



## Recover Quickly from Surgery: The Essential Guide for Reducing Your Pain, Swelling and Recovery Time Naturally

By Dr. Valerie Girard

PanHarmonic Press. Paperback. Condition: New. 180 pages. Dimensions: 9.1in. x 5.9in. x 0.4in. Are you facing back, knee, hip replacement, cosmetic plastic surgery, hysterectomy or other kind of surgery? Want to reduce pain, swelling and downtime? Read this book first. This 2014 clinically-researched Guide covers every aspect of preparing and recovering faster from surgery naturally with less pain and swelling. Learn effective natural pain management options that can assist you in weaning off pain medication sooner; understand which foods and supplements NOT to consume before surgery; how to reduce scarring; learn the Recover Quickly Diet and nutritional supplementation clinically shown to shorten recovery time; learn how to reduce risks of infection and complications by enhancing your immune system prior to your surgery; important pre-surgical questions for your surgeon; what natural supplements and protocols AFTER your surgery can shorten recovery time; essential items to bring to the hospital; how to detoxify from anesthesia; learn meditative exercises to relax you before and after surgery; manage the stress and emotions around surgery and much more. Ultimately, this book will assist you in living a healthier life after surgery. Dr. Girard, a chiropractor for nearly thirty years, has successfully counseled hundreds of patients to prepare for surgery by...

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*Very helpful to all type of individuals. It really is rally interesting throug looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.*

-- Tyshawn Brekke

*The publication is easy in read through preferable to fully grasp. It is writter in simple phrases instead of hard to understand. You will not sense monotony at at any moment of your respective time (that's what catalogs are for concerning if you request me).*

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