Fall Update 2011

Hello all, just a quick update before many of us head off to the Dystonia Symposium in Colorado Springs the end of this month. If you are not already signed up, go to    [www.spasmodictorticollis.org](http://www.spasmodictorticollis.org/)    for information. I hope to see many of you there! Ginger will be coming, and Myra will be there giving massages throughout the conference. You may sign up for a time slot when you get in on Friday before the Meet & Greet. Another former Client, Jen Peres will also be coming from Santa Fe. She has been in recovery many years. I’ll be speaking on Sunday and hopefully having an hour long review of exercises on Sunday immediately after the last meeting.

A note on Fructose and Agave. As you know, I recovered using fructose and have not used regular suger for decades. Then I discovered Agave Nectar which can be used instead of honey or maple syrup. But I recently received this interesting info - just for your discernment - from a client. There is apparently a lot of fructose in Agave. Fructose is digested in the liver and then turns into triglycerides or is stored as body fat. It does not get converted to blood glucose like other sugars, but also does not raise and crash your blood sugar levels. However fructose inhibits leptin levels, the hormone your body uses to tell you that you are full, and thus can cause us to eat more than we should. Personally I do still use small amounts of Agave in cooking and have switched to granulated Xylitol for other sweet uses, but generally try to avoid sweets. Incedentially, honey can contain Botulism spores, which is why it should never be given to babies.

A note on long terms effects of Botox: two different people have told me that Botox and Myoblock can cause Palsy, though that is extremely rare. You can view an article here:

<http://www.lawyersandsettlements.com/case/botox-death-paralysis.html>

There is a new site for the Accu-Ball Massage tool  Go to

[www.chirocity.com](http://www.chirocity.com/)    and type  accu-ball  into the search bar. $26.99

This is a terriffic tool for the top of the shoulders and back of the neck as well. Look at the pictures on the site.

I have found another Ganoderma or Reishi mushroom coffee site. You already know about [www.ganobrand.com/abbie](http://www.ganobrand.com/abbie)  They offer a variety of coffees and you can sign up for free as an affiliate from that site. As you share you site with friends and they buy, you’ll get compensation checks from the company. I like their  Cappuccino and Mocha. Then I found this site:

[http://strc.organogold.com](http://strc.organogold.com/) and signed up as an affiliate (there is a cost for this) and use their Latte which is so delicious. Yes, these coffees have trace amounts of sugar, but so far I haven’t had a problem with it. And the Reishi mushroom is considered a miracle food. Go to our home page

[stclinic.com](http://stclinic.com/)   On the left you’ll see a column of links: click on Healthy Coffee. Then on that page you’ll see a link for the Benefits of Ganoderma Coffee. Read that info. This stuff is so incredably good for you, and the coffee is really delicious.

And the last item, is that I’ve been very busy sending out Grant proposals for our new expansion. We cannot move forward on the new location without significant funding. So if you pray, please pray for this. If any of you know of groups or Foundations that might fund in the area of alternative health, please email me the information. Thanks so much!! Hope to see you in a few weeks in Colorado Springs!

Blessings, Abbie