åUpdate - Spring 2012

Hi all, happy end of winter. Again, I’ll bullet point some items I want to share with you.

First a cautionary tale: Recently, Dr. Oz had a show on the fastest growing cancer in women, thyroid cancer. He mentioned that the increase could possibly be related to the use of dental x-rays and mammograms. He demonstrated that on the apron the dentist puts on you for your dental x-rays there is a little flap that can be lifted up and wrapped around your neck. Many dentists don't bother to use it. Also, there is something called a "thyroid guard" for use during mammograms. Good to know.

Here’s a good tip for saving berries. When you get home from the store, in a bowl, put one part vinegar (like apple cider) to 10 parts water. Dump in the berries, swish around for a few minutes and drain. I don’t rinse them. Lay out on a paper towel to air dry a bit. Put back in container and place in refrigerator. They will last for days without spoiling. I’ve been doing it and it works!

I hope many of you are using Xylitol as a sweetener. There are two types: that made from corn and the type made from vegetable fiber. Get the later.

Here’s some GREAT NEWS! Last summer, a study of more than 100,000 people found those who ate the most chocolate were 39 percent less likely to get heart disease and 29 percent less likely to have a stroke, it was reported. Months later a 10-year study of 33,000 women found a 30 percent reduced risk of stroke among chocaholics. But experts warn not all chocolate is created equal, and some could contain lots of sugar and calories, which could lead to other health issues if consumed daily. Don’t use milk chocolate. "I would not want people reading this to think that all [they] need to do to lose weight is eat more chocolate," Dr. David Katz, director of the Yale Prevention Research Center in New Haven, Conn., told WebMD. "That would be a huge mistake." Katz suggests dark chocolate, because of its bitter flavor, may suppress appetite whereas sweet chocolate may stimulate it.

Here is some important info for you and to share with your support groups. This was passed along to me from a former client. There is a man who has had tremendous success helping people with ST get disability insurance. He also has ST. His name is Fred Johnson and his phone is 800-536-0454. His website/blog is http://ssdwin.com/ He has also written a book about how to win disability and SSI cases, which I think is what much of the blog is about. He has a 96% overall success rate and he has won 91 out of 91 Dystonia cases! Having ST himself, he knows how to properly get people through the SSDI process. He has also created documents to submit designed specifically for ST clients. He is a great guy and a great ally.

A former client named Diane has started a support group for the Villages in Florida. Anyone interested, may contact her at 352-751-7392.

The man, Ric Armstrong, the Clinic has hired to help us with fundraising has done a terrific job so far. There was so much preliminary work to be done before proposals could even been sent, but we have laid the necessary foundation and are at long last ready to begin requesting funds for our expansion to Las Cruces, where Ginger will begin taking clients. We are excited to see this new phase and new dream taking shape. All your support, in prayer and otherwise is so deeply appreciated. This is a huge transition, and I’m excited to see what the future holds. We will be reaching out to corporations and other funding groups. Ric has asked me to also send the appeal from our Board of Directors to all our clients, so please be looking for that in postal mail. You’ll see in the letter, it states that I have been working on a volunteer basis - that technically is due to the fact that I do not take salary; rather the clinic pays a minimal rent to me for the space.

Just a few reminders: do your best to sleep on your back, chin tucked, don’t do anything that rolls the head back, don’t do isometric exercises (they will make you worse), always do fewer reps and less weight than you are able to do, don’t take risks that could shock your body, and get plenty of rest. As you know I’m always searching for natural sleep aids. I’m using one now that I like a lot! It’s called Deep Sleep, is herbal, natural and works very well. I take one half an hour before bed and one at bedtime. Most health food stores carry it, but here is a link:

http://www.vitacost.com/Herbs-Etc-Deep-Sleep

There is a new book on the market, Let It Go by T.D. Jakes. I haven’t read it yet, but he has been on a lot of the TV news channels this week, and it looks so good. It’s on forgiveness and how we receive so much healing when we let it go and simply decide to forgive, not because the person deserves our forgiveness, but because it’s the right thing to do. When we don’t forgive, we place ourselves in bondage to that person, and it doesn’t hurt that person; it hurts us and can be a major hindrance to healing.

I had a new experience last week that was so wonderful I wanted pass it along to you. It’s allergy season here and a few days ago I sneezed about 20 times in a row and wrenched my back muscles. I did all the normal things, light slow stretching of that area, gravity table, magnets, ice, etc. but was still having pain and tightness, so decided to try a Hot Rock Massage. Many cities have massage therapists who offer this type of massage. I bought an hour. She oiled my back and then used these rocks with a medium pressure slowly moving them around the back, shoulders and neck and up into the EOP area. It was AMAZING! She used less pressure than Myra and now Bea usually use in a traditional S.T. massage, and yet I’ve never felt as relaxed from a massage. The heat in my muscles lasted for an hour following the massage and it totally released ALL the spasms and pain from my back. The minute I got home, I got online and ordered some of the rocks. Here is the link: (you’ll find other links as well but I like this one)

http://www.rubrocks.com/classic-individual-stones/bilarge.html

If you look at the heaters on that same site, you’ll see what can be used. I’m going to use my regular crock pot. I ordered just 4 of the stones. You put a towel or rag in the bottom of the pot and just enough water to cover the stones. Put in the stones and warm up. The MT I saw had her heater set to 150 degrees. I’m going to try my crock pot on warm or low. Obviously the person massaging you needs to be able to handle the rocks with her bare hands. You can use tongs to remove the rock from the water. Here is a short video on how to set up a hot rock massage:

http://www.ehow.com/video\_4974467\_what-hot-rock-massage.html

And here is one on how to do the massage.

http://www.youtube.com/watch?v=wG9QGsG5dPk&feature=player\_embedded#!

This past week I had a client with fairly severe ST – constant pulling and pain. I suggested he go for a hot rock massage; he did and loved it, and said for a few minutes afterwards had no pain or pulling. You can search online for massage hot rocks and will find several sites selling them; the one above is a good price. I’m going to begin offering clients here a hot rock massage for the 10 to 15 minute massage I do for them each day. I think you can easily do this at home - back, shoulders and up the neck into the EOP area. Just be sure the rocks are not too hot. ENJOY !!!!!

My best to every one of you. Be good to yourselves. Blessings, Abbie