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**WINTER UPDATE - 2015**

Hi everyone,

I’m sorry for all the drama over the person who wanted to be off the chat list; hopefully all that is behind us. For those of you in the chat group, just keep a current list of everyone and their emails and then when I let you know someone as opted out, just delete that name and email. Anyway – onward!

Clark has increased the price of the Kneading Fingers to $219.95 and now charges $20.00 postage (more I’m sure for overseas) and no more discounts :(( For those overseas, be sure you get the adapter for your electric voltage. Their email is clarkent@clarkenterprises2000.com and phone is 1-800-748-7172.

There is another tool I’ve mentioned before that I like a lot, the Accu-ball massage tool - but just a reminder:

Accu-ball video <https://www.youtube.com/watch?v=vp5HpaHZsRE>



Available at [www.amazon.com](http://www.amazon.com)

For those of you overseas, here is a current list of providers for some of the equipment:

**Obusforme (high back)**

 http://www.amazon.co.uk/Obusforme-Highback-Back-Rest-Support/dp/B005UYX0TY

**Head harness: do a search for “Leather Head Harness UK”**

**http://www.amazon.co.uk/Cowhide-Leather-Harness-Training-weightlifting/dp/B001FWI8NS**

**For the shepherd's Crook**, go to  <http://www.bonnieprudden.com/store.html>

Scroll down and you'll see the Crook. I called them and they do ship to Europe. Check with your health food stores as they usually have something similar as does amazon.com. It will often look like a big S with little knobs sticking out from it; it works just the same.

**Bodylastics** has now an international arm for supply...

<http://uk.bodylastics.com/product/basic-tension/>

Here is an item I just ordered – again very optional but nice for the back.

# Sunbeam Renue Relieving Heat Therapy Pad for Neck and Shoulders

# Item # V30648 <http://www.qvc.com> $39.90 You plug it in and it has various settings. If worn as shown it covers some of the neck, and then the shoulders and down the back a bit. As you know, I don’t favor heat on the neck (for more than a very few minutes) so I move it down a bit. Similar to a regular heating pad.

Bottom of Form



Those of you who have been here within the last few years know about Gua-Sha, but I’ve never shared it with long distance or older clients and decided it was time. I have a client in Canada who loves this so much and begged me to share it with everyone, so here goes….It’s related to massage. It looks terrible but feels good and is not painful. You can do your own neck, but someone else would need to do your shoulder and back area. When you gua-sha over an area where you are really bound up and tight, the skin will turn bright red pretty quickly. Once that happens, stop. Over the next few days that area will bruise a bit and then fade. When the skin turns very very red, chemicals are released into the muscles that break up lactic acid pockets, scar tissue and muscle adhesions, even more effectively than massage. I work in the muscles, not on bone and never gua-sha the SCMs. You will feel an immediate deep warmth in the gua-sha area. A always oil the area that I’m working on. I personally love gua-sha and just wanted you to know about that type of therapy. If it begins to hurt, then stop the treatment. Here is a youtube showing it being done. <https://www.youtube.com/watch?v=d1aQCApS1Xw>

The tool I use is a plastic chinese soup spoon that I bought from a local restaurant for $2.50. I hold it by the bowl and use the edge of the handle to do the treatment. You could also use the edge of a comb – anything with a defined edge would work. I’m not necessarily “recommending” this, but several of my clients like it, so wanted you to know it exists.

Now I want to share a note I got from Patty who many ears ago relapsed after a total recovery – due we all thought, to shooting a gun. (her before and after photo is on our homepage) Here is a letter that clarifies what happened. I’m not a fan of shooting a gun due to the shock involved but wanted to give you her feedback:

“As for my shooting again. I was very reluctant about it for years after the neck messed up. But like I wrote, after I re-read in your program about NO ISOMETRIC exercises, I looked up what it meant. (I had never bothered to before that time). I discovered it is "pushing against an irresistible object. ". But, the light dawned on me! Just a few days before I shot the gun (& I was FULLY RECOVERED), I let my niece who had just gotten a massage degree to give me a massage. When she put her hands on each side of my head & had me push AGAINST her hand one side @ the time, my head IMMEDIATELY SPUN AROUND again.  I stopped after the 2nd time it did it, but it was too late.  About 2 days later I was standing up & teaching school, & my head spun around again. It progressively got worse. I didn't shoot the gun until days after that. I didn't want to think that she was the cause, but after I UNDERSTOOD ISOMETRIC exercises, I KNEW that was the cause, not the gun. However, to be sure & cautious, I did not hunt again for several years. Then, maybe 5-7 years passed & Billy got a rifle for me fixed so it would not kick my shoulder.(it has a "boss" or what you call a "muzzle  break" on the end of the barrel ).  I have been hunting again since for 6-8 years, killed deer &/or elk each year & have had no problem. As for a .38, that's a pistol, which kicks bad! I don't think there is a way to make a pistol not kick. I DO praise God that I can shoot my specially fixed rifle & enjoy hunting again. :) I only hunt a few times each year. Thank you for your concern. Maybe my explanation will help others. :) Patty”

Some of you have asked about prolotherapy. I really don’t’ know much about it but recently got this from a client, so am passing it along FYI:

“As you know, I got prolotherapy in my right hip last July.  I had emailed you that I developed complications of sciatica and other nerve related damage resulting in much much pain and an inability to do my exercises for my dystonia.  Prolotherapy is a series of glucose shots, mixed with some Lidocaine to reduce the injection pain.  I got a series of 5 shots, one per week. I don't know if it is because of my dystonia, or whether something else in my genetics didn't agree with it, but I am still, 6 month later, living in pain and very limited activity. I can walk, but only on very flat areas. I can sit, but only in certain chairs for limited times. and as mentioned before, I can only do 4 of the exercises that I learned from the clinic.

Just wanted to pass this along in case you hear of anyone else who had this, who also had dystonia, and you begin to see a pattern, so that you could warn others  with dystonia against getting this treatment.  I am not sure if it has anything to do with my dystonia, or if I just got a freak reaction. “

I just finished the dreaded tax-prep we all have to endure annually and made a list of donations that have come in over the years and thought you might be interested. I so deeply appreciate those who have helped keep this work vibrant and afloat over the years.

**DONATIONS by years**

1999        3,644.00

2000 9,536.50

2001       10,112.00

2002       14,650.48

2003 6,278.00

2004 3,798.55

2005 5,132.00

2006 4,105.00

2007 3,985.00

2008 3,635.00

2009 4,958.00

2010 5,137.60

2011 1,265.00

2012        19,370.00

2013 3,765.00

2014 5,445.80

And last of all, on a personal note, I left my old church about 6 months ago, mostly for theological reasons and hated to give up the Praise Team where I’d played drums for 4 years. Then found a church where I feel at home (and they had no drummer ☺) So I’ve been praying and last week was asked to audition. I had to dismantle my whole drum set, which I’d never done, load it into the car and then drive in a snowstorm over to the church. I was so nervous/excited that the night before I hadn’t gotten to sleep until after 4 am! Anyway, played with the group and was asked to join the team. Soooo happy and honored and blessed to be with a group again, as it’s such a source of absolute joy.

Remember the basics – this is a daily process – of plodding along day by day in faith, teaching your body and brain to change. Don’t sleep on your short side – avoid the bad foods – do some stretching and massage daily. YOU are the boss, God is the source, and your body needs to learn that! Love to all, Abbie