

ONE HEALTH, LLC

How to Improve Your Hospital Stay

Free Report

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How to Improve Your Hospital Stay

Now that you're in the hospital. I know this is a very challenging, stressful, fearful, and painful time. But fear not! Your hospital stay and the outcome of your disease will have something to do with what's going on deep inside you.

Being admitted into a hospital can be a very frightening, painful, and uncertain time. You may or may not know your diagnosis and/or prognosis. You've been temporarily removed from your daily routine, and familiar surroundings.

Being in the hospital can lead to feelings of loneliness, isolation, and helplessness. The routine can be stressful, and you're already not feeling well.

The purpose of this tool kit is to make your hospital stay as useful to you as possible. The mind-body interventions included in this book have potential benefits and advantages.

Getting well when you're in the hospital can be challenging. Hospitalization can be a very stressful and challenging experience.

As a physician, I've observed the disruption illness can bring to the lives of my patients.

You probably don't know what to do during the hospitalization, and are left with long intervals of time, often resulting in watching television in between hospital staff interactions, diagnostic tests, and receiving visitors.

When you're ill and facing living through an illness, I think it is very important, if not critical for you to start to ease your disease.

You're in the hospital, away from your daily routine, missing your family and friends, away from home and work, or your regular retirement activities; it is isolating, lonely, and quite honestly, frightening, especially if you don't know your diagnosis or prognosis and sometimes, even when you do.

During your stay you should surround yourself with positive things.

YOUR ATTENTION IS NEEDED !

**Don't Watch the News or
Violent, Depressing
Programs!**

Here are a few helpful suggestions that summarize our comprehensive, holistic approach to health and well-being:

These are our recommendations for your hospital stay.

For Your Environment:

- 1. Surround yourself with positive things. Turn off the news! (Any type, unless you just watch the weather!) Don't watch violent, depressing television programs! Turn off the news! (Any type, unless you just watch the weather!) Don't watch violent, depressing television programs!**
- 2. Watch inspiring comedy and educational programs.**
- 3. Be kind to the hospital staff—everyone including your doctor.**
- 4. Bring photos and important items from home, if possible.**
- 5. Focus on what's functioning and working in your body.**
- 6. Stay informed.**
- 7. Fill your room with beauty.**
- 8. Toiletries, a pillow, an afghan from home, your bathrobe and slippers.**
- 9. As much as possible, observe beauty in a variety of forms.**
- 10. Use your hospital's support services.**

For Your Inner Self

This is a summary and an overview of the key internal ingredients to help you get well faster. There are a few techniques I am going to share with you as well, but let's get you started with the big picture.

Don't be overwhelmed, we'll take you step-by-step in the upcoming chapters.

1. **Decide that you want to get well and act from that decision.** This is your key ingredient to getting well faster! Most patients focus on not wanting to be sick, rather than getting well. This difference may seem subtle, but it is very important.

If you focus on your health, you are literally activating your cells and organs that will help your body to heal. Your intention to get well, assists your body in ways that modern medicine is finally beginning to acknowledge. (More about this later.)

2. **Find ways to relax.** This is a very important thing to do. Believe it or not, most illnesses are stress related. When your body is relaxed, you're giving it the opportunity to regenerate, heal, and get well.
3. **Ignore all dire predictions.** Use them as a catalyst, as a challenge to overcome whatever disease you are facing. Despite the odds, others have lived and you can, too!

Many patients defy their doctor's predictions. Unfortunately, doctors are trained not to give "false hope," and often give patients dire predictions that appear to be credible predictions based on statistics involving other patients. Of course, such bleak predictions will have a very negative impact on recovery and health. (More about this later.)

4. **Explore you inner secret thoughts and emotions.** How do you feel about this experience called "disease"? Does it create fear, anxiety, denial, and constant thoughts? That's normal. All of these emotions are a part of the disease process. You can work your way through all of them, with awareness and patience. (More on this later.)
5. **Pay attention to your feelings and emotions, honestly allow yourself to experience them.** Sometimes you're frightened, anxious, and distressed.

Plus, you also are experiencing loneliness, pain, and fatigue. That's very normal. Acknowledge them.

- 6. Share your thoughts and feelings with a kind person, a good-listening ear.** It doesn't matter who that is. A health professional, family member, spouse, friend, or someone else can be a great well-being coach, a valuable asset. Have you considered sharing your feelings with someone else?

It is important to share your thoughts and feelings with a kind person, a good-listening ear. It doesn't matter who that is. A health professional, family member, spouse, friend, or someone else can be a great well-being coach, a valuable asset.

- 6. Cultivate optimism.** Medical research demonstrates optimists are healthier and recover faster than pessimists. Every crisis can be viewed as an opportunity. Your cup isn't necessarily half empty, it's half full. Face every crisis as an opportunity. Pessimism can be redirected.

How to Put Your Resistance Behind You!!!

Resistance # 1 You don't think it will work for you.

You're sick, and probably tired, but you think you're illness is too far gone, and it won't work for you. I've seen many patients who were seriously ill experience dramatic reversals of their condition. Dr. Bernie Siegel, a renowned surgeon and author, said "There are no terminal diseases only terminal patients," meaning the determining factors reside within you. In particular, it is your decision to get healthy and live!

Reason #2 You don't think you have the energy to do it.

While this is a powerful program, it requires minimal energy to accomplish your goal. It does need your desire to be healthy. That is the fuel, which will charge all of the techniques that you do to alter your physiology.

Reason #3 You don't think it's proven.

Literally, thousands of studies over the last 3-4 decades have documented the effectiveness of the techniques included in the ***How To Get Well Faster Teleseminar Series***. The research was conducted at major medical institutions such as Harvard, University of Pennsylvania, UCLA, University of Michigan, Stanford, University of Miami, University of Texas, and many more. They were published in major medical journals, including, *The Journal of the American Medical Association (JAMA)*, *The New England Journal of Medicine (NEJM)*, *The Lancet*, and the *Annals of Internal Medicine*.

Reason #4 You're afraid what your doctor might say.

Many doctors, if not most are completely unaware of the techniques included in the ***How To Get Well Faster Teleseminar Series***. We have included a white paper report, with an overview for each specific technique, highlights of the research, and an extensive bibliography of scientific articles for your doctor to review, and help him or her to understand the validity of your efforts!

Reason #5 You're afraid what your family or friends might say.

It's highly unusual if you have family and friends who've been exposed to the bounty of scientific research that supports the fundamentals of the ***How To Get Well Faster Teleseminar Series*** and its techniques. We also have included another white-paper audio report for your family and friends. It shares with them, the scientific foundation of the program, using a simple and understandable approach to help them understand our program's tremendous value and potential.

And, who knows? They might want to purchase this product also, or share it with another. It can help anyone tremendously!

Reason #6 You're unconsciously afraid to be healthy.

Some people, who are ill, don't realize the secondary benefit an illness might afford. For example, it may be easier to be ill, than to face a frightening personal issue, such as relationship disruption, job dissatisfaction, etc.

Reason #7 You don't think you can afford it.

How can you not afford it? **Your health is priceless.** In fact, I believe, our health is our true wealth. And when you've got your health, you've got just about EVERYTHING!

Quick-Get-Well-Faster Steps:

1. **See yourself healthy (more on that topic later)**
2. **Find positive things to focus on (more on that later, also)**
3. **Be gentle in your thoughts and actions toward your body**
4. **Smile**
5. **Laugh**
6. **Relax**
7. **Write—express your feelings**

Get-Well-Faster Action Step:

Review these steps and write out a plan for the steps you are going to take each day for the next 7 days!

Explore your inner, secret thoughts, and emotions.

How do you feel about this experience called "disease"? Does it create fear, anxiety, denial, and constant thoughts? That's normal. All of these emotions are a part of the disease process. You can work your way through all of them with awareness and patience.

Get a second, third, fourth, or even fifth opinion. And find a physician you are comfortable and happy with. Use the resources that are available to you via the Internet, books, tapes, and other publications.

Use them as a catalyst, as a challenge to overcome whatever disease you are facing. Despite the odds, others have lived and you can, too!

4 Amazing Steps to Getting Well Faster

I have spent over 30 years practicing medicine and using the resources at my disposal to help my patients get well.

There are key ingredients to getting well, and I am going to share with you right now.

We're going to help you begin that process today.

Do you want to get well? This is your answer, there's no right or wrong. And if you aren't sure. That's fine.

Why do you want to get well?

Focus on reasons that support your decision.

What are the benefits of getting well?

The benefits of health and the benefits of disease—this might sound strange, but it's true. The benefits of disease can help you to avoid certain aspects of life, certain responsibilities, people, etc.

They are secondary gains, in my opinion and not as beneficial, by any stretch of the imagination as health is.

Here are a few tips that can help you to improve your hospital stay and recovery:

1. **Decide you want to get well.** This is very important, in fact, the most important thing you can do is to improve your health!

Most patients focus on not wanting to be sick, rather than on getting well. And that's quite understandable. After all, you are sick and in the hospital. But, there is a crucial and critical difference between focusing on your illness and wanting to be rid of it, and wanting to get well, while concentrating on your health.

This difference may seem subtle, but it is very important.

If you focus on your health, you are literally activating your cells and organs that will help your body to heal. Your intention to get well assists your body in ways that modern medicine is finally beginning to acknowledge.

You're probably asking, "How do I make that decision?" I recommend that you take a few moments and take inventory of your life.

And consider what is really important to you, and how improving your health will assist you.

Why don't you stop reading and do that right now?

Great Job!!

Now that you've looked at your life and what's important, I'd like for you to do something else. Imagine yourself participating in the activities and things that are important to you, right now, in good health.

Great job, again!!

2. Now that you've decided you want to get well and be healthy in your mind and heart, it is important that you INTEND to do so!

Our intentions shape our lives. They are the energy tracts that unconsciously and consciously lead our thoughts, feelings, and emotions in the direction of our goals.

Take a few moments and focus on intending to get well and healthier. Make a heartfelt commitment to do so—whatever it takes.

A KEY TO YOUR INTENTIONS: Fuel Them with Passion and Desire

Passion is the fuel of life. It will give you the energy and the fuel to reach your goals, whatever they may be.

Our passion, reflects the will of life, the will to live.

What if you don't feel particularly passionate right now? That's okay and no reason to beat yourself up.

3. Focus Your Thoughts on Your Health:

Focusing on your health, on getting well as often as possible is very important. Your thoughts, feelings, and emotions influence your body's ability to heal and regenerate.

I like affirmations, so here's one that I want to share with you to help you:

I intend to get well.

I intend to improve my health.

I intend to get discharged from the hospital faster.

I am healthy, happy, and whole.

My health is improving more and more, and I am getting well faster than I can imagine.

These affirmations may sound silly, but let me assure you, if you focus on them and similar ones for at least 15-30 minutes a day, you will see a profound shift.

Psychologists call this process, "cognitive-behavioral programming," while the self-help coaches call them, "affirmations."

You can call them whatever pleases you. Just know, if you use affirmations appropriately on a daily basis, saying and feeling them as if they are true, literally, changes the cells and organs within your body, and helps them to get well faster!

4. Take Action:

It just doesn't make any sense for you to choose to become healthy and then act in unhealthy manners.

In particular, the physical and emotional risks of using these interventions are minimal. Considerable evidence exists that mind-body interventions, as they are being studied today, have positive effects on psychological functioning and quality of life, and may be particularly helpful for patients coping with chronic illness.

However, you must commit, chose to participate, and remain consistent with it during your stay and beyond. These simple techniques can have a tremendous impact on your mind, body, and spirit. Especially, when you engage them with a positive mental attitude.

We have several actions for you to take to improve your health through relaxation. They are the following:

1. Laughing
2. Meditating
3. Visualizing
4. Writing

Intend:

Desire: Where does your passion lay?

Can you find it? The will to live is the will of life?

Share inspirational tales.

Focus:

Can you shift your focus from your illness to the possibility of getting well, and to your desire for health?

If you can, let's take a look at what's working now, away from your disease. You might be very surprised to find there's a lot working.

Make a list, on paper, or in your mind of what's working in your body right now.

I'll help you with that:

Can you hear? Can you see? Can you taste? Can you touch? Can you think? Can you eat? Can you breathe? Can you move? Can you talk? Can you walk? Can you read? Can you use your hands and feet?

Is your heart working? Are your lungs functioning? Is your digestive system working? Is your urinary system working? What about your skin? What about your muscles? What about your brain and nervous system? What about your bones and joints?

Action:

Breathing

Meditation

Deep relaxation

Silence

Word focus—health, life, vibrant well-being

Visualization:

Visualize health

Visualize letting go

Visualize well-being

Summary

1. Decide to Get Well
2. Intend to Get Well
3. Focus on Getting Well
4. Act to Get Well

Get- Well-Faster Action Step:

Write your decision, intention, focus, and action steps in your own words

