Hi all, just a few news items:  
for those of you who have not gotten the U-shaped pillow yet, [Ebay.com](http://ebay.com/) no longer has the supplier, so I found a new one that’s good. Go to  
[http://www.allegromedical.com](http://www.allegromedical.com/)   and in search box, type  U-shaped Memory Foam Travel Pillow. It’s $21.97 + shipping.   
Also there are now two different Head Harnesses available; they are nearly identical. You can still get the one listed in your clinic information from Weightlifter’s Warehouse. Remember to mention that you are a STRC client as Bil Ennis at Weightlifters adapts the harness for us. The other harness now available you can get from Bill or from Fitness Superstore in Albuquerque, NM    [sales@fitnesssuperstore.com](x-webdoc://E4A586C5-3982-4E1B-85A2-0114AFCDFBD4/sales@fitnesssuperstore.com)    It’s called a Kamway Head Harness Product #H918BE  No adaptation needed.  It’s leather and leather lined. As far as I know they both sell for about $35.00 + shipping.   
I mentioned this in my last email but it bears repeating. I’d like you to consider adding this variation to the Military Brace (MB). I call it Drop & Roll. Stand with your back against a wall. touch the wall with your head, chin WAY down doing the Eeeee. Now drop your head forward, relaxed. Then tuck your chin hard and with the chin tucked move head back to touch the wall doing the Eeeee. Now try it standing away from the wall and sitting in a chair. You can do this off and on throughout the day. You should feel a big strain/stretch in the back of your head and, because of the Eeeee, you’ll also feel the stretch in the jaws and SCM’s.  Working on your posture is very important in the recovery process. Your body has muscle memory for typical ST posture - head jutting forward, and generally poor posture. We must build new muscle memory for erect posture, chin tucked and a gentle MB - back of the neck flat, chin gently tucked.  I recently got an After photo from a man who flew in here from New Zealand last December. He is now nice and straight and just passed his medical for his pilot’s license. He told me that working on the MB and his posture has really helped him get over the hump into recovery. He said “I think it was in about the 3rd month back from the clinic that I really focused in on proper posture. Now I practice it as a matter of course.”  
For those of you on various meds, please be sure that the ones you are taking are not on the NO-NO list!! Do an exhaustive search online for side effects. Sometimes you  have to go to several different sites. I use [webmd.com](http://webmd.com/) and [drugs.com](http://drugs.com/) but there are others. I recently went through an awful experience and decided to share it with you. I’ve had trouble sleeping since my boys were born and in early June got a prescription for Ambien as I’d heard it really worked well. For the first couple of weeks it was amazing; I slept a solid 8 hours every night, but then it began taking longer to get to sleep and I began to have horrible symptoms - dizzy (a floaty feeling to where I couldn’t drive and it was hard to even walk), disoriented, exhausted, severe nasua (I’ve lost 14 lbs), severe headaches, panic, sweats, chills, jitters, depression. It was a complete nightmare, but if I tried not taking an Ambien I didn’t sleep at all. Finally went to a Dr. of Oriental Medicine, and she put me on a detox formula. I took that and began slowly decreasing the dose of Ambien. It’s taken 2 horrible weeks for the symptoms to ease. Thank God I had no clients so have had that time to recover. Now off the drug for about a week, I had my first good night’s sleep last night and am dreaming once again. About a week into detox, I began taking 6 mg. of Melatonin at bedtime and think that has been helpful and will continue to take that. Occasionally I’ll get a client who is on 6, 7 or more meds and no wonder they are so so sick!!!! Please try to go natural where you can and let your body normalize. So that’s my drug story. I‘ll never take a prescription med for sleep again - ever!   
I received an email recently that confirmed something my Dr. son, Grant, had told me over a year ago, on the effects of microwaving food. The email showed time released photos proving that when you water plants with microwaved water, they will die. Here is the info:  
FORENSIC RESEARCH DOCUMENT   Prepared By: William P. Kopp     
  A. R. E. C. Research Operations     
**Ten Reasons to Throw out your Microwave  Oven**From the conclusions of the Swiss, Russian  and German scientific clinical studies, we can no longer ignore the microwave  oven sitting in our kitchens. Based on this research, we will conclude this  article with the following:    
   
 1). Continually eating  food processed from a microwave oven causes long term - permanent - brain  damage by 'shorting out' electrical impulses in the brain [de-polarizing or  de-magnetizing the brain tissue].    
 2). The human body  cannot metabolize [break down] the unknown by-products created in microwaved  food.    
 3).. Male and female hormone production is  shut down and/or altered by continually eating microwaved foods.     
 4). The effects of microwaved food by-products are  residual [long term, permanent] within the human body.     
 5). Minerals, vitamins, and nutrients of all  microwaved food is reduced or altered so that the human body gets little or no  benefit, or the human body absorbs altered compounds that cannot be broken  down.    
 6). The minerals in vegetables are altered  into cancerous free radicals when cooked in microwave ovens.     
 7). Microwaved foods cause stomach and intestinal  cancerous growths [tumors]. This may explain the rapidly increased rate of  colon cancer in America  8). The prolonged eating  of microwaved foods causes cancerous cells to increase in human blood.     
 9). Continual ingestion of microwaved food causes  immune system deficiencies through lymph gland and blood serum alterations.     
10). Eating microwaved food causes loss of memory,  concentration, emotional instability, and a decrease of intelligence.     
   
 Have you tossed out your microwave oven yet? After  you throw out your microwave, you can use a toaster oven as a replacement. It  works well for most and is nearly as quick. The use of artificial microwave  transmissions for subliminal psychological control, a.k.a. 'brainwashing', has  also been proven. We're attempting to obtain copies of the 1970's Russian  research documents and results written by Drs. Luria and Perov specifying  their clinical experiments in this area.    
     
That’s about all for now. Please be careful with your diet. Do your exercises, get daily massage, even if only with the Kneading Fingers, and speak positively. Pamper and be good to yourself!!  
love, Abbie