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Surgery

A few months ago I had a patient in my office who had a condition which truly needed a surgical intervention from my perspective. This man absolutely did not want surgery. In fact, he had, throughout his life, made the statement that, "No one is ever going to cut into my body." He did not believe in surgery and the fact that, although this condition was not life threatening, it certainly was inhibiting his ability to function fully and well. I tried several approaches, including trying to reassure him of the safety and practicality of this particular surgical procedure. I pointed out the discomfort that he was having and the obvious progression of the problem. None of these convinced him of the need for the surgery.

I finally came up with a different approach to the issue. I suggested to him that when a gardener was pruning a tree, he was not pruning it because he was angry at the tree or felt that the parts that needed to be pruned were "bad." He certainly did not think of it as a act that would destroy the integrity of the tree. What he really thought he was doing was removing the parts of the tree that were, first, no longer helpful to the productivity of the tree. Secondly, they may have outgrown their usefulness, but thirdly, and probably most importantly, he felt that by removing these parts of the tree, he was giving that tree the opportunity to concentrate on and center itself within its own true life force. In other words, pruning the tree would give it an opportunity to become more alive and healthy. It's life energy, or life force could now focus on what it, as a tree, really wanted to do and be.

Somehow, this changed of perspective about what surgery was helped him make the decision and he went ahead and had the surgery done. Since that time he has been very pleased because he is not encumbered by patterns in his body which are no longer useful. He now has the time and energy to live his life more fully. He can do the things that help him to live a more abundant life and even has the opportunity to do things for others. His whole focus is no longer on destroying the unwanted part of his body.

Like other things in life, it's our approach and our focus that directs our actions 

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