

# Facing a Medical Procedure? Approach It with Calm, Confidence!

By Janet Wahl, Ph.D., CHt.



**T**his vigorous man hated hospitals and needles, so much so, that he evaded annual physical check-ups until age 54. He believed hospitals were for dying people.

*without a doubt that her help made my medical treatment more effective and my recovery faster and less painful.* —ABQ Client

*I have always had anxiety about things medical, so when I received a diagnosis of invasive carcinoma following a colonoscopy, my fears were skyrocketing. My blood pressure at the gastroenterologist's office was 167 over 93; I could hardly breathe. Jan prepared some recordings for me to listen to and gave me a few hypno-therapy sessions, and I began my quest to make myself more able to cope with my upcoming surgery. At the surgeon's office, prior to the surgery, I was able to carry on a productive and helpful conversation with the surgeon, and my blood pressure was 130 over 82. I had a degree of confidence that I had never had before in a medical situation this important. I continued listening to the recordings that Jan made for me that prepared me for my surgery, and when the day came, I was confident and prepared. I was able to be admitted to the hospital, fill out the forms and get prepped for surgery, and my blood pressure was 130 over 80. I surprised myself and my wife with the degree of confidence that I had. The surgery went as well as could be hoped; with the outcome being-- no further treatment was necessary!*

*I know that I was much more able to respond positively to all of the medical personnel who helped me and my recovery was speedy because I was able to calmly accept needed medical treatments. I was able to interact in a friendly and positive manner with all of the personnel in the hospital more than I ever would have without Jan's help. I know*

This client achieved these results with a combination of hypnosis for relaxation, NLP for an anchor, and ThetaHealing™ for modifying beliefs. The individual audio tracks I made were for pre-surgery, day of surgery, during surgery, and post surgery. *Phone sessions (combined with the tracks) can also accomplish these results.*

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*Janet Wahl is certified in hypnosis (ACHE#107-003) and ThetaHealing™. She has completed 450 hours of hypnotherapy training and the following courses in ThetaHealing™: Basic, Advanced, Intuitive Anatomy, Manifestation and Abundance, and the Rainbow Teachers Course. She also holds a PhD in Language, Literacy and Learning and has more than 35 years of experience in education as a teacher, professor and administrator specializing in special needs. Visit [www.mindbalance.us](http://www.mindbalance.us) and [www.janetwahl.com](http://www.janetwahl.com).*

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