Fall Update & Symposium Report 2011

Hi all, I’m enclosing here the ST/Dystonia Symposium notes. Dr. Hogan is my new hero!! He is simply an amazing man and really understands ST. As you can see, he does traditional medicine but he strongly emphasizes exercise, attitudinal work etc - so much of what STRC teaches. Here is his site:

<http://www.psneurology.com/>

Update on my ongoing sleep problem - Unisom does work, but if you take it regularly, it can cause pretty severe Restless Leg Syndrome, so I now only take one if I have to drive up to Taos or Albuquerque. Found a new natural thing I like a lot - Sound Sleep  by Gaia Herbs  - liquid phyto-caps. I take 2 at bedtime - so far so good.

For those of you who may be using Splenda, please don’t - do a web search on dangers of Splenda, and you won’t want to use it anymore. Here is just one site (put out by a group promoting Xylitol - which is a very safe sweetener, so they clearly want to promote Xylitol, but the info on Splenda is important:

<http://www.xylitolnow.com/splenda.html>

FYI - recently on the Fox report with Shepherd Smith, it was announced that according to some study, it's now been found that women who take vitamin supplements tend to die younger and that no one needs supplements unless they have some grave illness or deficiency - that is, of course absurd and, even if it were true, is because they are taking vitamins made from chemicals. See the report: <http://thenaturaladvocate.blogspot.com/2011/10/big-pharma-profits-down-time-to-attack.html>  Shaklee is made from food and there are many studies detailing the powerful advantages to our health when we take Shaklee.  See this site: <http://www.clinicals.shaklee.com/>

Regarding Ganoderma Coffee. I no longer buy Organo Gold coffee. I use these two sites:

[www.ganobrand.com/abbie](http://www.ganobrand.com/abbie)    or  [www.sgcoffeesource.com/](http://www.sgcoffeesource.com/)

Regarding tools:

**Accu Ball site:**search web for best price (chirocity no longer carries it)

**Saunders Cervical Home Trac:**  do a web search for best price.

A note on Restless Leg Syndrome (RLS) Alcohol & sugar will make it worse and so will Unisom if you use it every night.  When I get RLS, I’ve found a cream that works well to calm it down. I apply the cream. rub it in and massage my legs well for a minute or so and it usually stops it. You get the cream at [QVC.com](http://qvc.com/)   Joint Formula 88 Max  On the RLS blogs, I saw a suggestion of putting a bar of soap between your sheets, so I now sleep with a bar of soap (wierd) and it does seem to help a bit!

I’m attaching a Pdf article on dental mercury fillings.

Here is some interesting info on Botox from a client who got the info from Dr. Auberle:

After you get an injection, wait a few days to begin massage. No heat, hot tubs or really hot baths for 10 days; ice is fine.

The ST/Dystonia Symposium was great, and I’m so glad I went. I was the last person to speak on Sunday, so the crowd had diminished to about half the Saturday crowd, but still wonderful to see so many clients and have a chance to review the stretching with former clients right after the conference closed. I was able to introduce Ginger Husby as our new Director, and so many people were inspired by her testimony and obvious recovery. Myra was there with recovered client Jen Peres, ministering to conferees with massage. Myra was a great blessing to everyone and Jen and Ginger  wonderful examples of what this program can do for those suffering with ST. Please continue to join with me in prayer for a grant for the clinic, as I cannot move ahead with getting Ginger established until we receive some significant funding. Thanks so much! Here are the notes I took from the various doctors and PT Mikki Townshend:

CONFERENCE  NOTES

Most ST is genetic. Genetics loads the gun and environment pulls the trigger.  10% of ST’rs have 1st degree relative with some form of Dystonia. There are 5 gene markers for Dystonia. No pain center in the brain. Almost all ST’r have a genetic background for Dystonia.

Botox approved for ST in 2000. No one knows if changing from one chemical denervation to another can cause antibodies to build.

Generalized Dystonia has earlier onset - frequently in kids.

DBS (Deep Brain Stimulation surgery) treats Dystonia, Parkinson's, and essential tremors.  More common for DBS to reduce symptoms by 50-60% - very rare to see 100% improvement.

DBS more effective with genetic ST but effective with physical trauma driven ST.

Meiges Syndrome (oral facial dystonia) responds well to DBS. Slurred speech can be side effect of DBS. DBS can help with tremors.

{my note: any surgery for ST can make it very difficult for our natural recovery program to work, and all these surgeries carry significant risk}

Selective Denervation: (Bertrand Procedure)

only works for ST. Now an outpatient operation. Brain and spinal cord not touched. Not effective for post-traumatic ST or anterocollis.

Only works prior to onset of spinal misalignment. In about 10% of cases, symptoms return. Laterocollis and Retro are 2 most painful forms of ST.

DR. PATRICK HOGAN:

Exercise as medication. We need a whole package of control

Exercise brand name:    Doesital  (does it all)

Exercise is most powerful tool to optomize brain function.

Muscles work better when brain is nourished.

Exercise improves immune function. Improves bone strength and body metabolism. Can prevent brain disease.

Exercise creates:

new brain cells, new brain cell connections and neurochemical balance.

Exercise is 60 times more powerful than any medication.

Stress is toxic and causes physical damage and  shrinkage in the brain

As we heal brains via exercise, it physically prepares brain to effectively handle future stress.

Exercise improves mood to help eliminate depression

Exercise makes us smarter and helps prevent dementia. Inactivity erodes the brain. We need to diversify exercise   “Motion is lotion”

Book recommendations:

Book: The Revolutionary New Science of Exercise and the Brain

by:  John J. Ratey, Eric Hagerman

Book:  Exercise and the Mind: The Possibilities for Mind-Body-Spirit Unity

by Paul J. Kiell