**Update**Hi all, here we are nearly ready for kiddos to return to school - hard to believe. Time flies so fast, I’ll be 110 before I know it!
First to whoever among you submitted my name for Who’s Who among Medical and Healthcare professionals, thank you! I’ve been accepted and it’s a nice perk for the clinic! I’ve found a new neck shoulder cold pack I really like. Called Dual Comfort Trisectional. Go to [http://www.coreproducts.com](http://www.coreproducts.com/)   In the search box upper right, type ACC-534 As I’ve mentioned before I personally like L-Tryptophan for the night time jitters. It’s a mild natural animo acid tranquilizer occurring naturally in both turkey and milk. I found a much cheaper source at [http://www.swansonvitamins.com](http://www.swansonvitamins.com/)  It’s called TryptoPure  and sells for $19.99. Item C4SWU372  Phone 1-800-824-4491   I used to pay $80 for the same amount! I’ve put an alert on Aspartame on our home page. It’s copied with permission from Flying Magazine. Please check it out. Here’s another great site  [http://www.truthaboutsplenda.com](http://www.truthaboutsplenda.com/) Sorry to be such a killjoy, but both these products are dangerous and shouldn’t be used. Again, fructose, Xylitol, Stevia and Agave (liquid) are all OK. There is some question about fructose because it is a sugar, but I’ve used it for 30 years.
    Weightlifters Warehouse no longer carries the Chest Flexor, so if you don’t as yet have one, go to [http://www.amazon.com](http://www.amazon.com/)  or [http://www.ebay.com](http://www.ebay.com/) and search for chest expander. I don’t think the rubber tube variety are made anymore. If any of you are in the market for a massage chair, go to [http://www.amazon.com](http://www.amazon.com/) and do a search for Portable Massage Chair  Great prices!!! For those of you using Bentonite, you can get it online at [http://www.sonnes.com](http://www.sonnes.com/)  It’s the exact same thing as the V.E. Irons brand I used to use. It’s item #7 Detoxificant and the Colon Cleanse is item #9. The phone is (800) 544-8147.
    I recently read some new research reporting that it’s now been discovered brain cells do rebuild, and this happens via exercise - great news for us! Another tidbit: one or more soft drinks a day increases your chances of getting diabetes, and the phosphoric acid (bubbly part) leaches calcium from your bones. Lets stay healthy - get hooked on water!
    Some exercise reminders: the Straight Chair Stretch (both parts) is such a vital exercise. Be sure during the first part when you sit slowly up, you are rolling up into a severe military. Same is true for the Bend-Hang, one of the best exercises. And please do include the Flex in your routine; it is so great for elongating those muscles in the back of the skull!
    On a personal note, I’m having the house painted a sand color so it will blend in better in the neighborhood. I didn’t have the money so prayed and a week later, got a letter from Social Security saying they’d been underpaying me and sent me a check for $1,400.00, almost to the penny what it will cost for the job!! I’ll send some photos when it’s done. Be good to yourselves - exercise and massage DAILY!!!
Love to all, Abbie
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**Spasmodic Torticollis Recovery Clinic, Inc.
Be encouraged - there's hope!!!!**[**http://www.STclinic.com**](http://www.stclinic.com/) **...............**