Summer Update 2013

Hi all, just lots of this ‘n that this time. I used to include a simple range of motion exercise – sitting or standing and slowly moving the head from left to right and right to left a few times; I took it out because so many clients are locked and can’t do it, but it you are able to do that, please do, as it’s very helpful for muscle memory.

The SOS (the hard rubber ash tray looking device that you lie down on with the bumps positioned behind your head at the EOP) is not available at this time. Apparently the company ([www.sosheadache.com](http://www.sosheadache.com/)) lost their manufacturer. The site is still up and a client ordered one, paid via PayPal, but it never arrived and fortunately PayPal refunded her money. I’ll alert you when they are up and running again.

A former  client has gone through chemo and cannot use her Kneading Fingers or Head Harness; both are in like-new condition and she is offering them on a first come, first serve basis:

Mary-Anne de Vibraye @ mahdevibraye@yahoo.com           Kneading Fingers : $75.00  & Head Harness $30.00        She will determine the shipping depending on where you live. This is a great deal!!!                     Just a note about the importance of the head harness. Maybe some of you are reluctant to use it, but I feel it’s one of the best tools in the program by far. Just use it as you see it used in the Manual and DVD – head and shoulders rolled way under, head just skimming the floor and being sure to move in and out using your back muscles, NOT your head; keep your chin jammed into your chest the entire time. It’s those short muscles in the back of the head and neck and down the upper back that we need to lengthen and the harness is such a wonderful tool for that. The foot strap is sort-of an introduction to the harness but the harness is even better.

For those of you who have been enjoying the Serenigy coffee, their website      <http://www.serenigy.com/abbie>   is down and I’m not sure why. It has something to do with some nefarious person who apparently tried for a power grab of the company – anyway, I’ll let you know when it’s up and running again. Until then you can go on [Amazon.com](http://amazon.com/) and type in Ganoderma Coffee  and you’ll bring up lots of it –mostly from a company called OrganoGold. I’m not crazy about that company but will order from them until Serenigy is operational again.

A Shaklee reminder: I’ve noticed that many of you are no longer ordering and I hope you will get back on the Vitalizer, at least. I’ve attached a really great page at the end of this update with studies making it SO clear how much better Shaklee is than any other product available. Keeping our immune systems strong is a major part of the healing process, and this is all about getting well. I’ve had mine on autoship for years, which gives me a 25% discount each month and saves so much. I know it’s easy to just pick up something at the drugstore, but in the long run, it’s NOT cheaper and you are not getting anything close to the immune boost you get with the Shaklee, which is made from food, not chemicals. Remember that memberships are now free when you order a Vitalizer; Order the men’s formula, the women’s formula or the Gold formula for everyone 50 and older. I’ve attached the PDF application at the end of this update. Under sponsor, you’d put my name Abigail Collins and my sponsor ID# is CL50241   Check where you want the Vitalizer on autoship so you’ll get the full 25% discount. Once you’ve filled it out, you’d need to mail or fax it to me for my signature and I will fax it to Shaklee. A bit of a rigamaroll but that will give you the free membership, your own ID# and then once you are a member, they will mail you a catalog which has all their products and you get an automatic 15% discount on everything. I’ve also taken their Vivix anti-aging formula for years, which is maybe why, at almost 75, I’m still going strong! I also have that on autoship and get the 25% discount.

I’m also including here the latest No-No med list – it’s important that you acquaint yourself with this list and then make a copy for every doctor you work with and it’s also a good idea to have it filed under your name at your local hospital; I did that.

Please remember to register at [Goodsearch.com](http://goodsearch.com/) -  type STRC into the bar and hit Verify button. Then anytime you do a search using that engine, the clinic gets a penny. At the top of the page click on the button for  Goodshop   <http://www.goodsearch.com/goodshop.aspx>     Enter the store name, like [amazon.com](http://amazon.com/), and that takes you to the next page where you’ll see on your right the % of the purchase given to the clinic. Then click the Shop Now button and you’ll be on Amazon’s site. This won’t affect you or any of your information; it simply helps the clinic. Thanks so much!

I frequently get calls from clients with questions about why this or that is happening. Remember – if you are doing other programs such as Yoga, Zumba, etc. and you have a problem/issue, it will be harder for me to help you troubleshoot. I hope that you will just stick to the STRC routine. Turn everything into an exercise. Strong military always with the Eeee when called for in exercises, gentle military (erect posture) as a way of life. Don’t do anything that juts the head forward or rolls it back. Do some of the stretches throughout the day, like the Bend-Hang, Forward Arm Pull, Drop & Roll and any others you like. You need to continually remind your body that YOU are the BOSS so that you are regularly supporting muscle memory for the reprogramming process. I know it’s slow and can be boring, as it was in my own recovery, but just plod along one day at a time. Remember the importance of back work; if your back is tight, your neck won’t release, so any stretch that works those back muscles (like rower, Bend-Hang, gravity table, etc.) is so important.

On a personal note, I just got a new water mattress and have NEVER had such an amazing comfortable sleep!! If there are beds in heaven, I think they’ll all have this mattress! The brand is Sterling Parklane and it’s 70% baffled, which means it has 2 layers of foam inside reducing the motion by 70%, so it’s pretty firm and barely moves but, like a tempurpedic, it completely supports the whole body and it’s warm! If you feel you’d like to get into a waterbed, you’ll need a frame, liner, heater, mattress and then the conditioner and fill kit that comes with any purchase. I also have the electric pump which I use if I have to empty the mattress, like when I just changed to this new mattress. You can get frames online. If you’d be interested in the mattress I got, I bought it at Priced Rite Waterbeds in Albuquerque  505-889-2747. I got the Cal-King and it was $229.00 and that included the liner and solution. They will ship anywhere in the country.

I got an email from a client who just got a new hot tub and she said to let everyone know that the Bullfrog brand has the best jet placement for neck and shoulders.

And last of all, a note on our expansion effort: Ginger is pulling at the reins to take over, and I’m SO anxious to bring her on board, but we haven’t been able to raise enough to make that happen. As you know we received a grant to hire a fundraiser  which happened last year. He found over 20 groups to whom to apply for grants and I sent grant applications to each one. It was a huge time consuming effort, but not one was fruitful. It’s easy I think to raise funds for cancer, AIDS, etc. that people have heard of, but most people have never heard of Dystonia/ Torticollis and have no idea of the terrible suffering involved and the desperate need for help on every level – for research, and groups like STRC. Americans are generally so giving and compassionate but there just isn’t much public awareness. I will hit the big 75 next Oct., and it’s only prudent to get Ginger in place with access to the web work, bank accounts, passwords and all the aspects of running this global corporation. so that if something should happen to me, the transition will be seamless. Over the years I’ve worked with clients from 27 different countries so far and every state in the Union, and I’m so excited at the prospect of seeing this work grow and expand, but it’s becoming a little overwhelming to continue to do this all alone, and so I look forward to having Ginger on board to help carry part of the load. I will continue to run the Long Distance Program, all administrative work and will of course be available for counseling for anyone who needs that help, and Ginger will be taking all clients who come in for treatment. If you have been helped and encouraged by STRC, please consider helping us get to our goal financially so that we can move to the next level. I’ve attached the pledge card at the end of this update. Contributions are tax exempt – we will email you a receipt, and all donations will be used solely for the expansion. Thank you SO much!!!!

Have a wonderful rest of the summer. I’ll be in CO from July 25th thru the 29th for a conference and won’t be answering emails or calls but go ahead and send emails and leave messages if you want to and I’ll respond after I return. Blessings to all of you, Abbie

P.S. Please open and read all attachments below.

S.T.R.C., Inc.      5 Bisbee Ct. #109-238              Santa Fe, NM 87508             Fax: 505-424-3994

This info is for long distance clients only and was sent to me by a dear long distance client who flew in a couple of weeks ago to go thru the clinic in person, for clarification. I asked him to tell me what difference it made for him to come here, and this is his report:As promised, I am also including some of the things that I learned and got reinforced by my visit that hopefully will help other long distance clients. Here is what he said:

- Review the manual/DVD frequently.  There were exercises that I could not do when I started the program and consequently forgot about and never added into my routine because I never went back over the manual or watched the DVD.  One of the most important was all the exercises using the military brace with the Eeeee.  I have done very few of those as they were not in my original routine. They were hard for me and my first goal was to master the exercises that relieved the pain, but now see the importance of the Military with the Eeeee.

-Consequently, by not reviewing the manual I completely forgot about all the gym exercises which I feel are vital given the work with weights.  I was also fearful of the weight work and also using the head harness because they just seemed to have a huge margin for injury if I did them incorrectly. Now I’m no long afraid of that and see it’s importance. Prior to finding the clinic I had also been mis-informed about what types of exercises to do which made me worse and only further instilled fear of the gym work without proper instruction.  I doubted that from the video I could completely understand the proper technique.

-Most importantly, when making the decisions about whether to attend the clinic in person, get in tune with yourself.  I am a person who learns better, and am more comfortable, with hands on instruction versus internet or video instruction.  Had I been better attuned to myself, and attended the clinic in the beginning, I might now be further along in my recovery.

-I also did not purchase some pieces of equipment which I feel are vital to use.  If you commit to the program, you also need to commit to the tools that will bring you into recovery, such as the head harness and foot strap.

-While I thought my posture was good, it was one of the first things Abbie brought to my attention.  It is so important to think about good posture 24/7.  I am always preoccupied with how my head is pulling or how I look to others when in reality I should be focused on my posture.  It is so easy as the day goes on, or when you are involved in work, to forget how you are sitting, etc.....

-I don't feel, even though it was discussed on the video that I mastered the art of breathing during the exercises till I worked at the clinic and had someone pointing it out. When hanging to the front or side, always use big exhales to further elongate the muscles.

-Set aside quality time for exercising.  The clinic provided an atmosphere of relaxation, where my mind was totally focused on the exercises.  While that is hard to do at home, it is just as important that for the hour or however long you are exercising to put aside life's issues. And it was clarified to me to baby-step through this process.