**Update - Spring 2011**

Hi all, Happy Spring - at last. Except for March Juniper allergies and frequent 50 mph wind gusts here, I’m grateful Spring is in gear. As always, there are several misc. bits of information to pass along to you.

• First I’ve linked a no-no medication list (from ST/Dystonia’s site) to our website on our links page   <http://www.stclinic.com/index.asp?sPG=14>

Please familiarize yourselves with that list.  Reglan, Ambilify (which lists as a side effect “the need to move [akathisia]”, Lipitor and Lyrica should be on that list as well; anytime I hear of a med that causes Dystonic reactions, I’ll, of course, let you know. Always research any med you are going to take at any one of the online sites like [webmd.com](http://webmd.com/), [drugwatch.com](http://drugwatch.com/), [drugs.com](http://drugs.com/)  etc. Avoid any med that lists as a side effect anything like involuntary muscle contractions or movement, tremors, spasms,  or anything like that.

• An article was recently published saying that an antidepressant might alleviate hot flashes. DON’T take an antidepressant that is an SSRI and most of the well known ones are; they are famous for causing severe Dystonia onset and/or making ST worse.

• Just a review of our bottom lines: the Military Brace (MB) is the key as it is used to elongate those short muscles in the back of the skull. Always use the Eeee with the military, as that brings the effect into the front of the neck, SCM’s and chest as well and helps you to hold the MB so you don’t drift out of it.  Practice the Drop & Roll often (mentioned before it’s worth repeating): 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.

Breathe to elongate: i.e. whenever you are bending over in a stretch, as in Bend Hang, Over-Holds, etc. breathe in through your nose and then a huge exhale through your mouth. Each time you exhale, let your body drop or extend even more. You will get much more elongation if you will do this.

• Remember not to do any isometrics, as they always make ST worse. e. placing your hand on the side of your face and pushing and pushing your face against your hand.

• Remember that there is a free 12 min. video attached to our site with an excellent massage demo by Myra. The first few minutes is me, then a few minutes with Cindy and then the Myra demo. Here’s the link:

<http://www.dadooda.com/index.cfm/fa/library.detail/Library_ID/6438>

• I hope many of you are planning to attend the ST/Dystonia Annual Symposium coming up Sept. 30 - Oct. 2nd in Colorado Springs.

<http://www.spasmodictorticollis.org/events/symposium.cfm>

I’ll be speaking on Sunday morning and  then hopefully doing an hour stretching review for all clients who are there immediately after the last speaker on Sunday - usually it ends up at noon. So if you don’t have to fly out right away, plan to join me for a quickie review. This will be my first Symposium in years and I’m so excited to be able to be there. Sadly that’s also the weekend of my 55th High School reunion in Illinois, but guess I’ll just have to wait for the 60th - Yikes!!

• And last of all, some big news. I’ve been sensing it’s time to do a new DVD that will go to all Long Distance Clients and all in-house clients here as well. The current one was done just prior to 9/11 and is out of date, and not the best quality. Ginger Wood Husby, a former client in recovery, did the last one and will come up to santa Fe next month to model for the new DVD. I’ve engaged a wonderful filmmaker, so the new DVD will be very professional and way better quality than the one I’ve been using. It will also be updated with the 3 new exercises, Flex, Chin Smile and Foot Strap and in other ways the program has evolved over the past ten years. Some of the newer tools will be demo’d as well, the SOS, Acu-Ball, and the ones we’ve used all along - Kneading Fingers, Shepherd’s Crook, bodo and Cervical Traction Unit. The previous DVD/video was done by a student at the Community College, but the new one is being done by a top notch filmmaker, so it will be a fairly major expense. I’ll, of course, be paying Ginger for her time and then the filming, editing and production will be in the neighborhood of $2,000.00. This is major expense for the clinic, so we would deeply appreciate some help. I’d like to make this offer: please consider making a donation to S.T.R.C., Inc. Everyone within the United States donating $25.00 or more will receive, as a gift, a free copy of the new DVD  as soon as it’s complete!  All donations are tax exempt, and you’ll get a written receipt for your donation.   Donations to help with this project  can be made by check or online from our homepage  [www.stclinic.com](http://www.stclinic.com/)   Personal checks are preferable, as PayPal takes a fee out of every donation. For those overseas, due to postage costs, all donating $40.00 or more will receive a free DVD) Thank you so much for your help on this project !!!!!! The clinic address is

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Chins down - spirits up - Bless all of you for your help and keep fighting the good fight! My best always, Abbie