Hi all, Happy Spring!! Even though Spring brings horrid allergies, I’m so grateful to have winter heading out of town. Lots of misc. bits of info as usual. First and foremost, I want to thank all of you who have been praying for me re. the stenosis. I’m seeing a Dr. of Oriental Medicine – had my first acupuncture/herbal treatment last week and due for another tomorrow. Actually I feel a bit worse, so if I continue to see no progress after tomorrow, will not continue, and this one is in the Lord’s hands.

Secondly and VERY important great news, Tom Seaman has finished his terrific new book, ***Diagnosis Dystonia.*** I am SO impressed and encourage all of you to get a copy right away!!!! It’s available on his site: http://[www.diagnosisdystonia.com](http://www.diagnosisdystonia.com/) or in the kindle store at amazon.com Order soon because … **through May 15th he is offering a 20% discount. At checkout, use coupon code SAVE20NOW. This coupon information is also on the website.** This should be the major go-to resource book for ST for many years to come! So many people have told me ”Abbie, you need to write a book” – and Tom just did it – and probably better than I ever could have – so kudos to you Tom – well done!!

**More on Dr Farias**

<http://www.theglobeandmail.com/life/health-and-fitness/health/using-the-brain-to-retrain-the-body-to-overcome-dystonia/article23342529/>

Related is this: film and article http://www.theglobeandmail.com/life/health-and-fitness/health/after-seven-years-of-debilitating-muscle-spasms-i-have-hope/article23342494/

REGARDING THE EXERCISES: in the Long Distance Manual you have a Range of Motion Exercise. I took it out of the In-House program since so many clients are locked to one side and can’t do it, but it’s terrific IF you are able to do it – even slowly. It’s just a simple turning of the head from one side to the other – back and forth, over and over. It is good for your muscles and for your brain, to establish new muscle/brain memory.

AN ARTICLE RE. GLUTEN from a client:

“I just wanted to let you know that the reaction the person described when being re-exposed to gluten is very common.  EVERYONE has problems when they re-introduce gluten back into their diet. I went off of it for about a year and had similar issues plus some. I was back to normal within 3 days.  Everyone is like this; it doesn't mean someone is allergic. Just like people who are vegetarians that re-introduce meat back into their diet.  Or dairy.  All have the same type of reactions. Just FYI. Most people also experience severe nausea, diarrhea and fatigue as well. I had severe vomiting and had to call in sick to work. And as I said before it lasted 3 days. I am back on gluten since with no further effects.  My son was a vegetarian for some time and recently started eating meat again and experienced similar effects.  My husband - the same thing.  But like I said, it is to be expected and everyone has it.  I just wanted you to know it isn't just shaking that people experience.   Additionally, the other client is correct, there are false negatives on gluten allergy tests and she could indeed be allergic.  But her symptoms are what everyone gets.  (author doesn’t want her name mentioned)

**At long last a good new SOS on market:**

The old black SOS has been off the market for over a year. I’ve tried several products including the wooden bead one and not really happy with any of them until a client turned me onto this: http://www.scriphessco.com/products/occipivot/



This is BY FAR the best product I’ve found since the old SOS was discontinued. 1-800-747-3488

Short 3 minute video on how to use it: <https://www.youtube.com/watch?v=Jay0Z88rS1g>

Or just go to youtube.com and type Occipivot into their search bar. IT’s a 3:09 video.

I use it every night in bed for about 20 minutes. I never use the towel as seen in the video; I just put it on my pillow. Made in the USA.

**Here is an interesting site** http://kytbinc.com/pages/percussion.html sent by a client who has been doing percussion treatment and finding it helpful. I used to have a percussion massager like this:

<http://www.bedbathandbeyond.com/store/product/wahl-reg-deep-tissue-percussion-therapeutic-massager/1018619725>

I’m not saying this one is best, or that it would be all that helpful but just an idea that I’m passing along FYI. Blessings to all of you.

Love, Abbie