Hello all, forgive me for not mailing out cards but that would be close to 500! But I wanted to wish all of you a Merry Christmas, Happy Hanukkah and a happy and healthy New Year. I don’t think you know how much all of you fill my life and give it such great meaning; truly all of you are a gift to me! When I was so terribly sick, it was hard not to think “Why me?” and I struggled against bitterness, self-pity and anger, emotions so common to anyone with ST. But now every time I get an email reporting progress or recovery or an “after” photo, it’s so redeeming and the suffering I went through now makes sense. I pray for you that you will stay with the program, do some stretches, massage and vitamins daily, try to do some warm pool work as it’s so so helpful, and do your best, even though it’s hard, to thank God in advance for helping you. Try to stay positive, as your body will respond positively to that. I want to help and encourage you, so never feel that you are bothering me – I’m pulling for you, and am grateful to know you. Like or not, we’re family!  
Now I have a true confession; for literally a few years, I’ve been coasting with the program, doing just a bare touch up routine, feeling that the work I do with my clients is probably enough. If the Lord completely healed me of ST, I’d never go near another exercise; maybe that’s why He has chosen to let me bear the ST, because if I didn’t have to work out, I’d sit and knit, sit and read, sit and visit, sit and watch TV and probably die of old age next week. So I need to be thankful I’m constantly nagged to get off my bottom and get to work. But like I said, I feel so good most of the time that I’ve really let the program go and slowly over the past few months have sensed a slight erosion in my state of recovery – mostly a sense of tightening up in the skull on the right side (I was a right looker). I worked that area a bit more, but not enough so bit by bit that shortening got stronger until this month when I began to feel some actual pulling and tremors, and then one day last week had a twinge of pain for the first time in over 20 years! And I thought – Abbie, you’re an idiot – practice what you preach. So 4 days ago I got back to business and began working hard on the program, specifically on the military brace, body curl, head smile, lying pullover, head harness, foot strap, along with the other stretches and weight work. I’ve told you before but want to hammer it home to you again; THE MILITARY IS THE KEY TO RECOVERY FROM THE SYMPTOMS!!!!!!!!!!!! If you want to get well and stay well, you **must** practice this throughout  the day. Do it on the floor, pushing the neck hard into the floor until you have triple chins. Feel the strain up into the back of the head and you can also feel it at the sides of the neck and often down into the back. Then duplicate that standing and sitting and then practice it many many times during the day and to the extreme when an exercise calls for the military. If you’ve not been doing this, your body will fight back for some time, so begin slowly. Remember, I’ve been in recovery 20 years so I was able to bounce back quickly; if you’ve not been doing this, it will take you longer, but the military is the track to recovery. You MUST elongate those muscles in the back of the skull – that elongation will then radiate down into the neck and the back, but it must begin in the back of the skull!!!!!!!!! When I began hitting it hard again and practicing extreme military braces throughout the day, my body from the hips up got very sore, and I had to take Advil and Unisom to sleep, but now after only a few days, the tremoring has stopped and I’m gaining control again. ST is a monster and wants to take over but you CAN keep it at bay and the military is the big secret that makes this program work for recovery. Then you must be doing the daily massage, as that will help to de-toxify the muscles, elongate and break up embedded scar tissue. And take your Shaklee or a similar vitamin program.   
Lets all have a healthy and happy New year. To those who have helped the clinic with donations, thank you so much! Love to all, Abbie  
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