**Summer Update 2009**  
Hi all. Time for a quickie update. First of all, would all of you who have taken the two month course of Tortitab please email me and give me a report. Was it positive, (how so?) negative (how so?), or was it neutral, having no effect at all? Then in the next update I’ll report the findings. For me it was neutral.   
I know many of you struggle with sleeping on your back; it took me months to learn but now it’s the only way I can sleep, so remember, YOU are the boss, and you can teach your body to do this. I’ve already sent you photos of how to use the horseshoe, but here’s another way to use it. Put your regular pillow on the bed and then stuff the horseshoe (or any small firm pillow) under the pillow on your short side. I’m enclosing a photo so you can see how. That will help to keep your head from rolling toward your short side during sleep, but be sure your chin is slightly tucked when sleeping. This is the way I use it.   
  
I’m taking out one stretch  because it’s not really needed for recovery and if you are not really limber, you can pull a muscle doing it. So take out the Leg  Overs. If you are straight and/or in recovery mode and you’ve been doing this one, I guess it’s okay to continue but do it only if you are well stretched and limber and your head is straight.  
  
A bit of sad news. for over 10 years I’ve been working with a guy named Chris who was incarcerated at one of our state Pens for many years for robbery. He had awful ST, so I sent him the long distance manual (they wouldn’t let him have the DVD), and little by little he began to improve but was in a tiny cell and couldn’t do much. Anyway, 15 months ago he was released and went to live with his Mom. He was so so happy, got a computer and email and we were corresponding regularly. He saw a Dr. for botox and they prescribed a bunch of drugs including Prozac. I didn’t know and so couldn’t warn him. Then last Sept. at a barbecue he had a beer, went to bed and never woke up. He was so young and basically healthy at 47, but  apparently the combination of the alcohol and the drugs caused a stroke. It broke my heart, as he was free at last to enjoy his life. Those drugs and alcohol can be a deadly combination, so please be careful.   
  
I think many of you are probably  planning to be in Atlanta for the ST/Dystonia Symposium. I can’t afford to go and am swamped with clients, so I look forward to a full report from you when it’s over. As far as I know, Myra will be there to introduce her new Torticollis Massage Guidebook, and she will hand out Clinic flyers, so I’ll be there in spirit!  
  
You know I don’t send jokes or political stuff around by email, but this one is such a riot and so adorable, I can’t resist. The title is “Are women born this way?” Enjoy!  **<**[**http://www.snotr.com/video/2630**](http://www.snotr.com/video/2630)**>**My best to all of you! Abbie