Merry Christmas Update 2013!!

Hello all, from snowy NM. First, please put our new clinic email in your online email address book, so that correspondence from the clinic won’t land in your spam folder: [stclinic.info@gmail.com](mailto:stclinic.info@gmail.com)     If you no longer wish to receive updates, let me know.

         So much misc. info this time. I’m not endorsing the following – just reporting: From clients: “I wanted to mention that for pain from pulling and muscle spasms, I’ve been taking Magnesium Malate which has been very effective.”  And this from a client who was having leg pain due to vein and circulation problems. She began using Inclined Bed Therapy. Basically it’s about raising the top portion of your bed 6” to 8” and having the bottom part of the mattress lay directly on the floor. All her pain disappeared. It’s also supposed to be good for MS. If interested, google or youtube it.                                                                                                    Former client Ron Cox had not only ST but Spasmodic Dysphonia. Here is what he did to cure the Dysphonia (and you can also see his neck looks great!)               Natural holistic treatment :

<http://www.freetospeakvoicetherapy.com/index.html>

<http://www.youtube.com/watch?v=FLBnMeu465g> Ron’s Testimony

This next item for those in the Vancouver area. A good massage therapist who is 100% on board with the STRC program is Katherine Annets. Tel. # 604-531-3066.

For natural help with depression (from a client)                                                                                                                                                                        “Have been thinking of sending this info along as I found it to be effective when I had a bout of depression after having surgery and then losing my daughter the same weekend. The product is called Field of Flowers, a liquid tincture that you take orally under the tongue a few times a day. I could not believe how effective it was.  Available thru a Naturapathic doctor or can ordered on line thru the company of Energetix - its a flower remedy.  No side affects either, completely natural.  So Hope you can pass this along as a reliable and safe way to combat depression. It runs under $30.00 at least it did.”  Do a web search - here is one site  <http://www.evitalhealth.com/index.cfm/FuseAction/Shopping.ProductDetails/productid/665.html>

Another client sent this. ( I tried it but am not depressed and don’t have tremor so I didn’t notice any affect at all. ) “I have started taking a health food supplement called Gabatrol which is an amino acid.  It has decreased my tremor by about one half and I am not even up to taking four tablets a day-only taking two. I am so indebted to my Indian guy at my health food store, that I feel he is an angel sent to me.”

Remember to check our no-no drug list on our Related Links page, and make copies for all your doctors. Also good to have this list scanned into your record at your local hospital. The SNRIs  are just as awful for ST as the SSRI antidepressants. Carbon Monoxide on the no-no list – set dial in your car to recycle the air (rather than bringing in fresh). New med on the market called Brisdelle “non-hormonal” medication for hot flashes. Beware  - This is actually Paxil under a new brand name, and Paxil is a major no-no med.

Those of you who have come here to Santa Fe have seen the two films we show -  The Woman Who Willed a Miracle and the short healing testimonial of Marlene Klepees. Here is her testimonial. The one I show is 10 min; this is 5 min. so it’s been edited but still gives the story. <http://www.youtube.com/watch?v=z4TN2uxS7DA>  If you’re interested, here is an hour & 45 min. follow up of Marlene now, at age 51. She’s clearly become an on-fire Christian evangelist: <http://vimeo.com/68349417>

And last but not least, I have hired a new Director, but am not yet ready for the big reveal – which will come later. She is from the Denver area, so near a major airport hub and very well qualified to carry the torch forward. Her start date is several months down the road, so for now nothing changes, except the Webinar has been discontinued, at least for now. Once she is taking clients, I will continue the Long Distance program, administrative work and of course will be available for counseling and answering any questions and concerns for any client as we move ahead. I’d appreciate your prayers for a smooth transition, and please remember STRC in your end-of-the-year tax-deductible donations. We've not reached our financial goal, but I feel it is time and so am launching into this by faith. Your donations will greatly help us so much with the transition and funding our expansion; there will be training costs, including flights from DIA to Santa Fe, some new equipment and supplies and general start-up costs for the new facility, in addition to having a 2nd person on payroll. Thank you SO much!!

I’m attaching some information on why I think the STRC program is effective and included some commentary on the use of orthotics, and also an article on the flu shot & Dystonia and another on the use of microwaves. Please read all three!! They are in Word format. Have a blessed time with friends and family during the holidays and throughout the coming year. Love and best wishes always, Abbie