

Hypnosis Helped Heart Surgery

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A lot has been written about hypnosis and how it can help us break unwanted habits and change undesirable behaviors. I would like you to know how hypnosis helped me rapidly heal from cardiac bypass surgery.

In 1996 I suffered a heart attack. It was on a Monday, Memorial Day to be exact, and I was taking advantage of the fact that I had a day off to catch up on some needed chores. It is no surprise that it happened on a Monday since more heart attacks occur on Mondays than any other day of the week (Blue Monday, I suppose). I thought I was suffering from severe indigestion, so I took something for that and went on about my chores. But the discomfort kept returning. This went on for the rest of the day and into the following day. Finally, I gave in to my stubbornness and went to a doctor to get something for my indigestion. The doctor prescribed something to give me relief from my gastric discomfort and did an EKG. He indicated that there was cause for me to see a cardiologist to be safe.

At that time I had plans for a trip to the west coast for a few days, but called and made an appointment with a cardiologist. I thought perhaps it would be better to clear the air before leaving on my trip. The cardiologist did his routine exam and another EKG. I was told that I may have suffered a heart attack and was instructed to go immediately to the hospital for an angiogram. Reluctantly I followed his advice and checked into the hospital directly after leaving his office..

The next morning, prior to my procedure, I put myself into self-hypnosis and gave myself suggestions that I would easily go through the entire procedure while remaining calm and relaxed. I was taken into the area where the procedure was to take place and waited patiently for my doctor to arrive. When I saw my doctor enter I remarked to the technician that I was glad my doctor was there so that we could now begin the procedure. The technician remarked, "Your doctor is here to read the results. Your procedure was completed fifteen minutes ago." Obviously, my self-hypnosis had done its job! I didn't even realize that the angiogram had already been performed.

My doctor advised me that I had blockage in five areas of my heart with two of them at 97%. I was scheduled for quadruple bypass to be performed the following morning.

That afternoon while resting in my hospital room I phoned a hypnotherapist friend and asked that she visit me to hypnotize me and give me suggestions to

help in the surgical procedure and to accelerate the healing. She did so that night and I got a good night's restful sleep.

The next morning I entered the surgery arena calm and relaxed. There was no anxiety or stress pre-op. Following the surgery I was told that the surgery procedure had gone as smoothly as could possibly be expected. I was in recovery for a brief duration. Three days later I was released and went home.

While recuperating at home, I continued my self-hypnosis, giving myself positive affirmations for my body to heal rapidly and also began to meditate twice daily. Within four months of my surgery I was completely off all medication. My cardiologist was amazed at my progress. He even asked what I was doing to speed the healing process. When I explained my use of self-hypnosis and meditation his remark was, "Whatever you are doing is obviously working. By all means, keep doing it". Of course, that's exactly what I continued to do.

Prior to my heart attack taking 50mg of Capeten three times daily controlled my blood pressure. After the surgery I was given no medication for blood pressure. The last time my blood pressure was taken, which was just a few days ago, it was 123 over 82. Today I take an 81mg aspirin once daily. That is the total extent of my medication. My doctor is pleased with my health and I feel great!