Dear all,  Time for a **mid-winter update**.
First of all, Myra’s book Torticollis Massage Guidebook is now available. It includes an excellent 18 minute DVD, and the price is $40.00. Postage in the U.S. is an extra $4.00 and for overseas, an extra $7.00. Please see her site: [http://www.torticollismassage.com](http://www.torticollismassage.com/)
Kudos to Myra and Theresa for this labor of love. Please encourage your massage therapist to get one, and if you have a massage school in your town, alert them that the book is available and is a wonderful resource.  Just a reminder that the massage work is AS important as the exercises. Massage elongates and detoxes the muscles, helps break up scar tissue and muscle adhesions and helps to eliminate that awful muscular “traffic jam” at the base of the skull (EOP).  Some of you have asked where I get the icy-hot type cream I use here for massage (in addition to the massage oil). The brand name Icy Hot contains parabens so I wouldn’t use it, but  the cream I use is  safe, Anesthall Pain Relieving Cream. go to [www.purplecream.com](http://www.purplecream.com/) or get just a 4 oz. tube at 1-800-626-6025.
    An additional comment on withdrawal from Benzodiazapines, (Benzos), I’ve placed several links on the subject on our Links page.  Again, the most common Benzos are Klonopin, Ativan, Valium and Xanyx. There are however a few additional drugs which, though not technically Benzos, act similarly on the brain and can cause the same withdrawal problems. Those drugs are the sleep aids Restoril, Sonata, Ambien and Lunestra.
    I’m not sure if I’ve mentioned this before but we all need to be wary of a preservative placed in almost all over-the-counter bath  and beauty products like shampoo, soaps, bubble baths,  body creams, etc. Look for  anything ending in paraben, such as methyl, ethyl, propyl or butyl. followed by paraben (i.e. methylparaben and so on). Reports vary, but I’ve seen warnings that these affect your  hormones and can lead to breast cancer. Obviously the industry is aware of this, because you can now buy products listed as paraben-free in health food stores, and that is all I now use.
    You know me, I’m a broken record regarding the military brace (MB) position. If you are not feeling a major strain and stretch in the back of the skull when you do this, you are not doing it strongly enough. However is you are on Botox, you may not feel much because the Botox numbs that area. When doing the MB, always do the Eeeeeeeeeee position with it, which brings the stretch also into the front of the neck and the jaw, and helps you to hold the military, so you don’t drift out of it. Practice the MB on your back in bed, against a wall and on your back on the floor, in addition to the exercises that call for it.
    Another thought on using the horseshoe pillow. I like the memory foam one because it’s the most firm.  You MUST pull it up so it’s under the top of  your head, chin tucked,  NOT under your neck!!! You can also try this: lie on your favorite pillow and stuff the  horseshoe under the pillow on your right if you’re a right looker or on the left if you turn left. This will prop up  the  pillow on that side, discouraging a turn to that short side. But again your chin should be tucked.
    Those of you who have been here for the Clinic and loved the movie The Woman Who Willed a Miracle, might really enjoy seeing a fairly new YouTube of Leslie - now a bit elderly with a gray pony tail and beard! Enjoy.
<http://www.youtube.com/watch?v=xEMpqeaw0hc>
I can’t remember which one of you  gave me a copy of the book The Shack, but I wanted to thank you again for that amazing, profound read - I loved it and am passing it around to friends. Stay on the program - be good to yourselves and never give up!!! 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** **...............**