Merry Christmas and Happy Hanukkah to all !!

This will be a short update but I wanted to wish all of you a happy and healthy 2011 before this year closes out. There isn’t alot of news this time. As you know I’m not anti-doctor nor anti-drug, but we DO need to use common sense and take care of ourselves; no one cares as much about your body as you do. If you are prescribed a med, here are some sites where you can check out side effects. Do a search for the drug on the site and then look for a side effects link:

[www.webmd.com](http://www.webmd.com/)

[www.drugs.com](http://www.drugs.com/)

[www.drugwatch.com](http://www.drugwatch.com/)

Anything that causes muscle cramping, twitching or involuntary muscle movements etc. should be a red flag.

I want to review a couple of things. One is something I’ve added to enhance the military brace. I call it Drop & Roll and I do it often during the day:

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 (with your chin still jammed down into your chest). Now try it standing away from the wall and sitting in a chair. You can do this off and on throughout the day.

Another trick I’ve added to the program is exhaling to elongate the muscles; this is SO effective. Use this anytime you are doing a stretch that involves hanging down, to the front or to the side. Here’s what you do: Lets use the Bend-Hang as an example. Bend over holding a weight (or if the weight touches the floor, fold your arms in front of you and let them hang still folded as you go down and relax to your side as you stand into a strong military) As you are hanging down, head very loose and released, breathe in through your nose and then a big exhale through your mouth. Keep  repeating that and you should feel your body elongating a bit more with each exhale. Try it.

 If you go to the clinic home page - [www.stclinic.com](http://www.stclinic.com/) - you’ll see in the left column I’ve added a link for healthy coffee. I’ve started using this coffee daily and am loving it. I think the black is the best choice as it contains no sugar but the Mocha is sweetened with Xylitol and is also a great choice (but out of  stock till late Dec.). The Lebae Canela with cinnamon is also delicious. I’ve been sleeping SO well ever since beginning it over a month ago, and it has none of the negatives of regular coffee, like sleeplessness or the jitters, and yet it’s real coffee. There is something about the Chinese herb in it that overwhelms the normal negatives of coffee. I signed on as a free affiliate because I get money back on everything I order and you can share it with friends. The page is <http://www.ganobrand.com/abbie>

Their Erythritol sweetener, made of Birch bark is also excellent and completely natural and safe, and zero  on the glycemic index!

I also take L-Tryptophan every night now along with 3 mg. of Melatonin and a cup of Nighty Night tea by Traditional Medicinals. All that, along with the one cup of morning Gano coffee is doing the trick. I’m not prescribing or even recommending this routine as all our bodies are different, but it’s all natural and healthy.

 I hope all of you have a wonderful holiday. I’ll be heading up to Taos to spend the day with family and can’t wait. I usually get only one day a year with both my boys, plus the grand kids and extended family so it’s an all to rare and wonderful blessing. My daughter-in-law graduated nursing school yesterday with a big family party up there in Taos, but we hot bombarded with a huge snowstorm so I couldn’t go, and that will make Christmas doubly special. Here’s a link of yours truly  on drums during a service at church.

 <http://video.yahoo.com/watch/8500463/22754158>

More latter after we’ve rung in 2011. Military military - elongate elongate.  Love to all, Abbie

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