surgery Companion.

TIP: Keep Following the Recommendations in this Book for the Entire Doctor-Suggested Recovery Period

Eating healthier foods, eating smaller portions and having more meals per day, avoiding potential food allergens, drinking clean pure sources of water, deep breathing, moving your body daily, listening daily to your post surgery healing CD, doing positive visualizations for your healing, and writing daily gratitude lists are all way in which you can help your body heal faster. You can also create new habits in 21 days, so if you keep this up for three weeks, you may find you have powerful, healthier habits for life!

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Chapter 7 The Balance Companion: Creating Conditions for Long Term Wellness

Many people I have spoken to who have recovered from life threatening illnesses viewed their illness as a gift- a wake up call to make positive and powerful changes in their life. Many of these clients are inspired to take greater ownership for their physical, mental and spiritual health, and embark on new journeys of personal and professional exploration into their potential for well being.

We are living in an age where we have longer life spans than ever before, and the opportunities to live active, vibrant lives into our 70s, 80s, 90s and beyond are within our reach, especially with the recent mapping of the genetic code and recent discoveries into the causes of aging.

Secret #7

“Create Conditions for Better Balance in Your Life. You Will Enjoy Better Health & Wellness and Reduce Your Chances of Having More Surgery”

The Decathlon is a grueling Olympic competition where each athlete competes in 10 events over two consecutive days, including sprint, intermediate and distance runs, hurdles, shot put, pole vault, javelin throw, discus throw and high jump. The winner of this competition is often called the world's greatest

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athlete, because they have demonstrated excellence in so many different areas. Most people think decathlon winners typically finish number one in most of their events, but the opposite has been typically true-the winner finishes in the TOP THREE in most of the events, and wins on points.

With my clients who want to explore their lives at a deeper level, I often have them fill out a wheel of life (their life “Decathlon”), and shade in what number their life is at in a given area, and what number they would like it to be (10 is living at the highest level 1 is the lowest level). We use this tool to talk about strategies for creating more balance across the desired areas. In every wheel we’ve seen, the wheels are lumpy and wouldn’t roll very smoothly where some areas are very high and some are very low. A balanced wheel rolls much more smoothly through life, and can bring you new adventures and better health. You can have as many sections to your wheel as you would like.

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Here are common sections of a life wheel:

Career
Money
Family
Friends
Health
Passions
Education
Contribution/Community
Personal Growth
Spiritual Growth

I wish for you all the best in your successful surgery recovery and your life journey.

Sincerely,

Dr. Olga Stevko

Mitchell Stevko

Dr. Olga Stevko & Mitchell Stevko

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