

This Patient Had NO Pain!



By Janet Wahl, Ph.D., CHT.

This vigorous, healthy woman, whom we shall call Chris, just completed extensive, elective surgery on her right foot and leg. The surgeon removed bone from her heel and refitted it into her second toe. He cut and shortened a tendon, removed a bunion, and loosened some calf muscles. The nurse coordinator told Chris this surgery was more painful than knee or hip replacement. However, post-surgery, Chris had *no pain!*

This was Chris's second surgery; the relatively simpler surgery on her left foot and leg was completed in November. For her first surgery she used my 3-track CD, made in consultation with her, an anesthesiologist and physical therapist. In this case, there was no need to come to the office for a face-to-face session. It was accomplished by phone and e-mail.

Each track has a specific purpose. Track one, used before surgery, helps the patient build and maintain calm confidence in the medical staff and procedures. It also increases peaceful, restorative sleep. If the hospital approves, track two is used during surgery to help the client remain calm and relaxed. Additionally, it helps to neutralize negative comments made in the operating room. Even though the patient is under anesthesia, all comments whether negative or positive, are recorded in the patient's mind. Positive comments by medical staff are crucial for best outcomes. The third track is used after surgery to accelerate healing. Even though Chris could listen to track one only 2 days prior to the surgery, the messages accelerated her comfort and healing during the entire process.

When it was time for her second, more complicated surgery, Chris used the same CD 10 days prior to surgery with even greater success. As she described, "This time I had no pain! I was so positive. I knew everything would be all right."

In spite of the nurse's warning about post surgical pain, Chris took only 2 Aleve tablets when she first got home and nothing after that! The bottles of OxyContin and Percocet remain on her shelves. Once she was home with her bandaged leg, she immediately went upstairs to sleep in her own bed. Scooters, chairs with wheels, and a slick backside helped her do her daily chores. Even though she is not allowed to drive and is reticent to ask for rides, Chris does ask now and arranges taxis for other tasks. Her attitude is extremely positive and her healing rapid.

Chris employed her internal resources to become an ally of her doctors and medical procedures. In this case, fear and anxiety do not serve the patient; fear only makes the medical procedures more difficult and tense. Her CD is not a substitute for medical advice or medicine. It simply is a complementary modality that assists medical doctors and medicine to be more effective.

It is helpful to prepare prior to the medical procedure. One of the laws of the inner mind is "Whatever is said to us, through us, or by us for 30 consecutive days becomes a subconscious habit." (Robert Otto). Although success can be achieved in a shorter time, it is wise to plan to use the pre-surgery track for 21 to 30 days prior to the procedure. All of this can be accomplished by phone and e-mail.

It's so easy! Choose new ways of thinking, doing & being!


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 Rainbow Teachers Course: www.mindbalance.us. 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: www.janetwahl.com.

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