STRC Winter Update

Hi all, again, just some misc. info to share with you. First, someone sent me this info so I pass it along FYI.  I’m not endorsing this, just passing on the info. “ I contacted Steve Zarren a few months ago after seeing his post on the Dystonia Bulletin Board.  He has been taking Blue Green Algae pills to reduce his blepharospasm symptoms.  He is now buying the pills from a company and reselling them to fellow dystonians.  After reading about Blue Green Algae online, I was a little wary about trying it.  But then I started working with a health coach who takes Blue Green Algae daily, so I decided to try it myself.   I bought a bottle of powdered Spirulina and added it to my now-daily green smoothie that I drink for lunch.  Spirulina is a blue green algae.  You can buy it at Whole Foods, The Vitamin Shoppe, etc. for less than $20 for a 5 oz. bottle of powdered Spirulina.  I use one teaspoon in my smoothie.

 I have generalized torsion dystonia.  Since I started the green smoothies with Spirulina, I too, have had remarkable success with it.  My spasms have disappeared and I am able to get on with my life like never before.  It would be great if everybody in the support group could try it and see if they get some relief, the natural way.  I hope anyone who is interested in trying Blue Green Algae will read up on it first and learn about it’s nutritious benefits and also about how important the quality of the algae is.  It’s actually a cyanobacterium. “

<http://www.naturalways.com/spirul1.htm>

<http://en.wikipedia.org/wiki/Spirulina_(dietary_supplement)>

There is new info on ordering the Kneading Fingers machine: This is our new link:[http://www.clarkenterprises2000.com/idevaffiliate/idevaffiliate.php?id=115](http://www.clarkenterprises2000.com/idevaffiliate/idevaffiliate.php?id=115%20)

The S.T.R.C. Affiliate number is 115. When ordering, be sure to mention S.T.R.C. and our affiliate # and use promotional code, AFFSHIP for free shipping in the lower 48 states. This is a $16.00 savings! For those of you overseas, there are a few links I can send you for some of the equipment we recommend, that you can obtain in Europe, so email me if you need that.

A few weeks ago I attended a Dystonia support meeting here in Santa Fe with special guest Dr. Mark Cooper who has been working with dentists in researching this whole area of the relationship of Dystonia to dental misalignment. You’ve probably heard about Dr. Sims on the East coast who is well known for fashioning a dental device you wear in your mouth which ca eliminate or reduce ST symptoms for many. You can go to [http://www.thefifthnerve.com](http://www.thefifthnerve.com/)  to see info on this. It’s impressive, but for ST I feel it’s far better to do our program, reprogram the body and get control of the symptoms, rather than depending on a clumsy device in your mouth that interferes with talking and eating. However for some with generalized Dystonia and other movement disorders and Tourettes, this device can be pretty wonderful. I will be attending another meeting at UNM (univ. of NM) in Albuquerque in January with Dr. Cooper to learn more. It might be a possibility that a client could use such a device while they are doing our program, to calm down the symptoms (whereas now they use Botox to do that) but the jury is out and I still have a lot to learn. I have heard a couple of negatives about the device so I want to do a lot more investigation. The whole idea seems to be that the misalignment of the jaw puts pressure on the fifth nerve in that area, setting of ST symptom and that realigning the jaw, eliminates that pressure, thus eliminating the symptoms. When we do the Military Brace with the Eeeee, that is exactly what we are doing – realigning the head/neck/jaw and over time this is the key to recovery on our program, so both Dr. Cooper and I are so interested that his physical device and our reprogramming technique appear to accomplish much the same results. Anyway……. Still so much to learn. After I’ve digested the info at the meeting in January, I’ll, of course, update all of you. Here is a pdf by Dr. Cooper if you’d like to see a bit more.

A former client, George Olson, has written a book, available for your iphone, ipad, etc. as a download. One chapter involves his struggle with ST and his recovery via this program. The e-book via Booktango is a mere $4.99 and 1/2 the proceeds will go to the Wounded Warrior Project.  <http://bookstore.booktango.com/AdvancedSearch/Default.aspx?SearchTerm=9781468918649>. You'll find it inspiring!

On the personal front, I have a new family member, a wonderful 3 year old male Labradoodle named Panda Bear that I found at a local shelter. He is a precious little buddy and SO smart. I feel almost guilty, like I should be teaching him to play scrabble or maybe drive my car – pick up clients at the motel – have you seen this?  <http://www.myfoxorlando.com/story/20270364/2012/12/05/trainers-teach-dogs-to-drive-cars>

You can see updated family photos at  [http://abbie.deget.net](http://abbie.deget.net/) and click on Family Photos. We are still only half way there on needed funds to bring Ginger on full time, so please remember the clinic during your end of the year giving. We so deeply need and appreciate your tax-deductible donations; thanks so much!!! Have a wonderful Christmas and Hanukkah with family and friends. I’ll be going up to Taos to be with my family there.

Love to all,

Abbie