

A SURGERY IS COMING CLOSER?



YOU CAN **IMPROVE** YOUR SITUATION

# YOU CAN INFLUENCE YOUR SITUATION



**Harvard Health** published a study on how **you can influence and improve** your situation and the results are very promising:

*“People used considerably less **health care services** in the following year .. **reduced by 43%**”*

*More information on the following pages -->*



**Harvard Health  
Publishing**  
HARVARD MEDICAL SCHOOL



**MIND SKILLS BY LEIF**  
THE BETTER WAY TO A BETTER LIFE

## Key Findings of the study:

- Overall Healthcare Utilization: Participants' total **medical visits decreased by 43%**.
- Specific Reductions:
  - Clinical Encounters: **Reduced by 41.9%**.
  - Imaging Services: **Decreased by 50.3%**.
  - Laboratory Encounters: **Dropped by 43.5%**.
  - Procedures: **Lowered by 21.4%**.
- Emergency Department Visits: There was a significant **reduction from 3.6 to 1.7 visits** per year among participants.

**Financially**, this translated to an average **savings** of approximately **\$2,360 per year per person**, primarily due to reduced emergency room visits.

This study shows the potential of **mind skills** training to **enhance individual well-being** and to **reduce healthcare costs** by decreasing the need for medical services.

Links: [Plos](#) [NIH](#) [Harvard Health](#)

# YES ..

## YOU CAN IMPROVE YOUR SITUATION

### Science-Based Strategies for Better Results and Recovery

When facing a serious illness or injury, **there are several ways** you can positively influence a good outcome beyond just medication and surgery.

The **tools and techniques** presented here are backed by scientific evidence. The supporting studies are [linked](#) below and throughout the document.

- ✓ Research shows that **Mind Skill Training** such as resilience training and accessing useful states of Mind can improve surgical outcomes and speed up recovery. ([Harvard Health](#))
- ✓ Further more **Mind Skills training**, including visualization and stress management, enhances surgical performance and reduces stress—for both patients and surgeons. ([Link](#)).
- ✓ The Centre for Perioperative Care recommends physical activity, a healthy diet, and relaxation techniques to prepare for surgery and recover faster. ([Link](#)).



# HELPING YOU IMPROVE YOUR SITUATION



My name is **Leif Rasmussen**

Mind Skills Trainer (MST) and Mental Health Advisor

Many doctors tell me *“I wish I had more time to care better for my patients”* but due to intense workloads, that is too often not possible. So I help them, help you.

THIS entire document can provide valuable support to improve your situation, and **feel free to share it**. This way it can help more people

Also .. Feel free to reach out to me.

**I am here to help**

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# START OUT WELL

## 1. Nutrition and Diet

- A nutrient-rich diet supports immune function and energy levels.
- Anti-inflammatory foods (e.g., leafy greens, berries, turmeric, fatty fish) may help reduce disease-related inflammation.
- Balanced protein intake supports healing and strength.
- Limiting processed foods and sugar can help manage conditions like diabetes and cancer progression.
- The Mediterranean diet (rich in healthy fats, fiber, and antioxidants) is linked to better outcomes in heart disease, cancer, and neurodegenerative conditions [Harvard Health](#), [Frontiers in Nutrition](#).

## 2. Physical Activity (If Possible)

- Regular light to moderate exercise (e.g., walking, yoga, stretching) improves mood, cardiovascular health, and immune response.
- Strength training can prevent muscle loss in chronic conditions and improve stamina.
- Physical activity is associated with better cancer survival rates and improved metabolic health [American Cancer Society](#), [Mayo Clinic](#).



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# AND YOUR MIND CAN IMPROVE YOUR SITUATION

Accessing the **benefits** from the study .. *continued on the next pages*

### 3. Stress Management & Emotional Well-being

- Mind Skills Training (MST) can help navigate the complexities of illness and recovery, reduce stress hormones, and promote authentic helpful behavior, creating improvements of >80% ([Frontiers in Psychology](#)).
- Journaling or creative outlets (art, music) can improve emotional resilience.

### 4. Sleep Optimization, also through MST

- 7-9 hours of quality sleep is crucial for immune function and cellular repair.
- Sleep hygiene (dark room, no screens before bed, consistent schedule) can enhance sleep quality.
- Addressing sleep disorders (like apnea) can improve energy levels and treatment tolerance [National Sleep Foundation](#)



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## 5. Social Connections & Support

- Having strong social support from family, friends, or a community is linked to better health outcomes.
- Studies show loneliness increases mortality risk, so maintaining relationships is essential [Johns Hopkins Medicine](#)
- The basis for building good social connections and support are also learnable skills through MST
- A study indicate that **women** are **more likely to be abandoned**, than men are during serious illness ([ScienceDaily](#)).

## 6. Mindset & Purpose

- A hopeful, goal-oriented mindset can boost resilience.
- Finding a sense of purpose can improve mental well-being.
- Positive visualization and gratitude may enhance emotional strength and stress resilience [Harvard Mind-Body Medicine](#).
- *“People who completed a resiliency-boosting program .. used considerably less health care services in the following year .. **reduced by 43%**”*



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# YES YOUR MIND CAN IMPROVE YOUR SITUATION

## 7. Environmental and Lifestyle Adjustments

- Reducing toxins (e.g., smoking, alcohol, excessive pollution exposure) supports better recovery.
- Sunlight exposure (Vitamin D) is beneficial for immune health and mood.
- Cold therapy like **ice baths** (pictured here), and sauna use may help in some chronic conditions by reducing inflammation [VeryWell Health](#).

## 8. Evidence-Based Complementary approaches

- Mind Skills Training (MST) can help against a multitude of elements, including pain and nausea (e.g., in cancer treatments) and cognitive function [Frontiers in Psychology](#).
- Massage therapy can relieve pain and improve circulation.
- Music therapy and art therapy can enhance mood and cognitive function.
- Breathing exercises (like diaphragmatic breathing) can help with anxiety and lung health.



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# USEFUL STATES OF MIND

## Useful Optimism

**Why It's Helpful:** Combines realistic acceptance with proactive belief, enhancing resilience and reducing stress response.

## Calmness

**Why It's Helpful:** Reduces anxiety, helps stabilize heart rate and blood pressure, and supports easier anesthesia induction

## Useful Focus

**Why It's Helpful:** Maintaining focus on what is useful helps you stay engaged in pre-surgical preparation and post-op care routines, which is crucial for better outcomes



## Acceptance

**Why It's Helpful:** Promotes psychological flexibility, reducing resistance to the situation and decreasing stress.

## Hopefulness

**Why It's Helpful:** Encourages resilience, improves overall mood, and has been associated with improved post-surgical outcomes.

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# THE NUTRITION **SUPPORTING** YOUR ACCESS TO THAT STATE OF MIND



## **Positive Optimism**

Omega-3 fatty acids, B Vitamins, Magnesium

## **Calmness**

Chamomile tea, L-theanine from green tea, complex carbohydrates

## **Focus**

Protein-rich foods, antioxidant-rich foods, and caffeine for enhanced cognitive function

## **Acceptance**

Tryptophan-rich foods (e.g., turkey, eggs), Vitamin D from sunlight, leafy greens to support mood regulation.

## **Hopefulness**

Vitamin C, Zinc, healthy fats such as those from avocados and olive oil.

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*PS I DO NOT SELL ANY OF THESE, BUT MOST CAN BE FOUND ONLINE OR IN A LOCAL SHOP*

# HELPING YOUR MIND IMPROVE YOUR SITUATION

## The best results for YOU

Medication and medical treatments remain essential, and when combined with the strategies here, we can improve your outcome.

Feel free to contact me and ask all the questions that are important to you.

**I am here to help**



## LEIF RASMUSSEN

LEADING MIND SKILLS TRAINER & MENTAL HEALTH ADVISOR

MORE RESOURCES [HERE](#)

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FEEL FREE TO READ MORE OF THE SCIENCE HERE  
STAYING INFORMED IS **A GOOD THING**

01 [Useful Optimism: Health Psychology](#)

02 [Omega-3: NIH](#)

03 [B Vitamins: PubMed](#)

04 [Magnesium: Harvard Health](#)

05 [Mentale Ruhe: Link](#)

06 [Chamomile: SciTechDaily](#)

07 [L-theanine: NCBI](#)

08 [Complex Carbohydrates: Harvard Health](#)

09 [Fokus Benefits: Frontiers in Psychology](#)

10 [Protein & Fokus: NCBI](#)

11 [Antioxidants: NIH](#)

12 [Caffein: PubMed](#)

13 [Acceptance benefits: Insights](#)

14 [Tryptophan: HealthLine](#)

15 [Vitamin D: NIH](#)

16 [Leafy Greens: NCBI](#)

17 [Having hope: NCBI Link](#)

18 [Vitamin C: NIH](#)

19 [Zinc: PubMed](#)

20 [Healthy Fats: UCLA](#)

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