Hi all, this is a Nappy New Year, pre-postage-hike update. Just a couple of things. First, I have a friend who has greatly reduced her bad cholesterol by using no drugs – just this simple formula. And she has a friend who reduced her’s by 100 points! I’ve just started it. Here is the recipe – try to get all organic if you can:  
4 cup apple juice  
3 cup white grape juice  
1/2 cup apple cider vinegar  
  
Makes 1/2 gallon. Mix and store in refrigerator. Take 6 ounces a day. That’s it. Easy and natural.  
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Next item, for those of you who have gotten the clinic cookbook, Come & Dine, I found a major cut and paste error and want to correct that. I’d love to blame it on the publisher, but it was probably my mistake, and I can’t believe I missed this in proofreading. So on page 221, Zebra Cake, white out the first paragraph (before the list of ingredients) and then just follow the recipe from then on. You never put this in the freezer! It takes about 20 minutes to assemble and then sits in the refrigerator for 8 hours before serving. One of my favorite recipes!   
Since my last update and confession, I’ve been working HARD on the program, doing the gym work almost daily, lots of head harness, lots of massage and bodo work and am now reaping the rewards as my body bounces back into shape. I’ve had to work my entire body to get back in shape as, due to my laziness, the muscles began to shortened not only up in the skull and neck, but down the back into the hips (and I think that is probably a common ST trait), so have been doing a lot of bend-hangs, rowing machine, hang on the gravity table daily, etc., just elongating those muscles and working throughout the day on the military, as that’s THE key. You may remember some time ago I recommended the Sqush Therapy Pillow; that’s nice because it has a vibrate feature, but any good horseshoe shaped pillow will work. Try to get one that’s a bit firm and one where the two ends almost touch each other or do touch. Put it on top of your regular pillow. Lie on your back with the pillow cuddled under your neck with the sides along both sides of your face. **Now, reach up and pull the top of the pillow up a bit. That will tuck your chin and put you in the perfect position for sleeping**(the sides will still be along the sides of your head and a bit on the sides of your face.) Walgreen’s has a nice one for $10 that can be thrown into the washer and dryer and that’s the one I’m using now every night – it’s perfect!   
That’s about it – just short and sweet – lets all have a happy healthy New year!! Love, Abbie  
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