Hi all, this is from a long distance client – I hope it will inspire you. As you know I’m not enthusiastic about anything that creates more adrenalin but once a person has been recovered for some time – it might be okay  - personally I wouldn’t do this but she is clearly  doing well. My best, Abbie

Subject: Re: Update

Hi All,

Just to share the great news that I participated in the Comrades Marathon again on the 24th May this year.  It's a yearly Ultra-Marathon of 89km held in Durban / Pietermaritzburg, South Africa.  I completed the race in 10 hours 35 mins, which is almost half hour faster than last year.  I'm doing very well, my neck is behaving well and my daily hourly run keep me healthy, fit and "detoxed".  Whenever I take a few days' rest my neck starts pulling a bit.  I confess that I don't stretch as religiously as I used to but still try as much as possible.

I'm holding all my Dystonia friends in prayer and pray that you will also find your "balance".  There is no "quick-fix" but absolutely ANYTHING can be achieved through hard work and dedication.  Not everyone are athletes so don't do anything that your body doesn't like.  You can also achieve wonderful results by just walking - concentrate on your breathing and posture (I also run with my chin tucked!).  Sleep enough, avoid unneccesary stress, eat healthy, and stop being too hard on yourself!

Love you all,

D'Vida (",)

------ End of Forwarded Message

