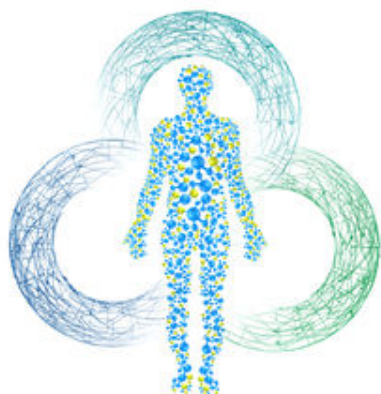
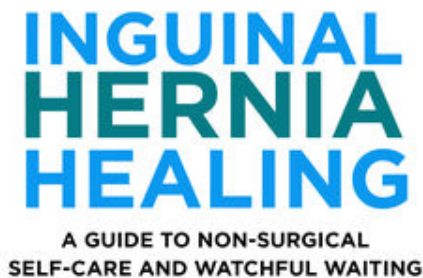


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CHRISTOPHER K. JOHANNES PhD, BCPP, MCHC

This ebook is a healing and self-care guide for those with a reversible (reducible) inguinal hernia who have opted for non-surgical, "watchful waiting", and self-managed lifestyle options of care. While "watchful waiting" (forgoing or delaying surgery) is a front-line physician-recommended mainstream alternative to surgical repair, most patients remain poorly educated about self-managed hernia healing methods or optimal self-care during the watchful waiting period. Toward the goal of successful hernia reduction, reversal ("cure" in the layman's sense), or favorable management, this ebook offers such healing and self-care methods, including recommendations for self-monitoring, sleep, diet, exercise (and posture), mental and emotional, support, energy based, and other lifestyle measures. Included are links to numerous resources such as tutorial videos, articles, organizations, belts, self-management forms (e.g. self-monitoring, goals, motivation, mindfulness, action planning), and information on current evidence-based hernia care. The material can also be used to individualize a self-care

regimen in collaboration with a primary health care provider.

**Title** : Inguinal Hernia Healing: A Guide to Non-Surgical Self-Care and Watchful Waiting

**Author** : Christopher K. Johannes

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