Fall Update 2008

Hi All, Summer with my 2 acres of weeds is giving way to Fall, my favorite season. I hope many of you are planning to attend the ST/Dystonia annual Symposium in Las Vegas Sept. 26-28. I wish I could be there this year but can’t make it. They are always great fun and informative - wonderful to interact with so many in the ST family.  
Well, big news - after 10 years of building my own website and the huge learning curve that involved, I’ve at long last gotten a professional website. A former client emailed me and said “Your website sucks”; after a few days of feeling hurt and insulted, I realized he was right, and that I needed a more contemporary site and so hired a guy here in town, Garrett Williams, who is a close friend of my son, Grant who did the site for a huge discount because I’m Grant’s Mom. Garrett’s company is perfect, because he did the basic technical construction but I was able to do all the pages, and it’s set up so I can do all the editing and back up online. Take a look  [http://www.stclinic.com](http://www.stclinic.com/)   Also you can continue to use the old clinic email   [stclinic@comcast.net](mailto:stclinic@comcast.net)  OR the new one   [info@stclinic.com](mailto:info@stclinic.com)  Both work. Garrett is also an amazing photographer (the banner on my new site is one of his, of a mesa at sunset on the road from Santa Fe to Los Alamos) To see some of his other photos go to   <http://www.flatgreywall.com/wall.php?a=saint141>   His company is  
[http://www.web-2-3.com](http://www.web-2-3.com/)  
A few other notes: some additional no-no drugs you need to add to your list are  Reglan, Compazine, Pamelor, Halcion and Librium. Also although most people do not have a difficult time withdrawing from Benzodiazepines, a rare few do and here is a page addressing that: <http://www.benzo.org.uk/manual/bzcha03.htm>  
Just a reminder that several clients have had a very positive response in terms of recovery by removing mercury fillings from their teeth. The change is not dramatic but an improvement over time. I’m not sure this would work for everyone, but it sounds like a wise idea to me.   
If some of you want to order the Elasto-Gel Cervical Neck Wrap (an ice pack), you can get them at [amazon.com](http://amazon.com/).  Just do a search for it. It’s a comfortable - a soft rather than burny cold - and helps calm down inflammation and pain.   
For some of you who are contemplating doing Botox, a reminder that there is  a number you can call for possible  reimbursement if you dont’ have insurance:  1-800-530-6680   As you know I feel that any help you can give your body while you are going through the recovery process is a plus, as long as the med is not causing more problems.  As you come into recovery you can begin to phase out and then quit the meds, including Botox, but don’t feel guilty about using meds to calm down your body, as it can make the recovery process easier.   
Some of you know about my 40 year long waterbed saga. I recovered on a waterbed but have from time to time switched to a regular bed and always paid the price with spasms and back pain. Once again a few months ago I drained the waterbed and tried the “Doctor’s Choice” by Denver Mattress. After 3 weeks on that mattress my entire back went into spasm, so I returned it for a full refund and got a new 40% baffled water mattress and within 3 days the back spasms were gone. Ginger Wood Husby who modeled for the Long Distance Manual and DVD, has also used a waterbed for years and told me that if she travels and gets off her waterbed for a few days her back gets achy and sore. I’ll never again drain my waterbed. Just a thought, but I thought I’d just pass along that info.   
Shaklee has introduced a new product called Vivix, item # 21000. It’s an anti-aging supplement which protects and repairs cellular DNA and slows AGE Protein formation. a 30 days supply delivers the equivalent amount of Resveratrol found in 3,000 glasses of red wine, and the Vivix ingredients are 10X more powerful in slowing the key mechanism of cellular aging. I tried to order some today but they are back ordered, so I’ll order next week. Some of you know and love Harriett Smith, our former nutritional consultant. She is 85 and wobbly on her feet but still as feisty as ever. She just started the Vivix and told me that after one day she felt better. I don’t know how this product will impact S.T. but it’s worth  a try. You can order by calling Shaklee at 1-800-742-5533, using my ID# CL50241 (Abigail Collins) and most important the contact # 292-578 which  allows you to buy it at my member price. If you want to enroll as a member you may do so using my ID#, but either way you’ll get the member price.  
This next item is strictly FYI; I’m NOT recommending ths procedure because, in my opinion, the jury is still out. An ST’r named Denise from CO emailed me some time ago and told me of a new therapy she’s trying that she found on the internet and she directed me to this youtube  video  <http://www.youtube.com/watch?v=-4FFmGPPW3w>  
She also sent me photos of her back and neck after GuaSha treatments that her husband has been giving her (using the straight back side of a comb - not the teeth) and her back was bright red and bruised in certain areas.   
My Dr. son, Grant, uses GuaSha in his Oriental Medical practice, oils the back before he begins the swiping (about 30 swipes in one area and then moving to another area) and told me the oil often turns pink as the blood seeps thru the skin. Sounds pretty weird and radical, especially for ST, but Denise is getting better. However she is also doing some exercising and taking vitamins and watching her diet, so maybe it’s difficult to isolate and say it’s the GuaSha that is  helping so much. I was so fascinated that I made a quick trip to Denver to visit her, watch her get a treatment, and then she gave me one. I  still get sore in the shoulder blade area, and that’s the only part of my back that turned dark red. It didn’t hurt at all to  get the treatment and the bruising lasted about 4 days. So, for what it’s worth, it’s  at least an interesting story. A person does not have to be trained or licensed to do GuaSha on someone.   
And now the final item. STRC is getting ready to launch a whole new program, a webinar I’m calling the STRC Internet Communication Clinic (ICC) using Skype, a free download, and web cam. It will enable me to conduct the clinic with a client face to face in real time anywhere in the world. Skype calls are free anywhere in the world and the web cam enables me and the client to see each other, demo the exercises, etc. It’s been a big challenge. I got a laptop with a web cam, wi-fi and am currently in the process of doing the DVD’s that will accompany the course. It will be offered for new clients and also as a review course for both clients who have come to Santa Fe (or Albuquerque) and also for Long Distance Clients who feel they need an in-depth review. I hope to be ready to launch the program in the next month or so and will let you know as soon as it’s ready.   
For those of you not yet in recovery, please take it one day at a time and try not to get discouraged. You body and brain need time to learn to work together and the reprogramming is a slow process. Be sure to take mini-rest breaks, sleep on your back, practice the military throughout the day, get DAILY massage, do your exercises, use the head harness, take the vitamins and trust that  your body IS changing bit by bit. I pray for you and love you all! Abbie