

Biography of Peggy Huddleston

Author of

Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques

Peggy Huddleston is a pioneer in mind-body medicine. Her writing and groundbreaking research focus on the ways positive emotions and the human spirit speed healing.

She developed five steps to prepare for surgery using mind-body techniques. Research shows they significantly reduce anxiety before surgery, lessen the use of pain medication by 23-50% and speed healing.

Her book, *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques* and its companion relaxation CD, give people facing surgery a way to go from feeling anxious to feeling peaceful – a state of being proven to speed healing. She trains health care professionals to give her one-hour *Prepare for Surgery Workshop* ™ and *How to Lessen the Side-Effects of Chemotherapy Workshop* ™.

Her book and relaxation CD are recommended at leading hospitals across the US including Brigham and Women's Hospital, a Harvard Medical School teaching hospital; NYU Medical Center in NY and Kaiser Permanente Santa Clara Medical Center in California.

Huddleston is a psychotherapist, researcher and graduate of Harvard Divinity School where her study focused on what individuals can do emotionally and spiritually to speed their physical healing.

She was a co-investigator of a study at Beth Israel Deaconess Medical Center, a Harvard Medical School teaching hospital, documenting that hospitalized patients who listened to her relaxation tape twice a day for two days had less anxiety, used less medication for anxiety and had a significant improvement in heart-rate variability than those in the control group. Findings were published in the *Journal of Alternative and Complementary Medicine*, March 2007.

She was a co-investigator of a study with 56 patients having colorectal surgery at the Lahey Clinic in Burlington, MA. It showed that patients using her book, relaxation CD and a one-hour workshop had significantly less anxiety before surgery, healed faster leaving the hospital 1.6 days sooner than the control group and by day two at home required 60% less pain medication.

A study with 44 patients having knee-joint replacement showed that those using her method had significantly less anxiety before surgery and left the hospital 1.3 days sooner. Study was done at the New England Baptist Hospital in Boston.