Fall Update 2013

Hi all, happy Fall – my very favorite time of the year. First of all and most important: our [stclinic@comcast.net](mailto:stclinic@comcast.net) email has not been working, with many emails coming and going, falling into a dark hole – a cyberspace glitch. Anyway, we have a NEW business email. Please use this from now on as it seems to be reliable. stclinic.info@gmail.com Also, if you do Facebook, please Like and Friend us on our new page: <https://www.facebook.com/STrecoveryclinic> As we are always updating, I’ve attached a Revised Resources page at the end of this update.

As I may have mentioned, the SOS tool is not available at this time. I found a substitute – not quite as good, but way better than nothing: free shipping on this. It’s a still Point Inducer. You will put it at the EOP, NOT under the neck; remember we never do anything that rolls the head back. Not more than about 20 minutes at a time.

<http://www.amazon.com/Body-Back-Company-Still-Point/dp/B004BPCL0M/ref=sr_1_4?s=hpc&ie=UTF8&qid=1379782907&sr=1-4&keywords=still+point+inducer+firm>

The coffee company Serenigy is currently not in operation. I’ll let you know when and if it comes back. Meanwhile, I love the ganoderma Latte coffee, so went on amazon.com, did a search and just buy the cheapest one. Please use Goodshop.com when shopping online. Go to Goodsearch.com, hit the red bar> type strc into the bar for causes, and from now on every search earns us a penny. Then go to goodshop > type the name of a store into the bar (e.g.amazon.com). This will put you on the amazon site and all you purchase earns the clinic a percentage. Thanks so much!

A note on Cymbalta. This is not on the no-no list but should be. It's an SNRI (a newer type of anti-depressant, and also includes Effexor), just as dangerous for anyone with S.T.; none of those should be taken. You will see stiff rigid muscles and tremors as possible side effects. <http://www.drugs.com/sfx/cymbalta-side-effects.html>

<http://www.webmd.com/depression/how-different-antidepressants-work>

Now a note about something that I know is controversial but I’m always looking for anything that will help my clients. Most of the drugs have serious side effects and often cause more harm than good, though I’m grateful for any relief my clients can find, medically or naturally. As you know I trend toward the natural solutions that work in harmony with the body. Here’s a bit from a column in the Albuquerque Journal called *The People’s Pharmacy*. A writes asks: “I have suffered with migraines and depression for years. My Dr. prescribed Cymbalta for the the depression, Sumatriptan for the migraines, Provigil to stay awake and Trazodone to sleep. I’m experiencing strong heart palpitations, horrible nightmares, insomnia and muscle spasms. Could the medicines be causing these symptoms?” The Pharmacists answer: “You are taking 3 medicines that can interact n a very dangerous way and can trigger a reaction called serotonin syndrome. Symptoms may include agitation, muscle spasms, palpitations, confusion, overactive reflexes and tremor. We are dismayed that neither you Dr. nor your pharmacist spotted this potentially life-threatening combination.” So, there is a time for safe and appropriate meds, but we need to do our homework and be careful. I recently got an email from a client in AZ who has been on our program a year; below is part of the email I received from her. A few days later CNN did an hour-long special on medical Cannabis (or marijuana) They stressed the awful destruction that street pot is doing to young people. I am FANATICALLY against the use of pot or any other halucigen to get high!!! Also I’m very aware of how medical Cannabis has been abused, and that needs to stop. However, hybrids are now being developed that are low in the compound THC which is the compound making a person high, but the strong healing compounds (CBDs) are intact, and there are many many conditions approved for Medical Cannabis; one of them is Spasmodic Torticollis. Medical cannibis is legal now in only 22 states and you can google that. Personally I’d like to see it legalized in all states and for street pot to be illegalized. After seeing the CNN report and doing some research on my own, I have done an about-face on the use of medical cannabis – as long as you can get some that is low THC and NOT psychoactive. So I’m currently in research mode on this, and would be interested in knowing if any of you have used this (or regular pot) – how often you use it – daily, infrequently? – and what if any changes you’ve seen in S.T. symptoms. Of course all info.on this will be completely confidential. Here is a short youtube. Try to watch this without weeping; it’s focus is seizure disorders, but that is only one of the myriad of conditions being helped or cured with medical cannabis; and below is the client’s email. http://www.youtube.com/watch?v=BH5yzEu3JGQ#t=12

“I've been trying Cannabis tincture for 2 months, I had gotten a medical marijuana card. I just stopped taking it 3 days ago, so within 2 weeks I well know how I really am, once the cannabis fully leaves my system. Before ever having taken the tincture I had improved on the STRC program to the point that I could sit, drive, walk and stand very comfortably, not completely straight obviously, but it had improved enough to where it was comfortable, a huge relief! Moving around was still very difficult, and looking to the right was difficult. Now with the cannabis tincture I can walk straight and fast, and looking to the right is improving weekly. My feeling is the tincture being antispasmodic, has helped me improve quicker than normal, because it has somewhat relaxed the muscle allowing it to stretch out, via the stretches. The cannabis tincture does NOT make you high, thank heavens, I'm not interested in being high! And no brain weirdness either. It does make you a little tired and foggy headed though. Here in Arizona if you have a medical marijuana card, which I do, you can purchase it at the cannabis dispensaries, which are popping up everywhere.”

Many of you know and love Myra, and as you may know, she has moved to Boulder and is loving it there. Then when the torrential rains came, I was worried about her and sent her an email. Here is her response:

“Hi Abbie, We were rescued yesterday after 5 days no water, phone, electricity.  Roads to our house washed out with landslides and further down, the main roads out of the mountains are completely destroyed.  We had 7 neighbors with us all trapped but we combined food and survival gear.  We had to hike out miles through the mountains yesterday to get out.  Lower house was flooded but we are all ok.  Thanks for all the prayers for everyone in Colorado effected by this 500 year flood event. It’s truly catastrophic.

Much love, Myra”

So that’s about it. Remember to turn all you do into an exercise and practice good posture, (i.e. a gentle military). Love to all, Abbie