Early Merry Christmas and Happy Hanukkah!!!  
  
Just a few practical items here at the end of the year. I’d previously suggested you go to [walmart.com](http://walmart.com/) to get a U-shaped memory foam pillow, but alas I heard from a client that they are quite small. I searched the web and ordered a couple different ones and found one that I’m now using and like, as it’s comfortable. Go to [www.ebay.com](http://www.ebay.com/) and in the search box type exactly this:  
memory foam head neck support travel pillow  
a page of them comes up - all the same, pale yellow for $19.99.  
Also some of you who have been here like the ottomans you can use as a head rest on the floor, but Carol Wright no longer sells them, so again, I searched around and found one here:  [http://www.ivgstores.com](http://www.ivgstores.com/)    In the search box type  Bean Bag Footstools and a whole page comes up. I got the $24 one in Cobblestone - a grayish tan. It comes hard as a rock and very fat so you have to unzip it a bit and dump out almost a tall kitchen bag full of the beads. They are that foamy popcorn stuff but all chopped up into tiny pieces - They stick to everything and made an absolute mess, and then Oliver the cat traipsed thru them and was covered and spread  them all over the house. It was a YouTube moment. Anyway, got it cleaned up and it works well as a head rest while watching TV. It’s 20 inches across.   
**VERY IMPT!!!!!** Some scammer got hold of my [stclinic.com](http://stclinic.com/) domain name and has been sending out scam using the email address  [info@stclinic.com](mailto:info@stclinic.com), so please DO NOT USE THIS ADDRESS. **Use ONLY**[stclinic@comcast.net](mailto:stclinic@comcast.net)  
I found a good online source for the Bentonite and Colon Cleanse at a good price, if you can’t find it in your health food store. Again, the Bentonite is a volcanic ash in a liquid binder, magnetic to toxins, totally natural and harmless. You shouldn’t take it if you’re on meds other than Botox as it will take the med out of your body. The colon cleanser is Psyllium seed and husk and acts as a scrub brush for the colon to loosen impactions. The two together are what we recommend for the week long cleansing fast. If you want more details on how to do that, email me. Find the products at    [http://www.vitacost.com](http://www.vitacost.com/)   The Bentonite is  Sonnes #7 (Detoxification) and Colon Cleanse Sonnes #9 (Intestinal Cleanser) It’s cheaper here than in the health food store.  
If you’d like to see family photos go to:  [http://abbiecollins.fotopic.net](http://abbiecollins.fotopic.net/)     click on the link Family Photos   Then when you click on a thumbnail, it will enlarge - enjoy!  A few family videos can be seen at <http://video.yahoo.com/mypage/video/6018197>   including my first gig on drums.  
I hope all of you are managing to avoid the flu. Remember even if you’re sick, you can do so much of the program flat on your back in bed: head raise, chin smile, knee-overs, toe tucks, etc. Also here at the end of 2009, please remember the clinic in your end-of-the-year donations; all gifts are needed, deeply appreciated and tax deductible. Thanks so much!! I wish all of you a healthy and peaceful New Year.  love to all, Abbie