**Summer 2 – 2011**

Hi all, just another couple of items. I wanted to remind you of things that have gotten ST'rs into trouble as all these things can either definitely make your ST worse or have the risk of an unhappy accident which could set you back or undo all the work you've accomplished: don't shoot a gun, don't ride a bicycle (because it juts the head forward and will really upset your ST), best to avoid alcohol as it has a kick back from the sugar that will stir up the spasms, no smoking, drive defensively so you don't risk an air bag incident - I had a client who got ST from an air bag! Don't sleep on your short side - do your best to back-sleep, chin tucked. And last of all really be careful with sporting activities. I had a client who lost his recovery playing racquetball - he reached hard for a ball, pulled a ligament and lost his recovery. We are a fragile bunch, even once in recovery, so don't take risks with anything where  you could be likely to have an accident or where you cannot keep your head fairly stable and controlled.

Then this is for those of you NOT already enrolled in Shaklee. As you know I'm a huge fan of Shaklee - it's simply the best supplementation program on the market and the very best thing you can do for your immune system and, as you know, ST is immune related. If you are not already enrolled, do yourself a favor and get enrolled and get on the Vitalizer - with a $15% discount for members - it is a complete vitamin/mineral program, including probiotics, and with autoship you get a 25% discount each month. With all the pollutants we are facing and toxins in our  food supply and genetically modified foods, we need to give ourselves every boost we can to get well and stay well. From now until the end of July, if you enroll and order the Vitalizer, you will get FREE $75.00 worth of sports nutrition products. These are not just for those involved in sports. You'll get 3 products (a one month supply) - one for before exercise (Energy), one for during exercise (Performance) and one for after exercise(Physique). These are completely natural with no artificial flavors, sweeteners or preservatives. They all enhance muscular health. The enrollment is only $19.95. I'm sorry but this offer is only for new members, but is a good deal and I wanted to let you know about the freebies. You can go here to enroll <http://strc.myshaklee.com/us/en/>   Hit JOIN NOW and the Join as a Member on the left.   or call them at 1-800-742-5533  and use my ID#CL50241 to enroll (I'm enrolled as Abigail Collins) Then get the Vitalizer and tell them you want the Free Sports Nutrition package. Here are the Vitalizer formulas:

#20271 :Vitalizer + iron Women under 50

#20263: Vitalizer (no iron) Men under 50

#20270: Vitalizer Gold All over 50

I also take Vivix, the anti-aging formula and love it. I have both vitalizer and Vivix on autoship so get 25% discount on both. Here is a page on the Vivix you can take a look at.

<http://strc.myshaklee.com/us/en/products.php?sku=21200>

I'm looking forward to the Symposium - Ginger will be there, and Cindy Russell, nutritional counselor with the clinic, will be there, along with, of course, Myra. I can't wait to see everyone. I will try, as I always do, to reserve one of the conference rooms for an hour after the conference is over -  from about 12:30 to 1:30 pm so that all former clients who are there can join with me to quickly review the stretches. During my presentation I'll also be demonstrating some of the self-help tools. Hope to see you then!! Abbie