Hello all,

lots of this and that. I hope all of you are enjoying the Fall weather; it’s my favorite time of year. First of all, ST/Dystonia, Inc. no longer carries the Obusforme, so best place I’ve found to order one is Amazon.com; do a search there for High Back Obusforme. And before you go there, if you’ll go to [www.goodshop.com](http://www.goodshop.com) , type STRC into their search bar, hit verify and then under what store you want, type in Amazon.com, you’ll be taken to amazon’s site - then shop and the clinic gets a percentage of the sale. You’ll see they have many many stores. Appreciate the help!!

 Some of you have asked about cranial/sacral massage and all I’ve heard has been positive so far. My new massage therapist, Kat, has been training in CS and has been practicing on me, and I’m loving it! I don’t begin to understand why it is so effective. I think some of it has to do with finding a good MT who is intuitive and good at it, but it’s extremely gentle and does provide a release. And as I’ve mentioned, I strongly recommend hot rock massage. Your local nursery or plant place might have some or you can get them at <http://www.rubrocks.com>

 About 6 weeks ago I woke up in the middle of the night with a big spasm or something in my heart area - short of breath, weak and pretty scared, so called the ER, spoke with a nurse and she said to call 911 immediately, so I did and had my first ambulance ride. Got to the ER around 1:30 am and they ran lots of tests; it wasn’t a heart attack and all seemed fine, but the Dr. suspects sleep apnea, because when I’d begin to drift off to sleep, my oxygen level would plummet. He read me the absolute riot act - peered at me over his glasses and said “Abbie, it’s OVER for you! NO more carbs, sweets or dairy” I’m about 35 lbs overweight, and he said most sleep apnea is caused from obesity - sooooo I’m following his advice and have lost some weight already. One of you sent me the book Wheat Belly anonymously - thanks. That should have been my first hint!

Biggest news from me is that I had double cataract surgery over the last 6 weeks. It was a little overwhelming having someone carving on my eyes, but praise God, all went well. The Dr. put in toric lenses, which is like having your contacts with prescription surgically implanted, so I’m seeing very well now without glasses or contacts, for the first time in 61 years!!! I wanted to comment on the anesthetic question. On the new no-no list, under Anesthetics, it says “multiple” and the most common one, Versed, is definitely on the list. I asked for Ativan which is safe, but all they had was the generic and that IS on the no-no list which the Dr. said makes no sense as they are chemically identical. After a long visit with the anesthesiologist, I decided I had to have something so went with 2 mg. of Versed. It made me relaxed but I was WIDE awake for the procedure and it wasn’t fun, for sure - scary and very stressful. But I seemed to tolerate it fairly well with no muscular kick-back, so for the next eye, begged for more. He gave me 3 mg. of Versed and that was much easier. He said that if a person with Dystonia is going to have a bad reaction to Versed, it will usually manifest within a few hours - but by then it’s too late, correct? We have to be so careful with drugs.

 I want to alert you to an article on GMO foods - these are foods that have been genetically modified. We have these foods in our stores, and no labeling is required to warn us, so maybe try to shop at a natural food store. Here’s the link:

<http://www.naturalnews.com/037249_GMO_study_cancer_tumors_organ_damage.html>

A client recently gave me two interesting Youtube links on sugar and Dystonia. Please do watch them - it’s important info, and I think you’ll find them so interesting. At this time I use only Xylitol or honey.

<http://www.youtube.com/watch?v=ZICUEzowihU&feature=plcp> part 1

<http://www.youtube.com/watch?v=SP5yV3yczO0&feature=relmfu>  part 2

 I’m not able to attend the ST/Dystonia conference this year. I can’t afford it and am swamped with clients - booked through December! I hope many of you are able to attend. Keep in touch with me and keep plodding along with the program and working on the military, your posture, sleeping on your back, rest breaks, etc. Be good to yourself. Blessings to all, Abbie