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Cosmetic
SURGERY TIMES

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Pre- and post-surgery relaxation system for patients

Jul 1, 2008

Cosmetic Surgery Times

NewReality has launched its new Creative Visualization and Relaxation (CVR) Medical Series that is designed to help patients mentally prepare for surgery or a procedure and then help to relax and heal afterwards.

The series, designed by therapist Patrick K. Porter, Ph.D., uses NewReality's CVR enhancement system, NXTLynk. With NXTLynk, users wear specially designed OptoPath glasses that stimulate optic nerves with blue lights which, the system's developers claim, ease users into a relaxed state. NXTLynk's headphones broadcast NewReality's audio sessions to further relaxation.

Sessions in the Medical Series include Pre-Surgery Calm for Better Healing, Post-Surgery Stress Relief for a Healthy Mind and Body, Rid Your Mind of Pre-Surgery Jitters, Mentally Prepare for Your Procedure and others.

For more information:

<http://www.newrealitylife.com/>

<http://cosmeticsurgerytimes.modernmedicine.com/cosmeticsurgerytimes/New+Products/Pre--and-post-surgery-relaxation-system-for-patien/ArticleStandard/Article/detail/525656>



MEDICAL SERIES

MS01 ~ DE-STRESS AND LOWER BLOOD PRESSURE

The physiological benefits of deep relaxation and visualization are well documented. During this creative visualization process you will learn to achieve the relaxation response—a state known to unlock your brain's potential for de-stressing your body and returning your blood pressure to a healthy level. Known benefits of the relaxation response also include a lower respiratory rate, a slower pulse, relaxed muscles, and an increase in alpha brain wave activity—everything that makes for a healthier you!

MS02 ~ PRE-SURGERY CALM FOR BETTER HEALING

For years, physicians and therapist have used guided relaxation, intense concentration, and focused attention to achieve deep relaxation and heightened states of awareness prior to surgery. Now, through the science of creative visualization and relaxation (CVR), you can easily benefit from these powerful processes. Patients using these techniques are known to have less pain, require less pain medication, and enjoy a more rapid recovery.

MS03 ~ POST-SURGERY STRESS RELIEF FOR A HEALTHY MIND AND BODY

CVR is a relaxation technique that uses concentration and deep breathing to calm the mind and put your body in the best possible state for repair and healing. What could be easier than to sit back, relax, and let the stress of surgery and recovery melt away?

MS04 ~ SOOTHING PAIN RELIEF FOR RAPID HEALING

With CVR you are learning to use imagery—engaging your imagination—to create sights, sounds, smells, tastes, and other sensations that create the relaxation response, a state known to trigger your body into producing its own natural analgesia. With this technique Dr. Patrick Porter will teach you how psychological changes create physical effects, and vice versa—a skill you can use for the rest of your life!

MS05 ~ RID YOUR MIND OF PRE-SURGERY JITTERS (10 MINUTES)

CVR can help ease fears and soothe anxiety before surgery. With this process you are guided into a positive resource state where you rid your body and mind of the jitters, worries, and uncertainties that can be a part of surgery or medical procedures.

MS06 ~ MENTALLY PREPARE FOR YOUR PROCEDURE (10 MINUTES)

Dr. Porter will train you to focus your attention on the one thing that matters as you go into surgery—relaxing. Through this creative process you will become so focused on the success of the procedure that you will easily ignore anything else going on around you. The result? Relief from anxiety and the development of a positive mental attitude.

MS07 ~ RELAX AND HEAL AFTER SURGERY (10 MINUTES)

Relaxing after surgery is a key to healing. With this CVR process, you can do quick little mental healing sessions throughout the day. Why focus on stress or pain when you can do your body so much good by concentrating on the healing process? It's easier than you think!

MS08 ~ MENTAL RELAXATION DURING A PROCEDURE (10 MINUTES)

In some cases it makes sense to use CVR during a minor surgery. With your doctor's approval, you can use this session throughout the procedure to help you relax and focus on positive images. For many people this kind of mental relaxation not only helps decrease stress, but can actually reduce or eliminate the discomfort associated with medical procedures.

MS09 ~ STAYING RELAXED AFTER YOUR PROCEDURE (18 MINUTES)

Meditation has proven to help patients with post-surgery sleep disturbances, disorders associated with tension, and chronic pain. Like meditation, CVR promotes wellness. With this process you learn creative ways to relax your mind and body so you sleep deeply, rest completely, and are less impacted by tension and pain. The result? An easier, more rapid recovery and often less need for pain medication.

MS10 ~ POST-SURGERY VISUALIZATION FOR BODY MENDING (16 MINUTES)

When you have less anxiety before a procedure, you will experience less pain later. With this simple-to-use technique you will discover ways to picture your body mending after surgery. You can use also it to eliminate insomnia so you will sleep deeply, which is an important priority since most healing takes place during sleep.