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Create Your Vision

“Whatever you visualize clearly and emotionally will eventually materialize in your world.”



There's no more a relaxed time then right before general anesthesia. Your brain is completely relaxed and highly open to suggestion. The power of positive imagery imprints the brain with a pathway to attaining that vision. To do it: fast-forward your life one year from today and visualize all you want to see in yourself. Make the vision as real as possible. What are you wearing? What are you doing? What does the day smell like? Is the sun shining? You see yourself as a healthy, happy, active thinner you.

This is powerful. Take advantage of it!

Feet Alphabet



Please do this exercise each time you use your incentive spirometer. This will help keep your blood moving and prevent blood clots. Do the alphabet using capital letters. Start with the left foot and form an “A”, then the right foot and form a “B”, then the left foot again. Continue until you go through the entire alphabet.

Acupressure

LOCATE the pressure location as three fingers from the first wrist crease in between the pointer and middle finger tendons. Figure 1 details the location, which makes the tendons prominent if the “okay sign” is made by connecting the first finger with the thumb. Press on your anti-nausea spot as shown. Press on this area whenever you begin to feel any nausea.

