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

Hi all, just a few tidbits to pass along to you this time. I’ve given a few of you some of this information already so forgive the repeat performance, but it bears repeating anyway! I’ve found a new product that’s great, recommended by one of our long distance clients and there is new order information for both the Kneading Fingers Massage machine and the Hang-Ups Inversion Table, sometimes called a gravity table.

**Gel Cold Cervical Wrap (product #66102)**-  I love this product and strongly recommend it! It’s a flexible cold pack that covers the neck, top of shoulders and dips down the back. Put it in the freezer for 2 hours and then enjoy relief from both spasms and pain. To order go to [**http://www.therapyzone.com**](http://www.therapyzone.com/)  and **type in code #10850 to get a 20% discount.** It is $41.95 minus your discount and worth every penny, or call 1-800-822-2889 to order, and be sure to **mention code #10850**. This company also sells the Hang-ups Inversion Table
 **Hang-Ups Inversion Table (also known as an Gravity Table)**This is not a necessary item and at $319.20 is expensive, but if you have rotation of the spine or hips, it’s very helpful. This safely and easily allows you to hang upside down for a wonderful full body traction. I love mine and try to use it at least 3 or 4 times a week, and did so while in my own recovery process. I wish I could afford to give every single client one of these! Very few gyms have one, so it’s an item you’d probably have to purchase if you want to use it. Be sure to keep children away from this product. This particular brand is very well made and safe and I use mine when alone in the house, but at first you might feel more comfortable having someone there. The price is subject to change over time. You should not use this if you have untreated high blood pressure, Glaucoma or are on Artane. Again, order this from
[**http://www.therapyzone.com**](http://www.therapyzone.com/)  and **type in code #10850 to get the 20% discount price of $319.20**or call 1-800-822-2889 to order, and be sure to **mention code #10850**.

If you haven’t  gotten the Kneading Fingers Machine as yet and have no one at home to do the DAILY massage work for you, please please get this machine. Remember that the massage work is AS important as the exercises. Here is the new contact information: go to  **<http://www.clarkenterprises2000.com/2079>**This will bring you to the STRC affiliate page and give you the automatic discounted price of $199.00 plus $14.00 shipping (US) but this is also subject to change over time. This machine is available with an adaptation for 220 /240 v. European current upon request. For credit card orders by phone call toll-free 1-800-748-7172 or local 1-758-825-7172 **Be SURE to mention STRC when you order in order to get the discount price of $199.00.**
Now some news from the home front. I’ve been having a lot of problems with my lower back -cracking, grating and some pain, due I think to some rotation in the spine because (true confessions) I haven’t been practicing what I preach and have slacked off on the exercises. After many many years on a waterbed, I decided it was doing me no favors and got a Select Comfort number system air mattress that fits right into the old CA King waterbed frame. It’s awesome!!!! You can make it as soft or hard as you want with the touch of a button and yet, with 17 chambers in the air mattress, it completely supports your body. You can look at them at [www.selectcomfort.com](http://www.selectcomfort.com/) or call 1-800- NEXT BED to get info. They’ll mail you a free video and brochure.

I’ve put the house (clinic) on the market in an attempt to move to the north end of Albuquerque to the small community of Rio Rancho, and purchased a half acre of land there with plans to build a modular on it specifically designed for the clinic. The house has been on the market all summer with no nibbles so far so I’ve decided to give it until the end of September and then if it hasn’t sold by then, to take if off the market. I want God’s will in all this but feel at times I’m trying to force the issue. The move makes a lot of sense financially and would be easier and more accessible for clients. The only negative and it’s a big one, is that I’d loose Harriett, as it’s too far for her to travel. Maybe that’s the reason this plan is going nowhere fast. I’ll keep you posted.

If any of you who receive this by postal mail, now have email, or if your email changes, please let me know. Also, a reminder that Harriett Smith, our nutritionist, now has email    be-well-now@cybermesa.com   and she takes both MasterCard and Visa.

Hang in there with the program. Each day builds subtly on the day before and  being aware of how you handle your body throughout the day is so key - sleeping on your back, sitting erect, resting and TV watching on the floor, staying OFF sugar, etc. If at all possible pamper yourself with jacuzzis, long hot baths and as much massage as possible - you’re worth it!!! As you give to yourself, you are, in the long run, giving to others - your loved ones and friends and other ST’rs. Keep in touch. love, Abbie