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 gevtting 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.