Fall Update 2014

Hi all, time again for a bit of this ‘n that. The Mailchimp app is not working this time,  so I’m going to trust my MacMail and hope it goes thru on a bulk basis. The same holds true with this  however: if you was to unsubscribe from these updates and receive no further communication from the clinic, just send me an email letting me know to take you off the list - no hard feelings. Remember to put our email  [stclinic.info@gmail.com](mailto:stclinic.info@gmail.com)   in your address book, so these don’t end up in your junk mail folder. Shaklee has a new product called MindWorks - item #22066 that looks great. Take a look at this page, and then decide if you’d like to try some. If any of the attachments appear as a page, you can right click to convert them to an icon.

<http://vimeo.com/channels/shakleeproducts/103293745>

I’m also including a Shaklee Application form that I’ve signed with my info if you’d like to enroll, so that you get continuing discounts. You get 15% discount on all their products, and then if you put your Vitalizer or Vivix (anti-aging complex) on autoship, you get an additional 10% (for a total of 25%) Remember that memberships are now free! Apply by phone.  1-800-742-5533  They’ll ask for a sponsor’s name and ID# and you’ll see that on the application I’ve included.

<Signed Shaklee App 1.pdf>

Here is a very inspiring little video I picked up off of Facebook. Honestly some of these type videos put me to shame when I find myself complaining about anything, and are so inspiring. This isn’t about ST, but about amazing courage. Enjoy.

<https://docs.google.com/file/d/0ByFUzo9KwryWWkRwUEw4bmZNaVk/view?pli=1&sle=true>

IMPORTANT: Clark Industries that produces the Kneading Fingers has changed their MO a bit; they now have a Promo Code for the clinic. So, if you order that machine, use Promo Code STRC  and they will waive the $16.00 postage for those in the U.S. (Use this instead of the affiliate #115, which no longer works.)

A former client, Tom Seaman  [toms@vol.com](mailto:toms@vol.com)   has written a book on Dystonia. Here is some of a report on his book; email him if you want to obtain a copy.

Hi Everyone,

I hope this finds you all doing well. As most of you know, early last year I began writing a book about dystonia. It is a combination autobiography, self help, education book that encompasses many aspects of dystonia, as well as some topics I have not seen talked about in the few dystonia books currently available. I have worked very hard to make it as comprehensive as possible. A "one stop resource", if you will. It is for those newly diagnosed as well as those who have had it for years. It also contains information for family members, friends, caregivers, doctors, etc….Initially, I will be selling copies through my own website and will also make a Kindle version available on Amazon. I don't have an exact date when the book will be available, but I am hopeful that it will be within the next 2-3  months … I wish you all the very best, Tom Seaman

Remember the importance of posture. Practice good erect posture throughout the day as much as you can - thats what I call a gentle military. It’s part of the reprogramming process; I still have to work on it. Remember too the importance of pamper tricks - warm pool/Jacuzzi, massage, ice on the neck and heat and ice on your back if needed, and rest breaks. Winter is coming, and a heated mattress pad (I have one) or electric blanket will make you so much more comfy, cozy and help you stay on your back at night.

 Here is an encouraging testimonial that came in from a client who was here many many years ago. She was writing to others in the chat email group. Just a note, that as a Christian, I do not recommend yoga, as it is rooted in Hinduism (do your own research on the web), but am just so grateful that Judy continues to thrive!

Hi all and hi Abbie, Just wanted to share my story. I suffered with neck pain for about 10 years and then gradually became ST building up gradually to horrendous muscle spasms and pain; it also was so embarrassing to me. It was so bad that I had to tie my head to a broom stick to play the piano and spent two years laying down on my back depressed because I went with different doctors and spent lots of money and instead of healing it was getting worse. I went to chiropractics, massages, acupuncture, cortisone injections, Botox injections, physical therapies, psychologists, medications: anti-depression, pain medications, muscle relaxants, etc... ST was controlling my life. One day, I through away in the toilet all the medications (crying). Then left the hospital running and crying with my husband, nurses and doctor behind me literally ready to give me the cortisone shots and that is when I took control of my life again. Then my husband researched the internet and found Abbie and Abbie gave me courage, because she healed herself and one of the things that I learned from Abbie was that anxiety, depression worsens the condition by affecting the muscles and my life was a vicious circle. I took her program and do the exercises that feel good and her stretches, and her recommendations and in Phoenix started taking yoga and meditation classes. Today I am healed 100% but it takes a life commitment to relaxation, muscle strength, and a healthier and happier lifestyle. I must say that healing comes within, heal inside out.   Judy

Tom Seaman shared this, and I thought I’d pass it along: I’ve tried the Brugger stretch, and it’s good. Look at the terrific posture. It’s good advice for all of us! Thanks Tom!!

<Brugger-seated-stretch.pdf>

On a personal note: I decided to resurrect a book on miracles that have happened in my life, that had been rusting out on my computer. When I got back into the project, I came under major attack. Tripped and sprained my ankle and pulled my back out with lots of mid-back spasm and pain, then developed serious pain in my buttocks and running down my leg, diagnosed finally after X-rays and an MRI, as Stenosis. Then the Plantar Fasciitis that had been dormant for 12 years flared up, making it very painful to walk. I launched into serious warfare prayer, and the Stenosis is so much better, then have had 2 cortisone shots in my foot – ouch – and am in a foot brace, and doing foot massage and foot stretching and trusting it will clear up. The back spasms have finally cleared up after lots of prayer stretching, massage and ice and heat and Jacuzzi treatments.  I’d appreciate your prayers, and also ongoing prayers for a new Director. Just for fun, I’m attaching the application. I’m also enclosing the Introduction to the new Miracle book.  I’ve included in the book one chapter on my recovery from ST and another on the genesis of the Clinic.

May the Lord bless all of you. Keep in close touch. blessings to all of you, Abbie

<Application for STRC Director.docx>

<Introduction>