Hi all, I forgot to include the following that came in from a client. And below that I’d printed my annual Christmas letter. God bless all of you! Abbie
**Please let everybody know that Depakote contributes to dystonic tremors.  I was taking it for a Manic-Depressive dissorder, and the doctors at the Mayo Clinic in Rochester, MN said that it was definitely contributing to the tremors.  Once I stopped taking it, my tremors subsided!
I substituted it with Tegretol and my tremors have settled down.**------

**It’s Christmas again – 2007!**

 **It’s  so wonderful to be spending Christmas in my new home and to be back in Santa Fe!  Some of our local rebels destroyed my mailbox with a baseball bat, along with other boxes on my road, (a sport called Mailbox Baseball) so I have a new permanent box mailing address at a Pack & Mail place only 2 miles away:
5 Bisbee Ct. 109-238
Santa Fe, NM 87508
 Those 3 years in Albuquerque were almost monastic, but I found a wonderful new nutritionist there for the clinic seminars, so maybe that’s the answer to why on earth I left Santa Fe in the first place. It was a ridiculous beginning here last December with one snow after another, impassable  roads, weeks in a temporary rental, lots of loss and damage by the moving/storage company and many delays getting into the new place, but this is my dream home and was worth the wait. Just being close to dear old friends is something I will never again take for granted! I’m in the country 5 miles outside of town on 2 & ½ acres. The neighbors right next door have 8 horses, chickens and a rooster, 3 peacocks (who have been de-screamed – I didn’t know that was possible) and 4 dogs, and 2 doors down lives a braying donkey, so there’s lots of animal music here. The views of the mountains surround the house and taxes are a third that of homes in the city limits. During the transition I went for 6 months without a client – nice to be in early retirement but nicer to be back at work. For the last few months I’ve been swamped – I’m too old for roller coaster rides and only hope this will be a steady trend. If you visit my clinic website, I’ve added a special holiday link to the homepage with some favorite  Christmas recipes.**[**http://www.stclinic.com**](http://www.stclinic.com/)**Scroll toward the bottom of  homepage and click on the link.
News of the kids: Grant has moved his Oriental Medicine practice to San Juan Capistrano and has his own new swanky facility. He is close to his black belt in JuJitsu and took a 2nd Silver in the Pan American Games – quite a honor. I’m so happy that he’ll be home for Christmas. Neil, Shauna and Eva have moved to a nice new condo in Taos where Neil works for his Dad at Wolfgang’s Spa Works, and Shauna is learning to do the books. Eva  is, of course, the world’s most adorable grandchild. She’s so happy , eats everything in sight, has a few words, and Shauna has taught her to sign.  She’s stuck on fast forward, on the run most of the time.  I have a whole album full of photos of her; Grant calls me Paparazzi Grandma. The day she turned one, she was exactly half as tall as her Mom! True, Shauna is only  5’1”. but Eva clearly got those size large Collins’ genes. All three of them flew up to Alaska last summer to visit Shauna’s family and do some Salmon fishing and then down to So, CA to visit Grant and introduce Eva to the ocean. Another treat this year was a long overdue visit from my brother Fleming’s son David, his wife, Liz and kids Hazel and Riley. I hadn’t seen them since their wedding and had never met the kids, so it was wonderful to have some catch-up time. Dave and Liz are both Mechanical Engineers, living in Madison, WI. You can access family photos at**[**http://abbie4.myphotoalbum.com**](http://abbie4.myphotoalbum.com/)**Click on the photo of Eva and the album will open. Click on each photo to enlarge. Enjoy!
Thanksgiving was a treat with Neil, Shauna and Eva here for the night on Wednesday and all day Thursday to feast and have some treasured time together. I wish all of you a Merry Christmas, and blessed and peaceful New Year. May we all survive the upcoming preludes  to the ’08 elections.

Love, Abbie****abbie4@comcast.net**[**http://www.stclinic.com**](http://www.stclinic.com/)
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**Spasmodic Torticollis Recovery Clinic, Inc.
Be encouraged - there's hope!!!!**[**http://www.STclinic.com**](http://www.stclinic.com/) **...............**