**S.T.R.C. Update - Summer 2003**

 Hello all - Summer greetings! Many little tidbits in this update including a summary of an article on sugar that appeared in the last ST/Dystonia newsletter - for those of you who don’t receive it. Again a reminder that if you are not as yet a member of ST/Dystonia and want to be for 1/2 off the first year price, mail the clinic a check for $10.00 and I will mail ST/Dystonia a check for $10 which then enrolls you half price for the first year. It’s well worth it!!

 A note on Botox Reimbursement hotline - call 1-800-530-6680 or go to www.Botox.com. No guarantee that you’ll get reimbursement, but it’s worth a

shot. I got this idea from a client for placement of the Nikken Mini magnets. Get a stretchy headband from Walgreens or wherever. They are double thickness. Make a slit at the seam and then place one or more magnets in there and wear so that the magnets are sitting over the EOP area. (shiny side out). Remember to work out infront of a mirror for exercises like the Bend-Hang and Bell Raise and others, in order to monitor the level of your shoulders and make corrections. Our bodies have learned that crooked is straight so we can begin to change that when we see it in the mirror. Harriett now takes both Visa and MasterCard and I’m working on her to get email. I’ll let you know when that happens. What an amazing lady! Another tip from a client. As you know you must NOT eat sugar OR Aspartame so what to do?? Splenda seems to tolerable for ST although I’m not recommending it (and of course Harriett doesn’t like it). An article I was sent on Sucralose (Splenda) states that it is not toxic, not carcinogenic, no effect on the central nervous system, no calories or carbohydrates, no effect on short or long term blood glucose control or on serum insulin levels and safe to use during pregnancy and it tastes very much like sugar and is a sugar derivative. Fructose is also tolerable and is my personal choice as a sugar substitute. It is more natural than Splenda in my opinion. A former client gave me this tip: she is using something called “It’s Soy Delicious”, a non-dairy frozen desert. The Raspberry (only) is fruit sweetened and she said it’s delicious. This is for those allergic to dairy. See information on this at

www.IBD-Inc@msn.com or call 630-208-0196. Remember to read labels and avoid the chemicals and sugar. Eat as natural as you can.

 Another reminder to use your Bodo DAILY and twice of three times daily isn’t too much. By applying 6-10 seconds steady pressure to the trigger points daily, and that includes the points all along the bottom of the EOP - occipital bone in the back of the head (skipping the very center point at the brain stem) will greatly help to deactify the triggering effect and thus calm down the spasms. It should be a bit breathtaking but not so painful that you’re jumping. Many clients who have done this work faithfully day after day report a significant release. Lastly I want to emphasize again that I love being in touch by email and you will get more information that way, so please let me know if you get email. I want to encourage you to be consistent and try to do all the elements daily - some stretching, massage, bodo work, nutritional, Shaklee vitamins and be positive and speak positively. Our bodies hear what our mouths say. Remember that the back of the head is ground zero for ST and it’s the military brace that elongates those muscles and makes all the exercises work. Blessings and keep up the good fight!

Abbie