**Mid-Summer 2005 Update**Good grief - it’s HOT!!!! I hope all of you are getting some relief - thank God for air conditioning! I trust all of you got the letter from Massage Therapist, Myra, which you can give to your own MT and keep a copy for yourself; if you did NOT get that, let me know and I’ll send it to you. Myra is very busy but wants to complete a massage video by the time the conference happens the last week of September; this will be on sale to massage therapists around the world who work with ST’rs and will also be available for sale to clients and the general public. I’ll let you know when that project has been completed. Both Myra and I will be presenters at the upcoming ST/Dystonia, Inc. Symposium here in Albuquerque Sept. 23, 24, 25. She will also be giving quickie 10 minute massages for $10 throughout the conference. As you now, massage is AS important as the stretching and an absolutely essential part of your recovery program. It not only helps to elongate the shortened muscles, but detoxes, loosens the fascia and, increases blood and oxygen supply to the area and helps to break up scar tissue, that naturally forms in muscles that are in trauma.   
    Regarding the Symposium, I hope many of you will be able to attend in Sept. and visit beautiful Albuquerque. Howard has also planned some great local side trips preceding the conference. Call ST/Dystonia to receive information and register. 1-888-445-4588. That’s a voice mail. Leave your name, number and request; they are very good about calling back. Or go to their website  [http://www.spasmodictorticollis.org](http://www.spasmodictorticollis.org/)  
    I also wanted to let you know that the SOS massager which is only available from Australia is now being discounted for S.T.R.C. clients. Go to   
[http://www.sosheadache.com](http://www.sosheadache.com/)   and when you order put “Ref. STRC” in the comment box; that will give you an automatic 20% discount. Again, this is a passive device ( you simply lie on it for up to 20 minutes) that is like have 6 little bodos pushing into the base of the EOP. Many clients have found it to be very helpful. Here is an email from a client to Dr. Nelson who sells them:  
Dr. Nelson:    
    I have Spasmodic Torticollis and am a former client of Abbie Brown at the S.T.R.C.  Through her I heard about your SOS Massager and ordered one sometime ago.  
    I want to tell you that I never really got the knack of self-massage of the neck, but your SOS Massager does a great job and is so easy to use.  It does help relieve the muscle tension and pain of the ST.    
    I so would not want to be without my SOS that if I had no money to buy a new one there wouldn't be enough money anywhere to buy my old one from me!  In fact, I recently bought a second SOS just in case something happened to my first one.  By the way, my wife, who suffers from migraines, also bought her own SOS as well.  So now she and I own three of your SOS Massagers.  Thank you for your great invention. Bill W. Bell   Tennessee, USA  
      
    Clarke Enterprises, the folks who make the Kneading Fingers, have another machine which those of you who have been here have seen. It’s called Exerciser 2000 Multi-Speed. You lie down, rest your ankles on the machine and it moves your feet back and forth and actually moves the entire body. It’s pricey but has so many physical advantages, and again, it’s passive; you just lie there while the machine does the work. The best place to see it and order is online at   <https://www.clarkenterprises2000.com/2079/>  Ordering at that site will give you the automatic discount available to STRC clients; your price would be $386.96 plus shipping. Here are some of the things this machine does:  
1. releases nitric oxide, which is a powerful natural anti-inflammatory  
2. increases oxygen level in the blood which enhances the immune system.  
    For example, cancer cannot live in an environment rich in oxygen.  
3. moves and detoxes the lymph in the body  
4. releases endorphins, providing some pain relief. Some have also said it   
    calms the body and helps in falling to sleep.  
5. loosens joints in hips and spine  
6. relaxes back muscles  
People are using this machine for a wide variety of maladies, like arthritis, fibromyalgia, constipation, stress, headaches, diabetes, neuropathy, high blood pressure and poor circulation. So if you’d like to splurge and add this to your collection of toys, either go to the website or call 1-800-748-7172 and be sure to mention you are an STRC client to get the discount.   
    I want to remind you that I’m at your beckon call; please feel free to call or email me if you have concerns or questions about your program. It helps to vent and to clarify the program. Again I want to emphasize that doing some of the stretches in a warm pool is VERY helpful and more relaxing for your body than almost anything else you can do. The first pool stretch is the most important and the only one I did while recovering. Several times a week would be ideal and follow that with some time in a hot Jacuzzi letting the jets beat on your back and neck. Also remember to do some of the stretches throughout the day every day. The more you remind your body that it IS going to change, the better. some of the best to do throughout the day are rolling into a military, head smile, shrugs, straight chair stretch (both parts) body curl (which you can do sitting in a chair too), bend-hang and standing into a strong military and then using your bodo up and down the back of the neck on either side of the spine and up under the EOP from ear to ear, skipping the very center spot where the brain stem is. Be faithful in building that invisible foundation - never never give up! Please keep in touch with me. I hope to see you in September!  
 Blessings to you and yours,  
Abbie  
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Spasmodic Torticollis Recovery Clinic, Inc.   
Be encouraged - there's hope!!!!  
[http://www.STclinic.com](http://www.stclinic.com/)  
Clinic email   [info@Stclinic.com](mailto:info@Stclinic.com)   
Your tax-deductible gifts are deeply appreciated!  
[http://www.STclinic.com/DonationForm.html](http://www.stclinic.com/DonationForm.html)      
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