Hello all, an article on S.T. appeared in the Albuquerque Journal this morning with photos (Photos are not included here, as they weren't in the online article). I think the reporter did a nice job, and am including the article at the end of this update.
    Some tidbits: there will no longer be overseas orders accepted for the Kneading Fingers machine over the internet website, so orders will need to be made via email. You may mail email them at  clarkent@clarkenterprises2000.com      with your credit card number and mailing information.
    A client alerted me to a natural product that she said has really helped eliminate her pain. It’s call Emu oil (a spray). Here is the link.    <http://www.emumagic.com/oil.html>      Once there, choose the 2nd item on the left, Premier Pure Emu Oil. I called them at **800-368-4246**and asked how the oil is extracted. The animal is painlessly killed and the oil extracted after death. I haven’t personally tried it, but since it’s natural, you might want to give it a try. The client who recommended it said you only need to use a little bit for it to be effective.
    Another client sent this: he has been using a Liquid Magnesium from Eniva as a rub for treatment of pain and found it very helpful in giving him almost instant relief - again completely natural. This can be taken orally but he feels it’s more effective as a rub. He uses it 3 to 5 times per day. Here’s the contact info.
<http://www.enivadistributor.com/calmag.htm>     Phone 1-888-300-6242
    We have a new secure online donation link on the clinic site on our home page. You can see it at
[http://www.STclinic.com](http://www.stclinic.com/)   Because we are a 501(C)(3) organization, all donations are tax exempt, and the site is secure. This is always a difficult time of year for the clinic financially, and donations are deeply appreciated! Thanks so much!
    Just another word on Aspartame, it looks like it may be banned in New Mexico schools, and I hope that will be a pattern for the rest of the country. An article recently appeared in our paper and here are a few high points:  diagnosed neurodegenerative afflictions (for some patients) disappeared when patients stopped consuming Aspartame. Aspartame is considered one of the major causes of increases in tumors of the brain and pituitary as well as the sharp increase in multiple sclerosis, due to it’s metabolized by product, formaldehyde. ...”the grim medical realities of this formaldehyde cocktail warrant that it be taken off the market entirely”.
    The yoga band which you know I think is a great tool is now called a Foot Strap (same item). It’s inexpensive and almost as effective as the head harness, although I prefer the harness, but the strap is so portable and convenient to use. Again the contact info is          [http://www.huggermugger.com](http://www.huggermugger.com/)
Put your mouse over Props and Gear. I recommend the 10 ft. one ($11.50) since you can always shorten it. Get the D-ring type. The phone number is (MST) 1-800-473-4888 or local is 1-801-268-9642. If you missed this info. last time I gave it and need for me to email you the photo on how to use it, let me know. Remember the goal is to get the muscles in the back of the head and neck elongated.
    A note on the Hang-Ups gravity Table - another GREAT tool which I highly recommend ([www.sitincomfort.com](http://www.sitincomfort.com/)). You may NOT use this if you have untreated high blood pressure, osteoporosis or are on Artane. This is the ultimate in full body traction.
    That’s about it for news tidbits. Please you-all, remember this recovery business is a process and simply requires that you continue reminding your body on a daily basis, throughout the day, that it IS going to change - by continuing to do many things right throughout the day - using your Obusforme and sitting in a gentle military as much as possible, sleeping on your back (LOVE my Sqush Therapy Pillow) doing some of the exercises many times throughout the day, such as Shrugs, Bend-Hangs, rolling into a military,  Forward Arm Pulls, Body Curls (can be done sitting in a chair or cross-legged on the floor), and Head Smile and any others you feel are especially good for you. The more you remind your body the better. and don’t forget the rest breaks - even a minute or two on the floor on your back, deep breathing. We need to teach our bodies to relax, to let go again; it’s something a body with ST has forgotten. And then massage massage, daily!! And use your bodo up and down the neck and up under the EOP (skipping the very center spot.) Here’s the article. love to all, Abbie

Albuquerque Journal
Front Page  health
Monday, October 31, 2005

**Sufferers of muscle spasm disorder turn to Botox, brain stimulators and exercise for relief**

**By Jackie Jadrnak**
*Journal Staff Writer*    Howard Thiel, Pam Garritano and Abigail Brown Collins all had something in common when the twisting pain struck and stayed: They thought they were alone.
     But now sufferers of spasmodic torticollis have found each other and are trying to build awareness of their condition— both among members of the public and the medical profession.
     "There's a lack of knowledge on the part of the medical profession. If they have more than a half-hour training (on movement disorders) at a hospital or college, that's a lot," Thiel said. Neurologists generally are the only specialists who can make the diagnosis, he said.
     For the most part, people with the disorder get a common reaction from other doctors: "They think we're crazy," Thiel said.
     The physical appearance of the disorder sometimes causes other people to whisper, stare and sidle away. People with spasmodic torticollis often have their heads twisted or bent in odd ways. Or, to prevent the kinked posture, they may hold a hand under their chin or pressed against a cheek.
     Spasmodic torticollis, also known as cervical dystonia, involves spasms of muscles in the neck that can pull the head, shoulder and neck into abnormal positions. The causes aren't known, although genetics and trauma appear to play some role and stress usually makes the spasms worse.
     Spasmodic torticollis is twice as common in women as men, and it tends to be seen most often in people of Northern European descent.
     Tranquilizers and other medications sometimes are used to try to relax the muscles; Botox, administered to paralyze the affected muscles, emerged in recent years as an effective treatment.
     In Garritano's case, the involved muscles are too deep to be treated effectively by Botox injections. She is getting a deep brain stimulator implanted to interrupt the signals from the brain that send the muscles into spasm.
     The hope offered by these treatments has been a long time coming for some people.

**'Demeaning' disease**    Thiel, 74, a Wisconsin resident, felt the first pain in the back of his neck when he was 49. It was stress, his doctor said, telling him to take an aspirin.
     One day, he was driving down the highway when his head snapped to the left. He had to hold it in place with one hand so he could continue driving.
     "In eight years, I went to 41 people to try to get treatment," Thiel said. "A lot of them would say, 'It's all in your head. Go see a psychiatrist.' ''
     The pain, Thiel said, was excruciating.
     "I drank a half-case of beer every day because the alcohol would take away the pain," he said. As head of an insurance agency, he had a six-figure income and a beautiful home in northern Wisconsin— he lost it all, he said.
     He finally was diagnosed in 1987 and had his first Botox treatment in 1988. "I'm 80 percent better," he said, noting that he gets the injections every three months.
     Thiel helped found and now heads ST/Dystonia Inc., a patient advocacy group that held a symposium last month in Albuquerque.
     "I used to have to lay down 20 hours a day," he said. "This is a devastating, demeaning and debilitating disease."

**'Feeling ugly'**    Garritano, a Florida resident, was 33 and the mother of two daughters when the twisting pain hit her 10 years ago. She probably saw a dozen doctors before she got a diagnosis, she said.
     "I went through depression, feeling ugly ... I went through a lot of different things," Garritano said, explaining that the spasms pushed her shoulder up and twisted her back. "I had days I just wanted to shut my kids out ... I wondered, 'Am I going to make it through this?' ''
     She tried medications, a procedure that killed some nerves going to the affected muscles, and Botox. They helped somewhat, but she's hoping for a greater return to normality with a stimulator planted in her brain to disrupt some nerve impulses.

**'Praying for a solution'**    Collins, an Albuquerque resident, was 19 when she woke up one morning with her head pulling to the right. "That was 1959. No one had a clue!" she said.
     A couple of years later, she spent a college year in Mexico City, where she went dancing about four nights a week— and the pulling in her neck disappeared for the next 15 years, she said.
     At age 35, she was married and gave birth to her baby without any pain medication— a terrible mistake. "I decided to be Earth Mother and have a natural child birth," Collins said, and the torticollis returned with a vengeance. On a scale of one to 10, she described the pain as 10-plus.
     "I used to play the guitar and dulcimer, I was a painter— I couldn't paint, do my music, sing. I felt like a failure as a wife and mother," she said. "I got very depressed and suicidal. I'm a Christian. If not for my faith, I would have ended my life."
     For eight years and through the birth of a second child, she had no medical insurance and suffered through the condition without medical attention, she said. "I kept praying, praying for a solution."
     One day, watching the Olympics on television, she became inspired by the athletes' determination and dedication. "I got a whoosh of determination that I would not live like that any more," she said.
     Through trial and error, Collins explored exercises, stretches, massage, dietary changes and other steps that might help relieve her condition. "It took two years, but I looked in the mirror one day, and I was straight and pain-free," she said.
     She started the Spasmodic Torticollis Recovery Clinic not long afterward and has had more than 600 clients visit in person and 200 more try her program through long-distance education, she said.
     Collins doesn't conduct scientific trials on her work, and local doctors generally look at her program as a waste of patients' money, she said— but many people tell her they have been helped. Her written materials warn that she doesn't have a cure, but may help people enter an ongoing state of recovery.
     "I developed it for myself, and it worked," she said, adding that she wanted to use what she learned to help others.
     To learn more about spasmodic torticollis and other movement disorders, go to www. [life-in-motion.org](http://life-in-motion.org/) or [www.spasmodictorticollis.org](http://www.spasmodictorticollis.org/). You can contact ST/Dystonia Inc., the patient advocacy group, by calling (888) 445-4588. You can learn more about the Spasmodic Torticollis Recovery Clinic by going to [http://www](http://www/). [STclinic.com](http://stclinic.com/) or by calling (800) 805-9976.

**E-MAIL Journal Staff Writer Jackie Jadrnak**
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Spasmodic Torticollis Recovery Clinic, Inc.
Be encouraged - there's hope!!!!
[http://www.STclinic.com](http://www.stclinic.com/)
Secure Online Donation Form – thank you!
[http://www.STclinic.com/donation.html](http://www.stclinic.com/donation.html)
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