Dear all, just a quick final update for 2006. I had an email recently from a client who has found something that significantly helps with tremors and am passing it along FYI. She suggests taking 3 tablespoons of fish oil daily (flavored is available at most health food stores), along with Valerian caps from the health food store. I cannot speak to this personally but did want to pass along the info to you. I also want to remind you again the importance of the head harness (and or the foot strap). I feel daily use of one or both these tools is so very important! Be sure that you are using the harness properly – head very close to the floor and tucked WAY under, as if touching your nose to your tummy. The more your head and shoulders are rounded and tucked under, (chin jammed into your chest) , the better stretch you’ll get.

The move is ON. I’ve attached a photo of the new modular the day it was lifted by a huge crane and swung onto the foundation. That was a Maalox moment! You can see the straps still attached. The clinic is the left end of the house where you see the 3 windows. Larger than the current facility with beautiful views. I have to be out of here on Dec. 22 but won’t know until the last minute if the house will be ready by then, because several inspectors have to sign off on it once it’s done. I’m hoping to be in by the 22nd, but it could be the first week or two of January. So I may be sleepless in Santa Fe with everything in storage, but am praying the timing will work out. There is a tiny apt. where I can bunk, with everything else in storage if that becomes necessary, but I am earnestly praying I will not have to do that and move twice with the awful expense and stress involved. Mail will be forwarded so until mid January all mail should come to Albuquerque. If you need to get hold of me from the 22nd on for the next week or two (or three?) use my cell 505-310-3770. The new address will be:

55 Camino Vista Grande (not for mail)

Santa Fe, NM 87508

Home: 505-473-0556

Cell: 505-310-3770

Toll free, the same 1-800-805-9976

This is a very chaotic time with a million details, long to-do lists every day and huge expenses. I’m unable to take clients in Dec. or probably Jan, so I would appreciate your prayers for a smooth transition, and end of the year donations would be deeply appreciated. Remember they are fully tax-deductible. Thanks so much!

I wish all of you a very Merry Christmas, Happy Hanukkah and happy holiday with friends and family and I pray for a peaceful year to come for all of us. God bless you. Forgive me for not sending out cards. Love, Abbie

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Spasmodic Torticollis Recovery Clinic, Inc.

Be encouraged - there's hope!!!!

[http://www.STclinic.com](http://www.stclinic.com/)

Secure, Tax-deductible, Online Donation Form

[http://www.STclinic.com/donation.html](http://www.stclinic.com/donation.html)

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[http://www.dog-bed-emporium.com](http://www.dog-bed-emporium.com/)

