**T.V Alert and Update**  
Hi all, first of all Oprah is at long last doing a show on Dystonia (and Parkinsons), March 31st so mark your calendars. I don’t know if it will address S.T. - lets hope so!   
Because I so often talk with former clients who are not really working on the military, at the risk of driving you completely  crazy with this military repitition, I’m including another reminder and emphasis here. Remember that the military is the magic ingredient that makes the exercises work. You can practice that in bed on your back (no pillow for this), on the floor on your back (lie down, knees flexed, and press the back of your neck hard into the mattress or floor, chin way down; hold a few seconds breathing into it, release and repeat a few times.) Or try it standing against a wall, heels and back of head touching the wall, chin way  down, using the Eeeee, along with pressing the back of the neck into the wall.  You should feel a big strain/stretch in the back of the head. Use this position when doing the Dumb-Bell-Raise; it’s easier than trying to do it free standing. Then try that (against the wall) and then holding the military, try walking away from the wall a bit. This will begin to train your body  to walk in a military. A gentle military is simply standing erect, chin slightly tucked, back of the neck fairly flat; a severe military which is what you use when exercises, exaggerates that and adds the Eeeee so that you can hold the military and bring the stretch also  into the SCM’s and front of neck. Remember the KEY is lengthening those muscles in the back of the neck and head and you do that with the military. The muscles in the back of the head are key, and the only way you can elongate those muscles is with the military, the head raise, chin or head smile, and shrugs. Anything that shortens those muscles is very counter-productive! Your body needs to get used to this so begin slowly, and over the next few weeks you can increase the repetitions as your body begins to tolerate it. More and more you will find that the military is THE key – without  DOUBT. The more you practice it the better, and if you slack off, you’ll feel it in your body.  When I’m doing a stretch calling for the military, I do it till I’m almost trembling. And remember too that you always want to “think” or focus the stretch into the back of your head – amazing how powerful that trick can be.  
    Regarding the U-shaped memory foam pillow, you can find a nice one at [http://www.walmart.com.](http://www.walmart.com./) Type into their search box U-shaped memory foam pillow and you’ll find  nice one for $17.88. Again, remember that the pillow rests under your head NOT under your neck!!! This will tuck your chin and put you in the right position to sleep and help you not to roll on your side. I put mine ontop of my regular pillow.   
    Here is a recent message from Ginger to other clients regarding Myra’s new massage book at [http://www.torticollismassage.com](http://www.torticollismassage.com/)  
*“Hey, All my ST buddies,  
This is Ginger Husby. I've had ST for over 10 yrs. and have been in recovery, thanks to Abbie, for about 9 yrs. Just wanted to encourage/urge all of you to have your massage therapist order Myra's book & DVD on massage with ST. I showed the info to my massage therapist and just told her that she might be interested in the info. She decided on her on to purchase the materials and is now treating me in the same way as Myra suggested.  
Let me just say that my massage sessions are wonderful and so much more effective in helping my ST muscles. Even though I am in recovery, regular massage therapy is a MUST. My therapist found out she was doing some stuff that wasn't good for my ST. I walked out of that last session feeling awesome and feeling that my ST was REALLY addressed and tended to. Don't be shy to share Myra's book/DVD with your therapist. You'll be sooooo glad you did!!!!”*   Just a reminder to all of you on the Long Distance Course, remember to do both the Flex and the Chin (Head) Smile. Both of these are so effective in elongating those muscles in the back of the head, which must be lengthened if you want to recover - and of course the military is key to elongating thises vital muscles. Those two exercises are not in your Manual but I’ve sent previous info on them. If you don’t have that email me for a review.   
    The last item regards a new herbal/homeopathic natural treatment for Torticollis. I’ve ordered some but haven’t tried it personally  as yet and so cannot personally recommend it. However a former client who is not yet in recovery has been taking it a little over a month and has had a reduction in pain, is more relaxed and sleeping better. He’s very pleased with the results. So you might want to experiment a give it a try. You get a two month supply for $79.99 and take 2 tabs in the morning and 2 tabs at night. The site is [http://www.tortitab.com](http://www.tortitab.com/)   
    My best to all of you. Never never give up. We CAN change our bodies! 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) **...............**