Hi all,

A mid winter update with again, just bits of this n that. First, in an effort to save money, I’m canceling our toll-free 800 phone number, if you need to call, please use our local number 505-473-0556 (MST). The fax remains the same. After some study online, I decided to use a phone service called Ooma which has won first place with Consumer’s Report for the past 3 years. Even with a dedicated fax line, my phone bill will go down from the monthly average of nearly $100.00 to $13.00!!! What didn’t I do this years ago??

Some of you may have heard of a recent study disparaging vitamin supplements, First, it was a flawed study, as many of the participants backed out and did not complete the study, and then there is this: Every year pharmaceuticals are removed from the market because of these serious side effects. A study published in *JAMA* in 1998 showed that as many as 125,000 Americans die each year of properly prescribed pharmaceuticals - wow! “Vitamins deemed to be unnecessary for good health” – but that is based on study of vitamins made of petrochemicals that only tease but do not nourish the cells. Shaklee is completely different as it is made from live food!! Then here is this article. I’m not against the use of traditional western meds, but we need to do our homework and resist efforts frequently made to restrict our natural alternative choices.

**Nutritionists may be prevented from teaching nutrition:**

<http://articles.mercola.com/sites/articles/archive/2014/01/21/nutrition-dietetics-monopoly.aspx?e_cid=20140121Z1_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20140121Z1&et_cid=DM38232&et_rid=404977268>

Just a note on smoking. A recent report form the U.S. Surgeon General’s office report adds more entries to the official list of smoking-caused diseases – including Type 2 diabetes, rheumatoid arthritis, erectile dysfunction, macular degeneration that can blind older adults, and two additional cancers, liver and colorectal and last of all cleft palate birth defects. Yikes! If you smoke, please quit!!

In the Long Distance Manual I have a Range of Motion Exercise which is great if you can do it – either standing or sitting, look slowly to the right, then left, etc. I took it out merely because most ST’rs can’t do it. I was locked and couldn’t do this until I was well, but if you can do it, it’s great brain and muscle therapy.

As I’d mentioned in the last update, I thought I’d settled on a new Director, but suffice it to say that after a few days together, it was clear and a mutual decision that it would not be workable, so I will be in the saddle until the right person is found. My last client severely admonished me that I charge too little for the clinic program here in Santa Fe. I’ve known that for a long time, but have resisted raising fees, as I want it to be available to as many as possible. It’s helpful that PayPal now has an offer that whatever is bought through them can be paid off over a 6 month period, interest-free, and that’s so helpful. So… I will probably be reconstructing the programs and fee schedule some time soon. I feel the pool work is so important and would like to include that for every client who comes here and have the massage by a licensed MT available as an option for a bit extra to anyone wanting to take advantage of that. This is in-house info for now, so please don’t post this on any ST bulletin boards – thanks. Sadly, my wonderful MT, Kat, has moved to Albuquerque and won’t be able to continue to come on a regular basis, so I’m in the process of trying to find someone reliable and local who can be trained to take over.

**The Clinic is now affiliated with Smiths/Krogers stores.** Get a Rewards card at any store ( doing that also gives you fuel points at any Smiths gas station – I save a bundle!) Then go to: <https://www.smithsfoodanddrug.com/> and register with your name, email, zip and a password and choose the store nearest you. Then add your Rewards card # and save. This is free! Then sign in to your account > scroll down to Community Rewards and click on enroll. Type in 42659 (this is the clinic number) click in circle next to it to make it black and save. Now every time you use your rewards card, the clinic will be helped! And now that you are registered, you’ll see ways to add coupons to your card, find out what’s on sale etc. This sounds like a bit of a rigmarole but it’s an easy one-time project – thanks so much!!

You’ll see I’ve attached a couple of articles – one on how to head off diabetes with muscle and another on how to make your own ice packs. Keep on patiently attacking the ST symptoms, one day at a time with sweat and faith and determination. Blessings to all of you, Abbie