**Spring Update 2010**  
Hi all, I think it’s finally quit snowing here! Lot of info this time, so I’ll number the items, for clarification.  
1. For those of you on the Long Distance Program or older clients, I have taken the following exercises out of the program: The Leg-Overs (too much potential for pulled muscles in your back); the Elbow Pull (only because it duplicates several other stretches) and the Chin Rotation (i.e. sitting and rotating your head from L to R), only because so many clients are stuck in one direction; however if you are able to move L & R, this is a good one. Then I have added in the Flex (standing, bend over at waist, head down loose, hands clasped behind back; then big exhale as you raise your arms, lower and raise, etc.) Also the Chin (or head) Smile; lying on floor, knees flexed, hands laced behind head, do a head raise and now draw a big smiley face with your chin - up to the right, down to center, up to the left, etc. - great for the muscles in the back of the skull - which is where ST begins. Also added in is the Foot Strap. Any questions on that, send me an email and I’ll forward an email on that one with a photo - also great for the back of the skull and neck - similar to the harness, altho the harness is better, but this  is so portable and easy.   
2.  A reminder about the Acu-Ball massage tool. This is one of my favorites as it really works on the muscles at the top of the shoulder and back of the neck.  <http://www.comfortchannel.com/prod.itml/icOid/6221>  
3. This item I’m not endorsing, just  passing it along FYI:  A client told me it helps with MS for 75% of those who try it. It sure might be worth a try. If you look around on the web, there’s quite a bit of into on it.   
It’s supposed to be good for various auto immune disorders. If you search for low dose Naltrexone  or LDN  you’ll find a lot of info: here’s just one site  
<http://www.righthealth.com/topic/Low_Dose_Naltrexone_Autoimmune_Disease/overview/wiki_detailed?modp=Low_dose_naltrexone>  
4. Essential exercise. As you know the Military Brace position is the magic that makes these exercses effective for recovery, as it’s that position that elongates those short mucles in the neck, but especially in the head! Here is something you can do throughout the day. I call it rolling into a military or Drop & Roll. Stand or sit - relax your head forward, chin down on chest. Now with your chin still down, roll head back over your spine. Try it standing against a wall. Hold your chin down if necessary and then roll your head back against the wall and use the Eeeee position. Then drop and roll again, etc. This is SO good!  
5. For those who tried the Tortitab, we all discovered it’s  
a scam - anything too good to be true, is probably bogus.   
6. Both Lipitor and Lyrica have as possible side effects either Dystonia or Torticollis!! I’d been warned of this by clients and really had to search the web for verification, but it’s true. e.g on [drugs.com](http://drugs.com/) the side effects for Lyrica are “neck rigidity, generalized spasm, torticollis”.  
There is also a warning about the acid reflux drug Reglan that it causes “involuntary movements of the mouth (tongue and lip smaking), face, neck and can cause Parkinson’s-like symptoms, Dystonia” and other problems.  So all these go on the no-no list.  
7. My current sleep formula is this. Again I’m not recommending it, just passing along to you what is working for me. I take 3 mg. of Melatonin and one 500 mg. capsule of L-Tryptophan (from [www.bestvite.com](http://www.bestvite.com/)) each night and most nights sleep like a baby - I’m sleeping better now than in decades. I aoso like Nighty Night Tea by Traditional Medicinals, available at most health food stores.  
8. A slight revision on stretch #1, the Straight Chair Stretch; in the Long Distance Manual, you see Ginger with her forearms on her knees, but you’ll get a better stretch in the shoulder blade area if you put your hands on your knees, fingers pointing in towards each other.  
And a slight revision or alternate way to do the Bend-Hang. If you don’t have any weights handy, try this: stand - place your right hand under your left elbow and your left hand under your right elbow and now go into a hang, head loose. It affects your body as if you are holding a weight. then stand into a hard military, hands at sides, and repeat.  
9. Important reminder! the way yu breathe during your exercises is so vital. When you do a DEEP strong exhale through your mouth, your muscles will elongate and relax more. Try this; do a Bend-Hang and as you are hanging down, do some deep exhales and each time feel your body elongating more and more. this teaches your brain and body that it can do this and establishes muscle memory for that elongation.   
10. A client wrote this, again FYI:  
“that when getting Botox, the neurologist can inject a small amount right at the top of the splenius capitus on each side (at the bottom of the skull) and that is very effective for stopping head tremors.” I don’t know if this is true, but am just passing it along.  
11. A note about Shaklee supplements and home products. As you know I’ve used these for over 20 years and so strongly believe they are the best available anywhere. It’s SO important for you to detox your body and strengthen your immune system if you want to enhance your recovery. Shaklle is made of food, not chemicals and so works in perfect harmony with your body. Vitamins from the store or even most health food shops tease but do not nourish your cells and just won’t give you the results that Shaklee will. With the new health care bill now in place, none of us really know how this will affect the availability of care for each one of us, so staying well, and out of the doctor’s office should be a major goal for all of us. Please if you are not currently on the Shaklee Vitalizer (the complete vitamin/mineral formula) consider taking these on a monthly basis. If you will go ahead and enroll as a member you get your own ID# you then get a 15% discount on everything. If you put a product on autoship, the discount goes up to 25%! To set this up, go to the clinic site   <http://www.shaklee.net/strc>   Hit Member Benefits and scroll to the bottom of the page. OR just email or call me and I’ll help you get started. As a Distributor I now get all my supplements free and have money left over each month which I roll back into the Clinic kitty. Anyone with an ID# can go [http://www.Shaklee.net/strc](http://www.shaklee.net/strc)   Hit Member Login at top of the page. Then scroll down to this link:  
*Haven't received your activation email?*and follow the prompts. Once you’re activated, you’ll find tons of info on the site. I love the Shaklee University and am going through some of the free courses now.  
12. And last of all a reminder to please use Goodsearch as your daily search engine. It’s so easy, is powered by Yahoo and works just like Googe, but the Clinic gets a penny for every search you do! Go to [http://www.goodsearch.com](http://www.goodsearch.com/)  type STRC into the bar and hit Verify. That’s it, and pass this along to your friends. Thanks SO much!   
Well this was a long winded Update, so thanks for wading through it all. Please keep me updated on how you’re doing. I want each and every one of you to get into recovery mode!   
Blessings,  Abbie