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## HOLISTIC PLASTIC SURGERY

*by*

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**INTRODUCTION:** I am Dr. Susan Kolb, board certified in plastic surgery and a founding diplomat of the American Board of Integrative Holistic Medicine. I am the founder of Plastikos Surgery Center, a holistic plastic surgery organization, Millennium Healthcare, an integrated medical center, and Avatar Cancer Center, which incorporates holistic and spiritual treatment options for cancer care.

Today I would like to share some of the history of how I was guided to introduce spiritual medicine into what many people would judge to be definitely not spiritual - the world of plastic surgery. When my video production company was filming Ram Dass, we had a chance to chat in the break room. He could not understand how I could do both spiritual medicine and plastic surgery. When I explained to him that often my patients have severe hand or facial injuries that would seriously impact their self-image and their ability to earn a living, he apologized saying that he had misunderstood what plastic surgery was all about. This indeed, is a common problem. The newspaper magazine headlines announce the plastic surgeries that the rich and famous have for anti-aging effects or to change their appearance, but rarely does the press discuss how plastic surgery reconstructs people after serious accidents, cancer surgery, or birth defects.

One of the first books ever to consider the role of spirituality in our culture was written by a plastic surgeon, Dr. Maxwell Maltz, who wrote Psycho-Cybernetics. Many of the famous authors that I have interviewed on my radio and television show mentioned to me that this was their first introduction to the topic. Dr. Maltz noticed that some of his patients undergoing rhinoplasty or nose surgery had a very different mental and emotional effect from the surgery than other patients, and he set out to explore why this was so. While in high school, I started reading from my mother's diverse library (she had obtained her Ph.D in child psychology), and had the opportunity to read books on physics such as The Dancing Wu Li Masters. Between physics and psychology, the road to the study of consciousness opens up.

Premed training and medical school were arduous and with little opportunity for exploration of spiritual topics, but I was nonetheless guided. I ended up at Washington University for medical school, where I thought I was going to go into medicine, as this was one of the best medical schools in the country for internal medicine. As fate would have it, it was also one of the best medical schools for plastic surgery. I remember distinctly having an intuitive guidance during my second year of medical school while eating a chili dog at dinner that I was going to be a plastic surgeon. I looked over at my friend Barry and said, "I am going to be a plastic surgeon." He said, "You don't know anything about plastic surgery." This was not exactly true, as I had been guided to work at the Baltimore Shock Trauma unit on weekends as a premed student. There, the plastic surgeons had taught me to sew the tedious multiple facial lacerations that we see when patients go through the windshield unrestrained. I thought that my skill at this was probably due to my mother teaching me to sew, and I said to Barry "Nonetheless, I am going to be a plastic surgeon." After this, I was offered an opportunity to do research in the plastic surgery department and spent eight hours a day putting together chicken tendons and repairing rat vessels using microsurgery.

I skipped two years of general surgery and completed my plastic surgery training in the military. I ended up in Dayton, Ohio at Wright Patterson Air Force Base for four years and to escape boredom of there not being that much to do in Ohio, started reading books on metaphysics and spirituality. I ended up taking courses in clairvoyance from a local psychic. My first experience with a spiritual healer occurred in Ohio. I had a severe allergy to cats that resulted in life-threatening asthma. After the healer laid hands over my chest for about 20 minutes, this has never recurred. The healer told me how he was an auto mechanic who had had a walk-in experience after he became seriously ill and nearly died. When he came to, he knew all sorts of medical terms and healing techniques that he had never experienced before. He also commented that there was something strange about my auric field over my chest. I had not told him that I had breast implants.

After my nine years in military service, I was guided to Atlanta for private practice. I had been working in South Atlanta for about two years when a clairvoyant, who said she had heard my name in meditation, sought me out by calling the local hospitals. She was looking for a surgeon named "Susan". When she came to see me she brought a book Hands of Light by Barbara Brennan. She said I was a healer and I need to start my training. I went into meditation for guidance and heard "Quit your job". My partner was shocked that I would walk away from a successful practice. I was off work for five months in early 1990. The days were spent in meditation, reading spiritual material, and working with a group of clairvoyants to develop spiritual sight and hearing. I was invited to join a general surgery practice in Decatur, and later on I would take this practice over when the general surgeon was called to Desert Storm. After he returned, I was guided to Dunwoody and eventually to the area where the center is now built. The vision for the center was given at Sedona's Airport Vortex. The information I was given at that time was it was to be a center "for the disasters." Little did I know how true this was to be!

Plastikos Surgery Center is set up to do both cosmetic and reconstructive surgery, including hand surgery and laser surgery, but what is unique about the center, is three groups of patients we see frequently. One group is a severely injured patient with either facial or extremity injuries from accidents. The next group has difficult problems with conditions that affect their hands and upper extremities such as tenosynovitis and reflex sympathetic dystrophy and other nerve disorders. These patients are often in severe pain and have very little use of their arms. They have been ousted by the traditional medical system involving Workers' Compensation, and either given little hope of recovering, or accused of malingering, or told they have nothing wrong with them by doctors that align themselves with the insurance companies. They often have very little hope for recovery and are spiritually and emotionally broken. The third group has been disenfranchised by the medical community. These are the patients that are sick from silicone and saline breast implants that come from all over the world for help. As I am the only plastic surgeon with expertise in holistic medicine and had myself become ill from leaking silicone gel implants, I was able to develop a holistic program to help patients with silicone poisoning. This is a program for detoxification and immune support. It was developed with the help of intuitive information, as well as research into holistic medicine and questions I asked of many "experts" during their interviews on my weekly radio and television show. Out of my own search for relief from an immune, endocrine, and neurological disorder, came the Silicone Immune Protocol. Our website at [www.templeofhealth.ws](http://www.templeofhealth.ws) or [www.plastikos.com](http://www.plastikos.com) has the most extensive collection of information on silicone of any plastic surgeon's website in the country. We continue to search for immune therapies and holistic detoxification programs that are critical, along with the surgery to remove the implants, for these patients to regain their health. It is quite interesting that I have thousands of patients with a disease that does not exist, according to proponents of traditional plastic surgery. This indeed qualifies as a "disaster".

So what is holistic plastic surgery? I look at it as an emerging paradigm. On one level it has to do with the study of areas outside the physical, which include the emotional, the mental, and the spiritual realms. Even the traditional plastic surgery teaches us to be aware of the psychological aspects of plastic surgery. Many great articles have been written by plastic surgeons describing the personality types to be cautious of prior to offering them cosmetic surgery. These include the perfectionists, the patient who is ambiguous about what they are unhappy about and seem to be unhappy in general, the hostile or angry patient who is complaining about surgery done by the surgeon down the street, and the withdrawn patient who cannot communicate. Most of the patients who have tried to kill their plastic surgeons have been men with paranoid tendencies after nose or penile surgery. We are taught in plastic surgery school to also recognize the patients who we cannot help because they are not good candidates for the procedure for either physical or psychological reasons.

We have much to learn about the emotional, mental, and spiritual realms of medicine and health. One form of psychotherapy teaches that conflicts not solved in the mental and emotional realms can manifest as infection in the physical, that aggression not properly handled in the mental and emotional realms can manifest as allergy or autoimmune disease in the physical, and that love not properly expressed in the mental and emotional realms can manifest as cancer in the physical. We are in the infancy of spiritual medicine, which explores causes beyond the third dimension. Here no accident is random, and health issues are often solved with the help of higher or spiritual guidance that can be accessed through spiritual disciplines such as meditation and prayer. Dr. Larry Dossey is a pioneer in spiritual medicine and the author of many books on medicine and prayer. After we met on our interview on the television and radio show, Larry asked me to join him on CNN's Talk Back Live. Larry explained that, although he writes about spiritual medicine, I actually practice it, not only in my clinic but also in the emergency rooms, the operating and recovery rooms and, to the dismay of many of my professional colleagues, publicly speak about the practice of spiritual medicine on radio, television and on the internet.

How do I help my patients? Of course, I perform the surgery and encourage patients to take advantage of the supplements, including homeopathic remedies before and after surgery in order to help their recovery. I perform laying on of hands, especially in the recovery room and the emergency room when injury is severe. More importantly, I am guided to help my patients with spiritual issues in their life that are intimately correlated with their accident or injury. For example, I was called to the emergency

room to see a young lady who had suffered an assault in a restaurant when the condiment container had been broken over her head. She had multiple deep glass lacerations filled with tiny pieces of white glass. Before I repaired her facial lacerations, I inquired if she had had any intuition not to leave her home, and she replied that she definitely had been warned intuitively not to go out, but had succumbed to peer pressure. Most of my assault patients have had such guidance unless they are intoxicated or on drugs, which definitely blocks their intuitive guidance. One of my patients sustained a severe degloving injury of his left hand in a laminator. I spent eight hours putting his hand back together, but never could get decent blood supply to his thumb. When I told him in the recovery room that he might lose his thumb, he replied that he would not lose his thumb. Three days later, his thumb had adequate blood supply, but his ring finger turned blue and died. He told me later that he had “known” that his thumb would live but that he would lose another finger. He also told me that he was firmly instructed by his intuition not to go to work that day. He said that he had gotten in and out of the car several times before finally going to work. He entered the building and was injured immediately. Many of my patients have paid dearly for not following their higher guidance. Many are spiritually aware and often share their visions and information with me. Many of the children that I treat in the emergency room are very advanced souls with great spiritual awareness. To have a three-year old look up at you after you repair a facial laceration and say “thank you” is an incredible experience.

Spiritual medicine looks at the higher overall picture. What blockages are put up by your personality so that your spiritual path is blocked? Esoteric Healing by Alice Bailey tells us that, “Disease is the result of inhibited soul life”. From what I can see, so are accidents and injuries. If we take some time in prayer and meditation to ask how our spiritual path has been blocked and help to remove these blocks, which are usually in the mental and emotional areas, we heal much faster with less chance of re-injury or complications from surgery. So, while traditional plastic surgery is exploring the realms of cell biology, tissue engineering, and co-factors to aide in wound healing, holistic plastic surgery delves into the higher realms of the effect of consciousness on matter, spiritual lessons involved in disease and injury, and use of higher consciousness to help the mind-body connection heal wounds and slow the aging process more effectively. Holistic medicine with the various detoxification and immune programs is also very useful when the patient’s immune system is compromised.

So what is the future of holistic plastic surgery? I have been introduced to topics such as etheric surgery, where matter is changed via concentration techniques during meditation using distant healing techniques. Many of the concepts that Dr. Larry Dossey introduced in his books, where he talks about ERA-3 medicine, have been introduced to me during healing sessions. I know that consciousness can affect matter directly and have witnessed the so-called “miracles” in the healing room. The important lesson for the patient is to learn his or her spiritual lessons so that the disease entity does not return several months later. The true purpose of spiritual medicine is to help the individual with these lessons, rather than simply to achieve the phenomena of the dissolution of the disease state. We are all here to advance on our individual and collective spiritual paths, and to help one another in the process. As my patients learn, so do I, so that I can help the ones that follow and they in turn help me. The illusion is that we are separate. We are not, and the realization that we are all part of a higher consciousness is truly what is behind the healings that we witness.

As Plato once said “The cure of many diseases is unknown to the physicians ..... They are ignorant of the whole, which ought to be studied also; for the part could never be well unless the whole is well. This is the great error of our day in the treatment of the human body, that the physician separates the soul from the body”.

### **Suggested Reading**

The Naked Truth About Breast Implants: From Harm to Healing by Susan E. Kolb, M.D., F.A.C.S., A.B.I.H.M.

Visit [www.TheNakedTruthAboutBreastImplants.com](http://www.TheNakedTruthAboutBreastImplants.com) to read about Dr. Kolb’s personal experiences and extensive knowledge of the potential dangers associated with silicone and saline breast implants.

Goddess Shift: Women Leading for a Change by Stephanie Marohn

Visit [www.TheNakedTruthAboutBreastImplants.com/goddess](http://www.TheNakedTruthAboutBreastImplants.com/goddess) to read about the anthology of over 40 women leaders in diverse fields of human endeavor where Dr. Kolb is a contributing author.

Optimism! Cultivating the Magic Quality that Can Extend Your Lifespan, Boost Your Energy, and Make You Happy Now by Stephanie Marohn. Visit [www.TheNakedTruthAboutBreastImplants.com/optimism](http://www.TheNakedTruthAboutBreastImplants.com/optimism) to read about world-famous leaders from every sphere of human endeavor revealing the secrets that kept them going during the tough times where Dr. Kolb is a contributing author.