

Fast Recovery

Shirley Swede,Seymour Jaffe

The Rapid Recovery Handbook Elizabeth Motyka, Tom Motyka, M. Nathaniel Mead, 2006-09-19 The ultimate guide to maximizing the body's ability to heal for anyone who is planning for or recovering from surgery, injury or pregnancy. By understanding the body's marvelous ability to repair and rebuild itself, we can prepare and fine-tune our bodies to optimize our healing potential post surgery. THE RAPID RECOVERY HANDBOOK will provide an understanding of the healing process and the essential tools to make sure self-healing mechanisms are in top working order, covering every repair-related detail a patient needs to know from the planning-for-surgery period through the late stages of recovery at home. Written for a variety of patients dealing with a wide scope of surgeries and injuries, THE RAPID RECOVERY HANDBOOK reveals three practical factors that account for the individualized nature of recovery: nutrition and botanical support (the primary way to prepare for surgery and to enhance healing from injury), physical support (including such beneficial therapies as massage, acupuncture, Reiki, hydrotherapy and others) and mind-body support (including hypnosis and mindful breathing to address the stress response). Complete with a foreword by Dr. Mehmet Oz, the book also has several appendices for lay and science-savvy readers alike.

Manual of Fast Track Recovery for Colorectal Surgery Nader Francis, Robin H. Kennedy, Olle Ljungqvist, Monty G. Mythen, 2012-01-02 Manual of Fast Track Recovery for Colorectal Surgery provides a broad overview on enhanced recovery, with expert opinions from leaders in the field regarding elements of enhanced recovery care that are generic and specific to colorectal surgery. This book covers the patient journey through such a programme, commencing with optimisation of the patient's condition, patient education and conditioning of their expectations. Manual of Fast Track Recovery for Colorectal Surgery investigates the metabolic response to surgery, anaesthetic contributions and optimal fluid management, after surgery. It also details examples of enhanced recovery pathways and practical tips on post-operative pain control, feeding, mobilisation and criteria for discharge. Manual of Fast Track Recovery for Colorectal Surgery is a valuable reference tool for colorectal surgeons, anaesthetists, ward nurses and other members of the team involved in perioperative care: pain control specialists, physiotherapists, dietitians, specialist therapists (such as colorectal and stoma nurses), and outpatient nurses.

Death to Addiction Leanne Walters, 2019-08-04 What is the scariest thing you can think of? For me, it was overdosing at 27 years old in my friend's basement. Knocked out cold, alone, helpless and at death's door, it was the culmination of a decade-long battle against my desires and addictions. In the time leading up to this, I had been reckless towards not only the people around me, but myself and my body. The addictions that had me imprisoned stemmed from simple issues like overeating on a daily basis to more extreme problems like abusing drugs in the search for that next high. By the time I left high school, I was already addicted to alcohol, food and drugs - sex completed the full cycle soon enough. I was a hundred pounds overweight. I underperformed at work and at home. I spent my days on a high or planning the next one. I had lost all hope in myself and my future. I was a nobody living in an empty body. I took down my mirror because I couldn't bear to look at the stranger that I saw within its depths. I was killing myself, yet I could not bring myself to stop the rut. I made resolutions to quit on a daily basis. I hated what was happening to me, yet could not stop it. Things came to a head when I came within a whisker of death a few weeks after my 27th birthday. That near-death experience saved my life, and gave me a new chance to fight off my addictions. I fought a winning battle and I stand here, almost three decades later, an expert in addiction recovery. I was one of the lucky ones; many people get killed or fail to live due to their addictions. Addictions are something we all neglect till they become too powerful to ignore. Many people wish away their addiction until it becomes too strong, that it becomes their life and truth. I combined my personal experience during my decade of hell and two decades of professional work helping addicts, to produce *Death to Addiction*. In this book you will learn: All about your brain and why it yearns for that next 'hit' How to spot a new and upcoming addiction from a mile away The one MAIN reason your addictions occur Why you might be addicted to alcohol without even knowing How drugs are a world of downward spirals How an eating addiction can sneak up out of nowhere Why sex addiction is more than what happens in bed How to turn into the master of yourself and perfect self-discipline The amazing benefits of healthy relationships The two superpowers I used to end hundreds of people's addictions Why meditation and mindfulness are the secret weapons to success The #1 surefire way to putting death to your addiction And so much more... Everyone has their fair share of addictions but nearly 90% of people with them, have no idea what to do about them. So, they clear some space for the addictions to exist. People simply choose to live with them and act like they are not there, when in reality, addictions are the biggest reason why they live their entire life asking themselves, what if? Take a moment and ask yourself this: what would life have been like if I ended my addiction 30 years ago? And then, ask yourself: What will my life look like in ten years if I don't end this addiction now? Putting death to my addictions by applying the tips and strategies in this book flipped my world upside down for the better and I know it will do the same for you. So, do you want to make a change in your life for the better? Do you want to regain control over the real you? Do you want to learn how you can put an end to that addiction that's been eating away at you day in and day out? Then scroll up and click the 'add to cart' button! I can't wait to see you on the other side.

The Secrets of Fast Healing Dr S O Garcia,2023-04-05 The human body is incredibly resilient and can heal speedily from even the maximum critical accidents. At the same time, as a few varieties of accidents take longer to heal than others, all accidents can be remedied with the proper cures and support. Various things contribute to rapid recovery, including the body's natural capability to repair and regenerate tissues, the presence of wholesome immune structures, and supportive social and emotional environments. Even though there may be no assured route to fast recovery, the proper technique and remedies can assist the velocity of the method. Rapid restoration is one of the top preferred features of a wholesome way of life. It's something we all aspire to attain, and concerning our health, it's one of the great things we can do for ourselves. Speedy restoration is the potential to get over accidents or illnesses quickly and without trouble. It signals accurate fitness and is a prime factor in preventing complications.

Goodbye Lupus Brooke Goldner,2015 Goldner discusses the pain of her illness and her recovery, and how she discovered a way to help herself heal through proper nourishment.

Rapid Recovery from Back and Neck Pain Fred Amir,2002-11 This is the second edition of this tilte, originally published in 1999. It is a companion book to Dr. Sarno's Healing Back Pain, Mind Over Back Pain, and The Mind Body Prescription.

The Quick-Reference Guide to Addictions and Recovery Counseling Dr. Tim Clinton,Dr. Eric Scalise,2013-10-15 The newest addition to the popular Quick-Reference Guide collection, The Quick-Reference Guide to Addictions and Recovery Counseling focuses on the widespread problem of addictions of all kinds. It is an A-Z guide for assisting pastors, professional counselors, and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations. Each of the forty topics covered follows a helpful eight-part outline and identifies (1) typical symptoms and patterns, (2) definitions and key thoughts, (3) questions to ask, (4) directions for the conversation, (5) action steps, (6) biblical insights, (7) prayer starters, and (8) recommended resources.

Fast OCD Recovery E-Book Ali Greymond,2015-02-05 If you are in a situation where you need to get over OCD quickly, this book is for you. You must understand that this is a “crash course” in getting over OCD and it will require maximum effort. This book will show you what you need to do in your daily life to overcome OCD in the shortest amount of time possible. It will also give you an in-depth look why you get OCD thoughts, what makes them stick, and how to stop them.

High Speed Healing Prevention Magazine,1993-11 A comprehensive, authoritative guide to speed healing, featuring high-tech methods and mental imagery. Presented in an easy-to-use format using everyday language, hundreds of tips explain how readers can help themselves to health with little time and effort. The top 15 steps to take to prevent cancer are also included.

Overcoming Addictions The Non Fiction Author,2016-05-05 This e-Book will take you all the way from somebody who's still blindly stuck in addictions, without any thought about quitting....the whole way to living a full life in originative recovery. Phases Of Recovery Errors And Correct Choices In Early-On Recovery Seek Your Path You Must Take Action What's Next

A Wellness Guide to a Speedy Recovery and Healthy Living Rn Helena a. Prsala,B. Pharm Helena Prsala,2014-10-30 A Wellness Guide To A Speedy Recovery And Healthy Living is your go-to manual when you're facing hospitalization, outpatient surgery, or ongoing recuperation. The book provides the information you need to make a quick and healthy recovery. This pragmatic guide offers supportive advice for what you can do before hospitalization to improve your outcome. You can find helpful information about nutrition, exercise, sleep, and more to assist you as you return home to recuperate and lead a healthy lifestyle. This book also provides suggestions for caregivers, family, and friends, so they can be the support that you need during your recovery. Complementing the hands-on advice, you can read the personal effort stimulating tutor (PEST) text that calls on you in an authoritative, empathetic, and humorous manner to promote positive thoughts and actions. No matter if you're facing a serious surgery or a shorter recuperation, A Wellness Guide To A Speedy Recovery And Healthy Living can help you to do just that.

A Wellness Guide to a Speedy Recovery and Healthy Living RN Helena A. Prsala,B. Pharm. Helena Prsala,2014-10-30 A Wellness Guide To A Speedy Recovery And Healthy Living is your go-to manual when you're facing hospitalization, outpatient surgery, or ongoing recuperation. The book provides the information you need to make a quick and healthy recovery. This pragmatic guide offers supportive advice for what you can do before hospitalization to improve your outcome. You can find helpful information about nutrition, exercise, sleep, and more to assist you as you return home to recuperate and lead a healthy lifestyle. This book also provides suggestions for caregivers, family, and friends, so they can be the support that you need during your recovery. Complementing the hands-on advice, you can read the personal effort stimulating tutor (PEST) text that calls on you in an authoritative, empathetic, and humorous manner to promote positive thoughts and actions. No matter if you're facing a serious surgery or a shorter recuperation, A Wellness Guide To A Speedy Recovery And Healthy Living can help you to do just that.

Back and Better Ross Hoffman, 2018-11-16 How I bounced back from injury and got better, faster. When lifelong athlete Ross F. Hoffman showed his surgeon, Dr. William R. Gallivan, Jr., M.D., early working plans for his book, Dr. Gallivan said, I don't use terms like this lightly. But this is genius! What the doctor observed was not a theory, but easy to do exercises whose effectiveness Ross demonstrated to himself by healing himself from surgery faster and more completely than anyone expected. The doctor goes on to compare Ross to Jack LaLanne, and patient and friend, Efrem Zimbalist, Jr. Ross shares with both of them a positive frame of reference, even for a negative event such as an injury, a motivation to get better, and a belief in the power of exercise to transform his body. In the foreword to *Back And Better*, Dr. Gallivan writes, As a reader of this book, how could you benefit from what it contains? It depends of course on who you are and whether you are open to learning what Ross has to teach in this book, and putting it into practice. From my perspective as a surgeon, I've looked at many different things a person can do as an aging individual to keep up his or her physical strength, to live a long life and to retain memory and mental clarity. Everyone is worried about dementia and the brain going south. However, if you look at all the medications that have prescribed for memory and other common recommendations, the only thing that really helps across the board is exercise. That's true for both physical and mental acuity. If you want longevity, a longer life and a higher quality of life, exercise is at the top of the list of things that you should do. I recommend this book Ross has written and the thirty-seven exercises it contains to my patients...Remember, every little bit counts and disciplined consistency is the key. Read more about Ross and his story in Chapter 1 of *Back And Better*, then experience the exercises for yourself.

Rapid Recovery Stephen P. King, 2006-12-13 It only took eight years in the making, but I have finally completed my book on a variety of rapid recovery and healing techniques that I use in my counselling practice and with athletes. Many workshop attendees had asked that I put these techniques in an easy-to-follow format, with an explanation as to why certain things work the way they do. I believe I have now achieved that goal. These methods are helpful for maximising mind/body maintenance by clearing fears, phobias, addictions, obsessions, compulsions, traumas and all forms of self-sabotage. They can help optimize all aspects of our lives and open us to the fullness of life's possibilities.

The Panic Attack Recovery Book Shirley Swede, Seymour Jaffe, 2000-09-01 Now sufferers can attack panic--before it attacks them. This seven-step, drug-free program--written jointly by a physician and a recovered sufferer--explains what goes on in the body when panic disorder strikes, and how it can be controlled. With behavioral techniques, fitness and nutrition plans, and inspiring, encouraging true stories, this book brings new hope to people with panic disorder, agoraphobia, and other anxiety-related conditions.

The Back Pain Healing Book Lora Lewis, 2021-08-17 Low back pain (LBP) or lumbago is a common disorder involving the muscles, nerves, and bony part of the back. Pain can vary from a dull intermittent ache to a sudden sharp feeling. Low back pain may be classified by duration as acute (less than 6 weeks), sub-chronic (6 to 12 weeks), or chronic (more than 12 weeks). The condition may be further classified by the underlying cause as either mechanical, non-mechanical, or referred pain. The symptoms of low back pain usually improve within a few weeks from the time they start, with 40-90% of patients recovered by six weeks. In most cases of low back pain, a specific underlying condition is not identified or proven, with the pain believed to be due to mechanical or biological factors such as muscle or joint strain. If the pain does not go away with conservative treatment or if it is accompanied by red flag symptoms such as fever, or significant neurological deficit, further testing may be needed to look for a serious underlying condition. Ready to know more? Read This Book And Discover Systematic Ways to The Self-Treatment of Lumbago

Get Weller Sooner Stan Munslow, 2019-09-03 This book will give you the tools, knowledge, and healing energy you need to recover from illness or surgery faster, better, and with less pain and fewer side effects. It's your get out of the hospital fast toolkit! I must confess I find it rather sobering to realize that I've written a book for people who, to put it bluntly, feel like crap. And you're one of them, aren't you? Either that, or perhaps you have an upcoming surgery, chemotherapy infusion, or some other treatment--after which you plan to feel like crap. But most likely you're in the hospital right now--recovering from surgery or being treated for illness--and you're looking at a book with the title *Get Weller Sooner*, because that's what you'd like more than anything else right now: to stop feeling like crap, shuck off that johnny, and go home. And the sooner, the better! Well, let's assume that you're receiving excellent care. You have the best doctors, nurses, and technicians working on your behalf. You have the latest treatments, medicines, and high-tech medical equipment at your disposal. If so, that's wonderful news. And yet, wouldn't it be even more wonderful: If you could improve upon and accelerate the healing and recovery process and return to your normal, healthy life sooner? If you were to experience less pain and fewer complications while recovering from illness or surgery? If you could increase your prospects for healing from a serious illness? If your body were to respond better to the medications you're receiving, and with fewer side-effects? If your out-of-pocket costs were reduced as a result of any of the above? In other words, wouldn't it be just plain better if your entire medical experience turned out to be just plain better than

what you and everyone else, including your doctors, were expecting?Healing better, healing faster-getting weller sooner-of course you want that. Well, here's how this book will help you make it happen: □ First, it will provide you with 12 powerful, proven ways to help you heal faster and more completely by improving upon the care you are already receiving-by optimizing and enhancing the outcome of your surgery or treatments.□ It will help you strengthen you mind-body"s ability to heal□ It will help you to fully capitalize on the power of positive expectation□ It will help you to remain strong-physically and mentally□ It will show you how to call upon the clinically-proven powers of music, laughter, visualization, affirmation, prayer, and more. These methods have been utilized for centuries-they have a legacy of success-and they now have the backing of modern science to boot. They work-and they work wonders!□ Each healing method will be followed by 25 powerful affirmations that will not only instill everything you"re learning more deeply into your subconscious, but will also power up the process of healing itself. Affirmations have been utilized by successful individuals from all walks of life for a long time-because they work. And think about this: if affirmations are so effective in bringing about success in outside matters, such as the generation of wealth, just imagine what they can do in matters concerning your own body!□ Finally, you will be given clear, specific actions you can take to help put these healing tools into practiceBottom line: Get Weller Sooner brings together the power of cutting-edge medical science, age-old healing wisdom, and much more. It really is a get out of the hospital fast toolkit!WHAT THIS BOOK IS: □ It is revolutionary□ It is a book that may be read to read to a loved one while they are battling illness or recovering from surgery□ It"s a Get out of the hospital fast toolkitWHAT THIS BOOK IS NOT: □ It is not a self-healing manual: It is to be used in conjunction with professional medical care. It is not intended in any way whatsoever to replace that care.Get your copy tod

Fast Fwd Madeline Niebanck,2020-04-06 Every year, approximately 795,000 people in the United States have a stroke. In spite of this shared experience, each individual is as diverse as they are resilient, and all stroke survivors have a unique story to tell. Fast Fwd: The Fully Recovered Mindset is an homage to one survivor's journey throughout the difficult process of stroke rehabilitation and appreciation for life after trauma. In this book, you'll learn: The importance of a positive mindset in recovery and life How to define or reshape your idea of what it means to be fully recovered How to be resilient in the face of hardship And more! This book is written for the fellow stroke and brain injury survivor. It's for those seeking inspiration and direction after trauma. It's about making adjustments, pushing forward when you want to give up, sharing your story, celebrating your victory, and learning how to thrive!

9 ESSENTIAL SOLUTIONS FOR A SUCCESSFUL HIP JOINT REPLACEMENT & SPEEDY RECOVERY Vivek S. Jagadale,2020-03-10 PAIN from arthritis can be troubling, disruptive and depressive. Hip joint replacement for arthritis of a hip joint is like a heart transplant for a damaged heart. Hip joint replacement is evolving, and demand is increasing, as is the apprehension. This book gives a highly successful systematic approach, guidance and education on how to overcome the fear of surgery, what to expect, and how to recover from surgery faster and safer. This book is extremely valuable for patients, family members, friends and doctors treating arthritis. I firmly believe that adequately educated patient, godspeed's their recovery, outcomes and satisfaction. When the patient is happy, the doctor is happy & 'communication ' is the KEY!

Rapid Recovery in Total Joint Arthroplasty Giles R. Scuderi,Alfred J. Tria,Fred D. Cushner,2020-04-02 The approach to total hip and total knee arthroplasty is changing around the world. There is now a strong emphasis on a more rapid recovery and on more outpatient surgery. Each step of the process is now being modified with more thorough pre-operative evaluations, streamlined surgical approaches, rapid mobilization and faster return to normal activities. These changes place new pressures on all of the health care providers in the system. This unique text - the first of its kind - is a practical guide for each member of the clinical team with updates by the leading authorities from around the country. Each chapter addresses a specific issue and will outline the important new items that need to be addressed, very similar to a handbook. Topics covered include the implementation of new payment models and outcome measurements, recommendations to streamline the pre-, peri- and post-operative protocols, the utility and application of outpatient joint replacement programs, multimodal pain management and post-acute rehabilitation strategies. There is no publication at present that addresses all of these items together in one convenient place. Rapid Recovery in Total Joint Arthroplasty is written and edited by experienced clinicians and surgeons, sharing their years of experience to create a practical, up-to-date text useful for everyday work.

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