Happy New Year 2003 Update!!

Dear One and All, My apologies for not getting Christmas cards out to everyone, but this brings you my best wishes and prayers for a Happy 2003. First of all I want to thank all of you who responded to the request for help with a scholarship for the woman in Australia. Enough came in to provide not only her but two others with full scholarships and one other with a partial, so thank you again so much for the help! I’d been working via email for two years with the husband of the woman in Australia, and then she came down with ST too, so now they both have the course and so far are doing well. As usual at this time of year, it’s been slow here but by God’s grace and because of those of you who have helped out, the clinic is forging ahead into the New Year. I so appreciate your helping hands - thanks again! Thanks too to the many of you who send Christmas greetings.

A few friendly reminders:

1. Remember how important it is to sleep on your back and that sleeping on your short side will hinder - dare I say prevent? - a recovery. If you are a lateral/rotational in opposite directions, you cannot sleep on either side since both are short; just do the best you can, trying each night to spend a little more time on your back, head a bit elevated, chin tucked, until your body learns. Your body isn’t the boss - you are!

2. A note on Bentonite - it will remove Botox (if taken within the first month after an injection) and meds, so if you take a Klonopin or another med for example at 8 am, wait about 4 hours before taking any Bentonite.

3. Stay off sugar - use fructose instead. The sugar will worsen or initiate spasms. And NO sugar substitutes!

4. Massage and bodo daily. It really does make a big difference.

5. I mentioned this once before but want to review the new stretch - The Flex: stand, bend over at waist, head loose and down, clasp hands behind back and raise them as far up toward the ceiling as you can, relax, stand and repeat. You’ll feel the stretch from the shoulder blades up into the head. I like this one a lot.

6. If you should ever have a fall, some kind of accident, even minor, troubleshoot within the first 6 hours (ice, massage, magnets, stretching, hot baths, etc.) to avoid the delayed reaction of increased spasm due to the trauma.

Some clients have had problems with ongoing diarrhea, which could be due to the new formulation of the Shaklee Cal/Mag. If you are having that problem, try cutting out the Cal/Mag for a week and see if the problem clears up. If that was the culprit, you might try locating a source for coral calcium. It’s highly absorbable. You can get a fascinating free tape on coral calcium by calling 1-800-870-4122 (you may also order the calcium at this number) The tape is great! You can also see info. online at

http://www.1-coral-calcium.com/

I’ve heard you can however purchase a similar coral calcium from a group called Pilgrim’s Pride for much less. You can get a free Pilgrim’s Pride vitamin catalog by calling 1-800-475-9988. You know that I wholeheartedly believe in Shaklee, but realize some of you might need to switch to a different form of the cal/mag.

Former client, now recovered, Steve Patrick, has a web cam and has offered to communicate with others who have web cams. You can email him at stevepatrick@netzero.net Have fun - it’s a gizmo I don’t really understand and have enough trouble figuring out the gizmos I already have.

Client Liz B. wrote that a natural herbal product Metabo V5 (for nerves) has made a big difference in her life. See the info. at http://www.solutionsie.com (1-888-234-6863) Another former client, Jim Crocini from Canada has a website devoted to funny ST jokes he has written. Enjoy! You can see his work at

http://homepage.mac.com/crocini/Between\_Spasms.html

And you can hear his song FREEDOM – for those on their way into recovery

http://homepage.mac.com/crocini/Freedom.html

I’m enclosing his photos to encourage you. He’s not into full recovery as yet, but has made wonderful progress! And below those I’m enclosing a recent photo of me and my sons, Grant on your right and Neil. We send all of you wishes for a happy and healthy New Year. May God bless you, keep you, make His face to shine upon you and give you peace. Love to all, Abbie

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