**February Update 2012**

Hi all, a bit of this ‘n that: a former client sent this info that I thought might interest you:

*“Hi Abbie -  About two weeks ago, my wife and I started using a Vitamix blender (about $300 with the coupon at Bed Bath and Beyond or $376 at Costco).  It emulsifies whatever you put in there.  We're blending about 10 vegetables and fruits at a time - including kale and ginger - with a base of a liquid like almond milk and drinking it up about twice a day.  The two big benefits are 1) no energy lag during the day and 2) no craving for junk food - resulting in an easy way to slim down.  Also, we're exercising more because of the increased energy.  After about 10 days there was a day when I couldn't stop going to the bathroom.  It was like a natural toxic cleansing.  And now we both notice a big improvement in our overall health and well-being.  Someone described it this way: You throw everything in the blender, seeds, stems, all the stuff with vital energy and it goes to your hair, your skin, everywhere in your body.   And the roughage (which you lose when you use a juicer) cleans out your whole system.....I noticed muscle tightness in the beginning but after that big cleansing day, I felt fitter than I've felt in a long time.  Don't know if you're already using a blender but this feels life-changing.”*

This is a bit pricy for me but it sounds good for those who can afford it. I also want to update some sweetener info. A client sent me this info on frustose (which I used all during the time I recovered and for years after that)  from Food Renegade: Fructose is digested in your liver and is immediately turned into triglycerides or stored a body fat. Since it doesn’t get converted to blood glucose like other sugars it doesn’t raise of crash your blood sugar levels. Hence the claim that it is safe for diabetics. Fructose also inhibits leptin levels - the hormone your body uses to tell you that you’re full. So you essentially disable the mechanism your body uses to tell you when to stop eating. I now only recommend either granulated Xylitol available in most health food stores; this is safe, yummy and has many health benefits, or small amounts of honey. Non-bitter Stevia is also fine. Remember never never use Aspartame or commercial diet products!!!!! Here is a site on Xylitol (don't feed it to pets!)

http://www.globalhealingcenter.com/natural-health/xylitol-health-benefits/

Myra and her husband are moving to Sicily next week. I’m heartsick and will miss her SO much, but of course her book available at www.torticollismassage.com will still be available for purchase and we will continue to send our her email massage letter. As many of you know there is a short free video on our site with a massage demo that is available to anyone.

The first few minutes is me, then a few minutes with Cindy and then a good massage demo with Myra.

Myra demo:  http://www.youtube.com/watch?v=hErNQQzAHwY

I’ve found a capable and very special lady to carry on the massage work. Her name is Bea McCain, and she will come Thursday to have Myra train her; she will then be available for me personally and for our Premier clients as part of their program and for any Original client here in Santa Fe who wants to hire her for a massage while they are here. This is a huge answer to prayer for me!

Things are moving along with the fundraising project. Ric Armstrong, our fundraiser, has been helping me and the Board to get all the requirements fullfilled and foundation laid so that we can actually begin submitting funding requests. One of the things he has asked us to do is to compile a list  of people he can call who have had some contact with the clinic and with me, to do a short phone survey. The results of the survey will then be submitted as part of the funding proposal package to potential donors, and of course no names will be included. There are only a few questions so it won’t take long. If any of you would be willing to participate, PLEASE send me an email immediately and let me know your current phone number and the best time he can call. This would be so helpful and a big thank you in advance to those willing to take part and help out with this!! Ginger is excited and so ready to begin seeing clients, but we cannot finalize that until we receive funding to financially support the expansion. Here is a short (about 4 mintues) youtube of Ginger giving her testimony: This is private, so only those with this URL can view it.  Enjoy!

http://youtu.be/J9P3JQ3c2DU

Now a note on the exercises. Recently a couple of clients, both male, have overdone the stretches - too many reps, too much weight and too aggressive an approach to the military; as a result they have experienced a backlash with more spasms and lock-up in the muscles; this is why it is SO vital to baby-step your way with the program. Always err on the side of caution and listen to your body’s response so you don’t move too far too fast. Watch your psoture throughout the day, trying to stand, and sit and walk in a gentle military (i.e. chin tucked a bit, nice and erect.) Do some of the stretches throughout the day - Bend-Hang, Forward Arm Pull, Chest Flexor (on your back on the floor in a military) and any other favorites. Try doing a military against the wall, pushing the back of the neck toward the wall, with an Eeee. Now in that position, hold the military and walk a few steps away from the wall. Practice this several times a day. Our brains and bodies need to learn what erect posture feels like.

That’s about all for now. Be good to yourselves - pamper, pamper. Blessings to all of you.

Abbie