2nd winter update

Hi all, enough info has recently accumulated that I’m doing another winter update. First, just some personal news. I think I’d mentioned to you that I’ve been diagnosed with Severe spinal lumbar Stenosis – a scary diagnosis. At first my arms and legs would go numb and the pain was very severe in the early mornings and then not so much during the day. I’d heard of a local doc using a spinal decompression table so I went to see him, and he said the stenosis is too severe for him to safely use the table and suggested I see a surgeon ASAP. He said “you’re not bleeding into your spine yet” I explained I’m a Christian and, in this case, do not feel at ALL inspired to have surgery – which would involve putting a pin in 2 vertebrae and scraping the interior of the spine or something akin to that. Then he said  “hopefully the surgeon will scare the hell out of you enough to inspire your prayer groups to pray” .  I spoke with my daughter-in-law who is a nurse in the OR and she said this is a dangerous surgery – I could end up paralyzed or in some other major trouble, and any surgery usually really aggravates the ST. So I’m asking you to pray for me. I’m stretching, walking the mall, hanging daily on the gravity table, going to the therapy pool and praying. Now my arms and legs are no longer going numb and the pain is beginning to lessen just a bit. I’ll see a Dr. of Oriental Medicine end of March but other than that feel led to go the natural route, but covet your prayers. Thanks so much!!!!

Here are some varied things I thought might interest you that I’ve gotten from clients:
**How an ST’r can feed a baby**

www.amazon.com/ Podee-10024-Baby-Feeding-System/dp/B001V9KPAE

As you know I’ve recommended the Accu-Ball massager for the shoulders and back of neck. For those of you who have no one to help massage you, this little inexpensive tool is a blessing.
**How to use Accu-Ball Massage Tool (video)**
<https://www.youtube.com/watch?v=vp5HpaHZsRE>

**Here is an interesting article:**Aluminum, Fluoride, and Glyphosate—A Toxic Trifecta Implicated in Autism and Alzheimer's Disease

<http://articles.mercola.com/sites/articles/archive/2015/02/12/aluminum-fluoride-glyphosate-poisoning.aspx?e_cid=20150212Z1_DNL_NB_O_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20150212Z1_DNL_NB_O&et_cid=DM67230&et_rid=839397671>

**STRC Facebook Page:** A client in the UK has helped me to clarify our STRC Facebook page, as a closed group – i.e. it’s hopefully for our clients only and is a venue where you-all can chat and share. So if you do Facebook, go to your page and in the search bar & search there for  Spasmodic Torticollis Recovery Clinic  and you should get to the correct page. Then send a request to join, and I will of course accept, and then you’ll be in. Please don’t take as friends people who are not clients so that we can keep it as a closed group for those on this program. Thanks. Forgive me if I don’t participate much at all; I’m just so busy and otherwise involved, but I think some of you will really enjoy it. I do have a personal FB page but only check in now and then to see what my boys are up to and prefer to keep my personal and clinic page separate.

**Here is a client report on gluten:**
Just wanted to write you one experience I had in January. As I told you I stopped eating gluten In July 2013, in November I got recovered. Since then I did not have any exposure to gluten until this January. As I was exhausted with all the nausea and baby asks for different tastes, I have eaten 2 big pieces of wheat flour bread. After 10 minutes my head started to shake and I had to hold it with my hands as I went to the kitchen. It took two days the shaking stopped. I would not believe it, the funny thing is that I do not have according to my alergologist any allergy to gluten. I read some articles before about people they got rid of lifelong partial dystonias by avoiding gluten by I did not think it could affect my dystonia as well. I did not find many studies and analyses on this, but its quite interesting. I don’t know if there is some research on neurological diseases and gluten, if you know about any, pls forward me. This is from a pregnant client in Slovakia.

**Here is an amazing report from another long distance client:** (you will see from the web link that there are very few doctors worldwide who do this)
I have had cervical dystonia for over a decade. My head pulled to the left and I suffered constant head shaking. It make me very introverted. I tried many therapies recommended and found the Paleo diet diminished it noticeably, but the dystonia was still very strong. Then I discovered NCR. Developed by Dr Howell, it involves precise body work followed by endo nasal adjustments determined by specific stability tests. The endo nasal adjustments involve a balloon being inserted down one of the three nasal cavities in either nostril and then being briefly inflated. (Slightly uncomfortable, but it only takes seconds) This adjusts the sphenoid, the bone which balances the head on the spine and influences in the cerebral spinal fluid system which, as well as being the fluid which nourishes the brain, also travels down the spine. This sphenoid adjustment has a profound affect on the neurological system. I cannot do the technique
I and its impact on dystonia justice in a short paragraph, but within my first 4 treatment block the dystonia reduced by roughly 80%. It is advised not to do the treatment more than once a month to allow the body to adjust and absorb the ongoing effects. I am half way through my second treatment and my head is nearly centered, mostly it now remains still and I am astonished at the recovery in such a short space of time. I wish I had known about this years ago. Here is the website where you can contact practitioners <http://www.ncrdoctors.com/> and of course you can also google local ones. I live in Australia and am fortunate to live near the only practitioner in the country, in the Bryonshire region. There is a practitioner in the UK: <http://www.lsfo.co.uk/neuro-cranial-restructuring/>

That’s about all for now. I know we’ll all be so grateful to see Spring arrive, especially for those of you in the Midwest and East coast who have been hit so hard this winter. Blessings to all, Abbie