**Merry Christmas and Happy Hanukkah to all!!!!  
2008 Holiday Update**

Dear all, My prayer is for a happy and healthy holiday season and 2009 for ALL of you! A bit of misc. business. There is a new product you might want to try. A client alerted me to this and I like it and use it almost daily. It’s difficult to massage those Trap muscles along the top of the shoulders and this tool does that. It also works the back of the neck. It’s called an AccuBall Massager    Item #6221    Phone 1-800-303-7574      $19.95 +p&h  
<http://www.comfortchannel.com/prod.itml/icOid/6221>      
I have added some links on Benzo withdrawal to our Links page on the Clinic site if this subject interests you. **And now an exciting announcement!**Myra and another Massage Therapist here have just finished a photo manual on massage for S.T. They have done a GREAT job and it will be the only thing of it’s kind in the world!! It’s entitled Torticollis Massage Guidebook and should be available by mid-January at this site  <http://www.torticollismassage.com/>   
There are clear photos with directional arrows for every move, along with text and an excellent 18 min. DVD. The cost is $39.95 +p&h. This is such an important gift to us all!! I’d like to see a copy in every massage school in the country and every physical therapy training program.  
For those in the Long Distance Program, please remember to add to your Manual stretches, both the **Flex** (hands clasped behind your back, bend over, head loose and then deeply exhale as your raise your hands up - repeat a few times - excellent for the muscles in the back of the head!) - and the **Chin Smile** (insert after the Head Raise): in that Head Raise position, head and shoulders up off the floor, hands laced behind your head, now draw a big smiley face with your chin. This also gets into the muscles in the back of the skull. Remember those must be elongated if you want to get well. And of course the military brace position is key for this! Practice it throughout the day and in bed on your back a.m. and p.m.  
Also a reminder about our new Review Webinar Program. You might want to consider this if you need a booster shot. Take a look on the Clinic site.  
Recently Rosanne Manner did the recommended detox cleanse and here is her report:  
“*Hi Abbie: Finally, after years of thought and research both myself and Jim have completed a 7 day colon cleanse Nov. 16th.  We enlisted the guidance of a very knowledgeable local female natural doctor  who gave us both the confidence to carry on . The results were/are so staggering that we plan to continue with furthur cleansings and rebuilding cycles for several more months.   
I wanted to let you know of the benefits I notice  related to  my St.  At about day 4 of the cleanse I noticed my neck could turn freely to my left w/o that deep tightness in my left upper trapezius.  For the past 3 years I've worked  this area trying to free up this last stubborn remnant of deep tissue tightness that would not leave.....that is,  until this cleanse.  My suspicions are that much whole body deep lymph cleansing gave way and freed up that remnant tightness.  Also, for the past 2 weeks since completing the cleanse my neck spasms have greatly reduced to the point that I wonder at times if I still have St.  Although, I have maintained  complete control of my neck  since about 10 mths into your program.   
I'm certain now that a toxic bowel is a great contributor toward the onset of my ST.         
Your program recommended this type of cleansing but, I never thought I could do it (7 days is a long time).  But, with Jim and I both agreeing to do this cleanse simultaneously was the incentive we both needed.”*\*\*\*\*\*  
This cleanse involves a 7 day fast (no solid food) with juices, teas, Bentonite and Colon Cleanse (Psyllium seed and husk powder). If you are interested please contact me for more clarification. You can’t do this if you are on meds, because the Bentonite will remove both meds and Botox from your body.  
Now for you chocolate lovers, here’s some good news, passed on by a client. She tried something called Xocai, supposedly a healthy chocolate.  It’s been used for pain relief. Try your health food store or  <http://myxocai.com/index.html>   See testimonials at <http://mydrchocolate.soundconcepts.com/testimonials.htm>   
On a personal note, I have a new grandson, Levi Wolfgang Collins, and his 2 year old sister Eva is teaching him everything she knows. Eva is talking a blue streak but hard to understand. My son Neil tells me I need an Eva decoder ring.  My older son Grant who is a Dr. of Oriental Medicine in San Juan Capistrano, CA will be home for the holidays, a big treat for us all!   
I deeply appreciate those of you who have remembered the Clinic with your donations. There are times during the year when there are fewer clients, and your donations sustain the work here. Please remember us as you give at the end of the year. Our Tax ID# is 85-0342314, and all donations are fully tax-deductible. Thanks so much!! Again have a wonderful holiday and please stay in touch with me. Never give up! I want to help you and encourage you - you are never bothering me with questions - that’s what I’m here for!  
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/) **EMAIL:**[**info@stclinic.com**](mailto:info@stclinic.com) **...............**