



YOU CAN IMPROVE IT

HERE IS HOW

MIND SKILLS BY LEIF



YOU CAN INFLUENCE IT

There are evidence-based strategies you can implement to positively influence your situation before surgery and during your recovery process.

DISCLAIMER: This is not a medical document, nor does it replace the advice provided by your doctor. Always consult with your doctor or healthcare provider before making any changes to your nutrition or any other aspect that may affect your health or well-being.

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YOU CAN IMPROVE HEALING AND RECOVERY



You have the ability to positively influence your experience, even during challenging times.

By using scientifically-backed techniques, you can improve your mental outlook, adapt your thinking, and engage actively with the healing process.

These practices are supported by research in psychology and healthcare.

They are proven to help individuals stay calm, focused, and improve recovery outcomes.

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EVERYONE IS DIFFERENT

The techniques here are not 'magical thinking' or unproven beliefs.

Misguided approaches, like 'Positive thinking alone can cure cancer (or other serious illnesses)', 'Miracle cures can heal serious illnesses quickly and painlessly' or similar statements, can be damaging, whereas **evidence-based techniques** like the ones you will find here, empower you with real, measurable benefits

Miracle cure scams—whether they involve supplements, "quantum healing," or secret protocols—target vulnerable people looking for hope.

These often exploit desperation, providing false hope and costing money, while doing nothing to address the root cause of the illness. Worse, they can divert patients from treatments that could genuinely help, which can lead to severe progression of the disease.

Each individual's needs are unique.

Finding strategies that work for YOU is crucial for effective recovery.



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USEFUL “STATES OF MIND”

Positive 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

Focus

Why It's Helpful: Maintaining focus 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 IT

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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CUSTOMIZING YOUR JOURNEY

Each individual's needs are unique. Leif Rasmussen's 'Changing Lives' highlights how tailored approaches yield the best outcomes.

This guide serves as a foundation. Your journey is unique, and these evidence-based strategies can be tailored to support your specific needs before and after surgery.

Useful States of Mind

Each of them must be optimized to serve YOU.

This requires practice, and a good introduction for your best results.

I will show you how and train you so you can master them.

Individualize it

Foods like walnuts and almonds may be beneficial for their omega-3 content but unsuitable for someone with a nut allergy.

Similarly, relaxation techniques vary in effectiveness; some people benefit from deep breathing, while others prefer visualization.

Embracing this individuality ensures that we find ways to truly support you.



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EXPLORE MORE ABOUT THESE EVIDENCE-BASED STRATEGIES AND NUTRITION HERE

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I AM HERE FOR YOU PERSONALLY

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