Winter Update 2006

 Hello all and early holiday greetings! As many of you know, the clinic is in the throes of a move back to Santa Fe, NM. My son, his wife and new Grand baby Eva have moved to Taos, an hour north of Santa Fe, so the move will put me closer to family and to dear old friends. The new address after the first of the year will be:

55 Camino Vista Grande

Santa Fe, NM 87508

and the toll-free number will be the same. Emails should also be the same. It is looking now like a move around mid-December. Right now that address is an empty field so all mail now should come here to Albuquerque. The well is in, foundation started, modular almost finished and bit by bit plans move forward. I’d appreciate your prayers for this whole process. Thanks so much!

 So often clients will call and, as we visit, I realize they have forgotten some elements of the program that are vital to the recovery process. The first is the absolute need to sleep on your back. Even sleeping on your long side will slow down/hinder your recovery because the muscles in the back of the head are still shortening, and it’s those HEAD muscles that are so key - they must be lengthened if you want to move into recovery, and the ONLY way to do that is with the frequent (throughout the day) use of the military and by sleeping on your back. Use the extreme military in exercises that call for it and then do your best to sit and walk in a gentle military (i.e erect posture, chin tucked and back of the neck flat with your head stacked as much as you can ont
op of your spine). And use your Obusforme! Many say, “I can’t sleep on my back” but the power of our mind is huge and you CAN teach your body to do that. It will take time and practice but remember who is in charge - you are, not your body! And you can train your body to change. The best tool by far that I’ve found is the horseshoe shaped pillow. Here is a site for one that’s cheap and effective and can be thrown in the washer and dryer. Or get one at Walgreens for $10.00. Ask for the fleece one, rather than the squish type, because they are firmer. Put it on your pillow, pull it down around your neck, and then the trick is to pull the back of it up; this will tuck your chin and put you in the perfect position for sleeping. The ends of the pillow should now be resting »along side each cheek.

http://www.familyonboard.com/fleece\_neck\_travel\_pillow.html (this is like mine and would be my first choice!) 1-800-793-2075

 Then you simply must have some daily massage. It’s not a luxury but a necessity. Once or twice a week just is not enough. Massage elongates the muscle, detoxes, brings circulation and blood supply to the area, makes the fascia more supple and helps to break up imbedded scar tissue, so it is vital! Use your Kneading Fingers daily if you don’t have someone who can do it for you daily. Use your bodo daily up under the EOP. Request Myra’s massage letter if you don’t have it. It’s free and I’ll send it to you. Get mad at the ST, be tough, be determined, refuse to take “No” for an answer, be consistent, be patient and if you pray, pray!

 The next most important area and many people don’t follow through with this is the vitamin supplementation. Cheap vitamins from the drug store tease but do not nourish the cells. They are chemically based, not food-based. You know I push Shaklee , and you get it at my member’s price. I’ve never gotten a penny from Shaklee but remain a member to get my own vitamins and to offer them to all of you at my price. Again to order call

1-800-742-5533. Give them my ID#CL50241 and Contact #292578. We recommend the Shaklee Basics (with or without iron) and the Osteomatrix, a superior cal/mag formula. Immune health is central to the recovery process because ST is immune related. Stay OFF sugar (use fructose or Xylitol instead) and NO diet drinks. The phosphoric acid in pop leaches calcium from your bones and can cause early onset of osteoporosis, and the aspartame is a neurological toxin. I’m repeating this info. because it’s SO important. Drink water, and your body will begin to crave it.

 Cindy Russell, our nutritional counselor, has a weekly radio program here on nutrition, and I want to pass along something she said this morning: flu season is upon us and many get the flu shot. Here are the ingredients of the flu shot - hard to believe but she did her homework and this is valid information: mercury, ether, detergent, live flu virus, chicken embryo (!) and formaldehyde. Personally I never take that shot; I take lots of Shaklee, stay away from processed foods and if I begin to get sick, I personally take Oil of Oregano capsules, Bentonite (sold in your health food stores under the name Sonne) and lots of vitamin C. and then the symptoms disappear. I’m not prescribing that for you, but only letting you know what I do and that there are healthy alternative ways of warding off disease and getting rid of virus and bacteria. The best shield is a very strong immune system.

 And last of all, please if you have access to a warm pool at a sport club or the Y, please please use it!! Even if all you do is the #1 water exercise; that’s the only one I did while recovering. There is something so very very healing about water work and you will accelerate your progress. Then use the Jacuzzi and go home a rest a bit - on the floor on your back or in bed on your back and let your body absorb the effects of the water work. You don’t have to be able to swim and you can stay in the shallow end to do this if you’d like. Use a foam noodle under your waist to help keep you up on your back; raise your head, chin down and then frog back and forth across the pool.

 If you absolutely must sit at a computer for your work, you must take frequent little exercise breaks - do several of the stretches, and use your Obusforme and sitting in a gentle military. I hope these reminders will be helpful. This will be the last Update from Albuquerque. My prayers and best wishes are with all of you! Have a wonderful Christmas and Hanukkah!