Hi all, Happy Spring Update 2014!

As usual, several items to report. First of all, many of you who have come to STRC will remember Harriett Smith who did our nutritional seminars for about 15 years. She was a beloved member of the team. She passed away last week at age 93. Her daughter Laurie Garner, a Physical Therapist, is on the STRC Board. Harriett and her husband Peter, who died several years ago, worked for many years as Shaklee distributors. She attended, I think, two ST/Dystonia Symposiums and was usually one of the first to hit the dance floor on Saturday night. One of Harriett’s areas of expertise was ADD/ADHD, and she spent several years working with public school children, teachers and PTA groups educating them on nutrition for children. She would actually take a group of kids on Ritalin, take them off all sugar, preservatives, and soft drinks and put them on Shaklee vitamins for kids and good healthy diets, and they would be off the drug in about 2 weeks and sitting still in class. Back when I was so sick with ST and trying to figure out how to get well, Harriett and Peter tithed Shaklee Vitamins to me for over a year. She was a huge part of my own recovery. She had such a love for those suffering with ST, and those who knew her loved her; she will always be a living legend. This “rest of the story” was sent by her daughter, Laurie: "Harriett learned about nutrition when my two brothers almost died when they were very young from taking so many antibiotics.  There are four children 2 boys, 2 girls.  She studied nutrition and found that with supplements and a healthy diet, our family did not get sick.  Nutrition became her life and she devoted herself to helping people with their health.  She helped soooooo many people change their lives with better nutrition (as you know). She was able to help toddlers from having to have tubes put in their ears because of repeat ear infections. She was able to water ski until the age of 82!"

Terrific site recommended by a client who said this  “I used to be a hospital pharmacy technician and this guy is right on target.  He just comes out with what works, what doesn't work and what we absolutely need to avoid.  There are a number of good things to look at. Pick out a couple of videos that interest you and see what you think. “  [http://thepeopleschemist.com/how-to/#!stop-unruly-blood-clots-without-risky-meds/1/](http://thepeopleschemist.com/how-to/" \l "!stop-unruly-blood-clots-without-risky-meds/1/)

 Here is another interesting site on the mystery of chronic pain: <http://www.ted.com/talks/elliot_krane_the_mystery_of_chronic_pain.html>

And yet another site for you chocolate lovers: <http://www.dailymail.co.uk/health/article-2595990/Chocolate-PREVENT-obesity-Scientists-say-antioxidant-cocoa-stops-weight-gain-lowers-blood-sugar.html>

Myra is in town this week and I’ve been able to have two massages with her – heaven!! Her old email address was hacked, so she has a new email – make a note of it   [torticollismassage1@gmail.com](mailto:torticollismassage1@gmail.com) and a reminder that her book, including an 18 minute DVD is for sale on her site      <http://www.torticollismassage.com/>

A wonderful thing happened a few weeks ago when Connie Wells and her husband attended the clinic. Please see her testimony at the very bottom of our homepage: [www.stclinic.com](http://www.stclinic.com/)  She was instantly healed while here – amazing, inspiring story!!

I had a dreaded colonoscopy yesterday – my first – and hopefully my last - and whew! a clean bill of health !! The prep (drinking a gallon of laxative) was as bad as the procedure. A couple of friends had had this done without any sedative and said it was a breeze, but I’m a coward and knew I couldn’t go cold turkey, so conferred with the Dr. beforehand. The two drugs used for the procedure are Versed to calm you down and Fentanyl for the pain. Versed is on the no-no list; I’ve had it before and managed to do OK with it so agreed to that. Fentanyl is not on the no-no list but, in my opinion, should be. Look at the possible side effects here:http://[www.drugs.com/sfx/fentanyl-side-effects.html](http://www.drugs.com/sfx/fentanyl-side-effects.html)  You’ll see among them: muscle pain, cramps, stiffness, tension, twitching and jerking. I couldn’t take a chance on that drug and so refused it. Fentanyl is approximately 50-100 times more potent than morphine on a dose-by-dose basis.(from Wikipedia) The Versed puts you in la-la land so you are fairly out of it, but I certainly felt pain – it was NOT a breeze - and so glad it's over. ALWAYS check any drug you are going to use at [drugs.com](http://drugs.com/), [drugwatch.com](http://drugwatch.com/) or [webmd.com](http://webmd.com/), for side effects.

Please read the attached Pdf on why this program is effective. It’s an important reminder of the military brace and the Eeeee. For further clarification spend some time on this site: <http://thefifthnerve.com/>  Look at the little video with ice skater. Then click on disorders treated and scroll down to Spasmodic Torticollis and watch those short videos. You’ll see how vital the jaw area is to ST. Using the Eeee with your military over time seems to accomplish the exact same thing as the use of the orthotic – without an expensive contraption in your mouth.

<Why Program Works>

Another little tip. A client told me that White Willow Tincture (the main ingredient in aspirin) does the same thing but without the potential stomach upset.

And last of all, please continue to pray for a new Director for the Clinic and if you might indeed be that person. This is first and foremost a ministry, and my deepest desire is to pass it along as it was given to me.  There isn’t a big salary, but the Lord has always provided all I've need for myself personally and for the Clinic. The rewards are spiritual and emotional and have filled my life to overflowing for many many years. How many “jobs” can do that! Again, I do all my own web work (editing the site), bookwork using QuickBooks, secretarial and counseling, and of course the clinic itself working with clients and passing along the recovery program – all of this can be easily taught. Whoever carries the torch forward needs to have a dedicated area of your home for the clinic and to live in an area accessible to clients flying in from all over. I communicate with not only clients and potential clients, but with doctors, therapists and professionals all over the world, so communication/grammar/spelling skills are vital, If someone does not come forward, there will come a time in the not too distant future, when I will be forced to close down the Clinic, and that would break my heart!! When I felt led by the Lord in 1986 to start a clinic, I had no preparation for such a job and had no money nor any idea of what the future held. I just plowed ahead one day at a time and what an adventure it’s been. So please pray and know that all the Lord looks for is a willing heart and the devotion to trust, be dedicated and do the work – and to have the absolute joy of helping other ST’rs get their lives back. Thanks so much!!

Blessings to all of you!  Abbie