



*Take Control Of Your Life With Hypnosis:
Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

Hi Everyone!

Here is the 12th issue of the Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

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HYPNOSIS FOR SURGERY

From 1845 and 1850, James Esdaile, a Scottish surgeon practicing in India, reported having performed over 2,000 surgeries, including 345 major operations using only hypnosis (no anesthesia, antibiotics or antiseptic practices).[1] Ether was discovered not long afterward, and hypnosis faded into obscurity. In the 1950s, Dr. William S. Kroger, a Chicago Medical Hypnotist, prepared patients for surgery through hypnosis and accompanied them during their surgeries in many area hospitals.[2] However, only more recently has research produced compelling evidence about the benefits of hypnosis for surgery.

A ground-breaking study was done in 2002 by Dr. Elvira Lang, MD, a radiologist and professor at Harvard Medical School. Dr. Lang and her colleagues found that patients who were guided through hypnotic relaxation during surgery used 50% less pain and anti-anxiety medication, suffered 75% fewer complications and left the operating room 17 minutes sooner than other groups.[3] Dr. Lang and Eleanor Laser, Ph.D., co-authored the book, *Patient Sedation Without Medication: A Resource Guide for Doctors, Nurses and Technologists*, and have trained psychological and medical professionals in hypnosis around the world.

Today, one can prepare for surgery with hypnosis by participating in hospital-sponsored programs, being hypnotized by a professional member of a hospital surgical team, listening to or watching tapes, CDs, and DVD that can be bought commercially, working directly with a certified hypnotist/hypnotherapist, and/or using self-hypnosis. Some of the above methods focus specifically on the individual, while others offer a one-size-fits-all approach.

If one has the luxury of sufficient time before surgery, meeting with a knowledgeable hypnotist has the potential to optimize the benefits by personalizing the approach. This method has worked well for clients in my own practice who have wanted to prepare for

optimal surgical outcomes. For example, a 74-year-old gentleman I'll call "John" suffered a stroke in January, 2011, and was recovering from it quite well, but needed aorta valve replacement surgery. John learned that several friends and a former hospital roommate, all of whom had survived strokes, died during subsequent heart surgery. Needless to say, John's expectations of surviving the surgery were very low. Added to that was his negative attitude, which evolved from the abuse and neglect he experienced as a child. It became clear that part of the hypnosis preparation for surgery needed to address and resolve John's negative thought patterns and his expectations of dying from the surgery. After resolving those issues, he was able to integrate positive images, feelings, and expectations into his mind and body. Together, we emphasized his new positivity up to, during, and following the surgery. John reinforced everything by listening (while in self-hypnosis) to the personalized CD I had made for him, which allowed him to saturate his mind with his own "I am positive affirmation. I spoke with John one month after his surgery. He was still a bit sore, but positive, upbeat and optimistic. He had also left both the hospital and rehabilitation facility sooner than expected and did not need any pain medication as of the 3rd day following surgery.

As mentioned in my June 2011 (Pain) Hypno-Healthgram, I have helped many people prepare for surgery and all experienced results at least equal to John's. One woman had uterine fibroids removed, without anesthesia or medication, and watched the entire procedure on a monitor. Although I was not present with her in the operating room, she was able to do everything based on our preparations and instruction in self-hypnosis. A 50-year-old-man had severely cut one hand on a sharp piece of metal, to the extent the doctor said he'd have to "reattach nerves and sew up muscle and tissue." In order for him to be psychologically able to have the surgery, we worked together to disconnect the influence of an earlier "traumatic" (his word) surgery on his ankle that had caused him to be panicked about the pending hand surgery. The man took pain medication only on the day of the procedure and healed rapidly afterwards. His wife was impressed with "how comfortably the recovery went." Another person had all twenty-four of his teeth removed, with hypnosis as the only anesthetic. It wasn't until afterward that he realized the enormity of what he had accomplished, having been completely free of pain and only having felt slight pressure on his gums.

As quoted in the aforementioned June 2011 newsletter, David Spiegel, MD, Director of the Center on Stress and Health at Stanford School of Medicine in Palo Alto, California, noted: "It has taken us a century and a half to rediscover the fact that the mind has something to do with pain and can be a powerful tool in controlling it. It is now abundantly clear that we can retrain the brain to reduce the pain: 'float rather than fight.'" [4] In addition to controlling pain, hypnosis can help significantly reduce blood loss during surgery, minimize pre and post-surgery anxiety, reduce or eliminate post surgery pain, shorten hospital stays, and shorten and make more comfortable recovery time.

[1] en.wikipedia.org/wiki/James_Esdaile

[2] www.com/time/magazine/article/0,917,186,743,200.html

[3] The Healing Power of Hypnosis by Alex Jetter, PREVENTION, March 2006

[4] <http://psychocentral.com/news/2007/08/29/hypnosis-aids-breast-cancer-surgery/1208/html>

HEALTH TIPS

- A little lifting can lead to a stronger heart. A 2010 study suggests people who incorporate strength training in their workout may have a reduced risk of heart disease. After a 16-week study, scientists found men who incorporated exercises like shoulder presses, leg presses, and crunches into their workout reduced cholesterol, on average, by 216 mg. dl. [*Concurrent resistance and aerobic training as protection against heart disease*. Shaw I., Shaw P., Brown G., et al. Department of Marketing and Sport Management, Vaal University of Technology, Vanderbijlpark, South Africa. Cardiovascular Journal of Africa, July 2010.]
- Downsize your plate. Create an optical illusion during meal times by using smaller plates. Research suggests people eat up to 22% fewer calories when they're able to decrease the amount of empty space on their plate. So forgo the foot-wide plate at your next meal and opt for a small 8"-plate packed full. [*Expanding portion sizes in the US marketplace: implications for nutrition counseling*. Young, LR., Nestle, M. Department of Nutrition and Food Studies, New York University. February 2003; 103(2): 231-234.]
- Incorporating standing in the daily office routine may improve posture while reducing the pain caused by slouching in a chair. And surveys indicate those who stand for part of the day work just as efficiently as those who only sit. Some suggest standing actually boosts focus and creativity. [*The introduction of sit-stand worktables, aspects of attitudes, compliance and satisfaction*. Wilks, S., Mortimer, M., Nysten, P., Right Halso Pastner Occupational Health Unit, s-72; 83 Vasteras. Sweden, Appl Ergon.2006 May; 37(3): 359-65. Epub 2000 Aug 15.]



Happy Health!

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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*