**Summer Update**Hi everyone! I hope none of you are suffering with the floods out East. What extremes we have; it’s dry as an old bone out here! As usual a few miscellaneous items. If you don’t as yet know how to get free 411 information, here is the number. Occasionally you have to listen to an ad, but it’s free: 1-800-373-3411.   
    For those of you who want to do a nutritional cleanse or fasting cleanse, please contact June Baker. she sells the 2 products you need and is very knowledgeable. She is a dear and has substituted a few times in our nutritional seminar. Her home phone: 505-852-2768, Cell: 505-920-4644  
and her email: [yourhealth@cybermesa.com](mailto:yourhealth@cybermesa.com)  I have done this fast cleanse several times over the years and it does major housecleaning on your colon and is safe. You do drink juices and herb tea, so even if you have low blood sugar as I do, it’s a comfortable fast. The more we can detox the body, the better chance for our tissues and muscles to heal.   
    Some of you are contemplating disability. I strongly encourage you to get that if you can, because having to work 8 ours a day is so stressful and hard on S.T. I have a form disability request letter that I will date and personalize with your name. Let me know if you would like me to do that for you and if you would prefer it in hard copy or by email or fax.   
    Again, I can’t say it often enough - the military is THE key. Practice it throughout the day. I also use my SOS massager daily - when watching TV and always in bed for 20 minutes or so while reading before I go to sleep. Use your bodo at the EOP and massage as often as you can. I hope most of you are using the head harness; I couldn’t get along without it, and I also use the foot strap; the results are similar, although the harness is better. I developed a rotator cuff problem a week or so ago. It was very painful and I couldn’t raise my right arm at all, or lift anything with that arm. I figured since I didn’t have a broken bone, it had to be muscular, so treated it with ice, magnets and slow stretching (forward arm pull, row machine, flex, shrugs and slow extended stretches over my head) and now it’s much much better. Like the neck, it’s just a process.  
    On a personal note, plans for the move back to Santa Fe are moving along. I contracted for 2 & 1/2 acres on the edge of town, just 2.9 miles from a nice motel and close to all the others and to restaurants. Mountain views, very rural feel and am ordering a modular home with a huge room for the clinic. Please be in prayer, as this house and land down here have not sold as yet. I’ve never taken such a risky step but am praying and taking it one day at a time. Things have been too slow this summer, so I’ve also started a new online store project, selling dog beds and will let you know when that is up and running.  Thanks so much for your prayers and support during this time. Keep working!   
Love, Abbie  
  
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Spasmodic Torticollis Recovery Clinic, Inc.   
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