

Hot Guest!

Great Human Interest

How to Accelerate Your Body's Rate of Healing and Recovery

Registered Nurse writes a guided journal and workbook in her quest to empower individuals with strategies for healing. This body of work is oriented to taking a proactive approach towards healing, and provides a multitude of mind-body connection and non-invasive healing techniques designed to accelerate the healing and recovery process of injuries, medical procedures, and surgery.

Mary Kraemer, R.N., has written *Healing is an Inside Job, How To Accelerate Your Body's Rate of Healing and Recovery, A Guided Journal and Workbook* because she wants to empower individuals with strategies for healing and recovery when they need, or have had, some form of medical intervention, a surgical procedure, or sustained an injury.

She states, "I want you to know that we 'can' and 'do' influence the outcome of our health with the words we say, the thoughts we think, and with our actions. We participate at both a conscious and unconscious level. I also want to share with others steps towards cultivating body awareness as this is an essential aspect of accelerating the healing process. As individuals proceed through the guided journal and workbook it will also become a tool for cultivating positive emotional well-being.

Medical procedures (for example chemotherapy or radiation), surgery, and injuries can be stressful and anxiety producing events for many reasons:

- * The unknown
- * Pain or discomfort
- * Unfamiliar environments
- * The outcome
- * Trust
- * Loss of control
- * Dependency on others
- * Lack of information/education about the situation
- * Listening to others and basing your anticipated experience on those conversations

After reading Mary's book, Lisa Ann McCall, BS, MS, author of, *The McCall Body Balance Method, Simple Concepts for Ageless Movement* had this to say, "The concept of preparing mentally, emotionally, physically, and spiritually for surgery is the missing link in the healing process for so many individuals. Our thoughts make such a profound effect on our health. This handbook Mary Kraemer has written could make a profound difference in how some one heals."

Details about the book, and a special offer that includes a complimentary 20-minute consultation valued at \$40, can be found at <http://www.healingisaninsidejob.com/introduction.htm> , then 'home' for more information.

Sample questions you could ask

- * What exactly does the body do?
- * What is the difference between a wellness vs. an illness approach to healing?
- * Would you explain the mind-body connection?
- * Why is it important to be proactive in ones approach to healing and recovery?
- * Would you tell us about 'body awareness'?
- * How do the 'words we say' and the 'thoughts we think' affect our body's response to healing?
- * What tips can you give our listeners that would help them in setting the stage for healing?
- * Why MUST change always happen on the "inside" before results occur outside?
- * How does someone benefit from your help?
- * Additional question supplied if desired.

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Available by phone for interviews, by appointment