Summer Update

Hi all, I hope all of you are surviving these sizzling days of summer. First of all I want to extend a HUGE thank you to those of you who have contributed so generously to our expansion project and hope you will consider helping us on a regular basis. Ginger is raring to go, and I’m so anxious to get her started, but we need about 40K more to be comfortable in opening our Las Cruces branch. So far none of the foundations we have applied to have responded, except for a local one here in Santa Fe, and it was no from them. So few people in the general public understand Torticollis, and so there is no sympathy for the desperate needs of people all over the world fighting this disorder. I’m booked into November and so grateful for the work but it’s a lot to handle alone; please pray for the needed additional funds to come in. Thanks so much!!

Check out our website. My web guy informed me we had to go with a new server, a nearly one thousand dollar expense, but the site is so improved, and I’m happy with it. Take a look: [http://www.stclinic.com](http://www.stclinic.com/) This web guy has a pit bull, and the first day I was at his place discussing the details of the new site, his dog lunged at me and bit me, but fortunately I wasn’t badly hurt. He was shocked, but from now on all communication will be by phone and email!

Now for some newsy items: Nikken no longer sells the old mini that so many of you have purchased. They now have a new much more powerful, effective Mini, called the Power Chip Mini Magnet. They come rimmed in red, or green or black (all the same, just a color preference) The red is item #1450, green is #1452 and black is #1454. They are $26 each retail, and you’d use the same Nik-stix tape you used with the old ones. On the Power Chip, the Nikken logo is on one side and 3 little circles on the other; the 3 circles go next to the skin. This is a brand new patented technology, combing magnetic, far-infrared and Negative-ion technologies. They are almost twice the power and depth of the old mini. If you want more than one, be sure to order all you want at one time, as their postage is high and you’d pay the same postage for 3 as you would for one of them. They can be taped to your shoulders, back of neck or anywhere else, but not over the carotid artery. I have found they reduce pain, spasms and actually promote healing. I broke my foot years ago, put two minis over the break, prayed, and in one week my foot was healed - never had to have a cast. The Dr. was flabbergasted. I’ve used them many times with great results. Magnets work best when worn all the time over an extended period of time. If you use the Nik-stix tape, they will stay taped on right thru baths and showers, but will fall off in a swimming pool. Sadly Nikken no longer carries any of the magnetic wraps. If enough people fuss, maybe they will bring them back.

I’m attaching in this update an updated Resource page. I’m now doing a hot rock massage for every client who comes in, and am myself addicted to hot rock massage, as the relaxation of the muscles seems to last a lot longer. Do your regular ST massage but then you can add to it, heating up the rocks in a crock pot (on low) I place a dishcloth on the bottom of the pot, then the rocks and enough water to cover. Watch this short video <http://www.youtube.com/watch?v=5PFbJQYtA88> I warm up 4 to 6 rocks and move up along the spine, into the shoulders, up the neck and into the EOP ridge. The rocks are hot but obviously not so hot I burn my hands or the clients back! Awesome! There are many places on the web to buy the rocks: my favorite is <http://www.rubrocks.com> because you can buy just a few at a time, rather than a huge set. You can also check local nurseries and landscape places in your town, as they often have them. They are smooth river rocks.

Many of you who have been here have asked where they can get a small ottoman to use as a pillow when lying down watching TV or resting. I’ve searched for a couple of years and have found a wonderful one !!!! I ordered the 21X12 and use it in my living room but it’s a bit large. The 12 X 17 is a much better size, and they are GORGEOUS!!! Go to <http://www.eyesofindia.com> Click on Ottomans and Pouffes and then scroll down to find one you like. What you see is what you will get in terms of color and design. They work with a few artisans, and I strongly suggest you order one that has a zipper!! My first one has a zipper and was perfectly crafted. The smaller one I ordered came with just a ragged slit for stuffing and I had to spend a couple of hours installing a zipper and sewing down some of the patches that had not been fully secured. So if you find one you like, email them and ask if that particular one has a zipper. If you get one without the zipper, be aware that you will have some sewing to do. Then go to a fabric store and get Polyester Fiberfill for stuffing it; then make it as firm as you want. I’d suggest using the fiberfill, not little beads.

Just a reminder for newcomers to our program; be SURE to baby-step your way into the exercise program. If you are too aggressive - too many reps - too much weight, etc. you will be hindering your recovery! Remember, I began with only one stretch (Bend-Hang) and made it. If, WHILE you are doing an exercise, it makes your head pull more than usual, you are not ready for that exercise yet; try it in a few months. Take frequent 2 to 4 minute (or longer) rest breaks on the floor, deep breathing, listening to music, whatever, to teach your body how to relax. This is not time off - it’s part of the program. The body likes that balance of working/rest/working/rest. Expect to build an invisible layer deep down in the muscles, long before you begin to see positive results. It’s normal to have good spells, bad spells for quite awhile as you go thru your program. The body heals on a roller coaster. Remember to watch your posture - just do the best you can to sit erect, chin tucked a bit - ditto in the car, working on a computer, etc. Do your best to sleep on your back, chin tucked.

On a personal note, I Amtraked out to California in June for just a few days to visit my son, Grant. He is a Dr. of Oriental Medicine in San Juan Capistrano and in the same facility has his Brazilian JuJitsu Academy. <http://optimusbjj.com>/ In the half circle group photo (as the filmstrip plays), all the guys in white, Grant is the tall handsome one on the left :)) Clearly, no one with ST should do JuJitsu! We went over to Catalina Island for a couple of days - WOW - it’s paradise over there. My first thought was “how do I get my waterbed and drums over here”! SO nice to have a few days break at the ocean.

Please be in prayer for me on Aug. 16 and Sept 6th. I’m having cataract surgery both days and nervous about it. I also have just the beginnings of macular degeneration. I was so upset with the diagnosis, as my Mom went blind with that, so went to see a very knowledgable health person here and he said to take 10 mg. of Astaxanthin daily (in ad dition to Lutein and Vit. D) as it helps stop the degenration. Here is just a note from the internet *A recent study indicates that astaxanthin is able to cross the blood retinal barrier and exert antioxidant effects to stop retinal destruction by staving off light induced oxidation and protect photoreceptors from degeneration. Astaxanthin kills free radicals in your body, staving off age related diseases like macular degeneration, by preventing these unstable molecules from damaging your cells according to Timothy Maher Ph.D. It also boosts the functioning of your immune system by increasing the number and activity of T cells and macrophages, two kinds of protective cells that fight infection and cancer.* This is great news! I’m NOT prescribing it - just sharing what I’m doing for myself. Take good care of yourselves and keep me posted on your progress.

Blessings,

Abbie