***Happy New Year Update 2010***

Hi all, I hope you survived the holidays. I’m always grateful when it’s over! My oldest son, Grant, arrived home from CA with full-blown H1N1 Swine flu. High fever from 101-103 solid for 9 days with an awful cough. Poor kid! He treated himself with Oriental Herbs and recovered just in time to get back to work. Thank God I didn’t get it.   
Just a few notes. If you go to our website and scroll to Recipes you’ll see I’ve added one for French Onion Burgers - SO yummy!   
On the medical front, when Grant was home he said that in his Oriental Medicine practice, he has had reports from several patients who have Fibromyalgia that Lyrica has helped them. You can also find info on the internet that supports this. You might want to discuss this with your Dr. if you have Fibromyalgia. Also the common drug Lipitor used for lowering high cholesterol and triglycerides has been shown to, in rare cases, cause Torticollis as a side effect. See this page:  
<http://chinese-school.netfirms.com/generic-drugs-lipitor-side-effects.html>  
which includes this paragraph when discussing side effects:  
Nervous System: *Insomnia, dizziness, paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotional lability, incoordination, peripheral neuropathy,****torticollis,****facial paralysis, hyperkinesia, depression, hypesthesis, hypertonia.*  
Also there is an excellent web page with other drugs involved with exacerbating Torticollis: <http://patientsville.com/symptoms/torticollis.htm>  
  
I’m always experimenting with sleep positions and lately have been using 2 fairly full pillows (faux feather) and like the effect. See the enclosed photo. If you are still pulling to one side when you lie down you can also prop the U-shaped pillow under the pillows on your short side. The whole idea here is to sleep (on your back) so that those muscles in the back of the skull and the neck are being gently elongated all night, so the chin needs to be tucked. Given that, do what works best for you. Remember one of the cardinal rules - don’t do anything that rolls the head back, chin up, as this shortens those vital muscles and supports the S.T. Use the severe military when called for in the exercises and a gentle military (i.e. erect posture, back of the neck flat, chin tucked a bit)   when sitting, walking, etc.   
As we head into this new year, do your best to commit to doing at least some of the exercises, massage and postural work DAILY. It’s that daily plodding along that makes the difference. May the Lord bless you and give all of you a better year as you move toward health and wholeness. I’m so grateful to those of you who sent in end of the year financial contributions; it is such a huge help and a blessing to me to have your support! Thank you again.  
My best as always, Abbie