Santa Fe Update – Winter 2007

Dear one and all, finally at long last the new clinic is at least somewhat settled and open in beautiful Santa Fe. It is SO very good to be home near dear friends and my son and his family. I told a friend here, “If I ever even think about moving again, please shoot me!” It’s been stressful and frustrating but now truly wonderful to be in the new place. The last 4 days in Albuquerque were awful; the new owners moved 8 workman into my home while I was trying to pack and organize, painted the entire place getting paint on some of my furniture, tore wallpaper off walls, brought in jack hammers and tore up tiles, removed one of the jons (and said “we hope you don’t mind”), broke one of the T.V.s, played obscene jail house rap, cussed nonstop and all in all, nearly gave both me and the animals a nervous breakdown. Here is what I did physically to survive once into the 5 week rental waiting for my home to be completed while it snowed here almost nonstop: stretching daily, used the head harness with my Go-Fit Pro Gym (Bodylastics), swam in a warm pool a few times, used my Kneading Fingers daily without fail and my S.O.S. massager in bed nightly for about 20 minutes while reading and then slept with the horseshoe pillow. Also in bed morning and night did several military braces into the mattress followed by the head raise and some chin smiles. While packing, lifting, etc. I was aware of keeping my chin tucked and back of the neck flat (i.e. gentle military) and came through it pretty well.

Several clients have written saying that cranial sacral massage has been helpful and I’ve never heard any reports that it caused anyone harm, so I feel I can recommend that if you can find a therapist in your area. Just be sure you don’t let the therapist twist your head. Can’t recall if I’ve shared this with you, but Oil of Oregano capsules work like magic if you are getting sick or are already sick. When sick you can take 3, 3 times a day (total of 9). Due to the stress, a flu bug tried to settle twice during the last 6 weeks and in 24 hours just using Oil of Oregano, all the symptoms were gone. The stuff is amazing and natural! It’s reputed to kill both virus and bacteria and certainly safer than antibiotics. I’ve heard several warnings about the antibiotic Zithromax for those with S.T. As you know, I feel we, as ST’rs, need to be very careful about introducing chemicals into our system.

I want to remind you of a few things: remember to do your stretches almost in slow motion, holding the extensions and breathing. Take frequent rest breaks; your body has forgotten how to relax, so you need to be pro-active in teaching it how again - on your back on the floor, deep breathing and letting your body go very heavy. You’|ll get good at this and eventually be able to will it with more ease; all the while your body and brain are learning that relaxation is possible. As with the exercises, repetition is key. When doing #1, The Straight Chair Stretch, a key exercise, during the first part, push your head toward the floor and breath as you push; then sit slowly into a severe military and repeat. During the 2nd part where you are going side to side, push the top of your head out, away from you and stretch out the short side a bit more than the long; i.e. if you turn or pull to the right, you want to a few more side stretches toward the left, which elongates the muscles at the side of the neck and across the shoulders on the right. Other key exercises are the Bend-Hang (again, standing into a severe military), head raise and head or chin smile, and Cross-Legged Body Curl. That doesn’t mean the others are not important. If your mid back tightens up, it will immediately affect your neck, so the seated pull and rowing machine are both important and so on. Remember we ST’rs need to work the entire body. The movers broke my Gravity Table and am waiting for a new part to fix it. I personal love that machine because it provides a full body traction. You can’t use it if you have uncorrected high blood pressure, Glaucoma or are on Artane (as that drug causes high blood pressure in the eyes). And then of course, there’s massage - the more the better!! If you are using the Kneading Fingers machine, use it in a high back, fairly firm back chair. Place the knobs at the base of your head (EOP), scoot your bottom way forward on the chair and tuck your chin; then push against the knobs for a deep massage, and work up and down the entire back. Use your Shepherd’s Crook to dig into the trigger points along the top of the Traps (shoulders) and your Bodo up under the EOP ridge from ear to ear (skipping over the very center where the brain stem is).

I hope some of these reminders will be helpful. And sleep on your back! If your bed is not warm, this will be almost impossible - to stay on your back all night, so an electric blanket or heated mattress pad will both do the trick unless you sleep as I do on a warm waterbed; I find the full motion mattress best. I keep you in prayer - hang in there. Don’t ever give up; this is a lifestyle. Please note new contact info:

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Blessings, Abbie