****

**Fall Update 2015**

Hi all, first a couple of items to pass on from other clients:

“We bought this home kit for our bed, transforms it so we can do the massage with a proper head rest and it tilts downwards,

it was about 150$ for canadian, less for usa- 89$.

it works great, you put it between your mattress and box spring!”

<https://www.earthlite.com/home-massage-kit.html>

I really like the accu-ball massage tool from amazon.com. Here is a video on how to use it.

<https://www.youtube.com/watch?v=vp5HpaHZs>RE

I want to talk a bit about posture. I had a sweet client come back for a short visit last week. She was here in 2002, and she has made great progress – EXCEPT that her head is jutting significantly forward and thus she has not been able to get into full recovery mode. It’s SO SO important to work on your posture!!!! Try this; back up to a wall and do a gentle military into the wall (moving the back of your neck toward the wall) Now in that same position walk a few steps away from the wall. Try doing this in front of a mirror. Your posture should be nice and erect. Practice this and keep practicing this until your posture begins to change. When the head is jutting forward, the jaw is thrown out of alignment and this (as I understand it) then creates a pinch on the 5th or Trigeminal nerve and then you get the mis-firing of the cranial nerve and then you get the over-production of adrenalin and Acetylcholine and voila – you have classic ST symptoms. The Military Brace (MB) elongates the muscles in the back of the skull and neck (which must happen) and the Eeeee reprograms the jaw. Those two always always go together !!! This is what makes the exercises work for recovery. Remember that any activity that juts the head forward is going to be very problematic – like bike riding, playing many sports. Please be very careful and use your Drop & Roll throughout the day. (Drop head forward and then with the chin still way down, move your head on top of your spine into a strong MB/Eeee).

B

Another reminder is how important forgiveness is. If we harbor unforgiveness and bitterness and anger, it becomes a very major barrier to recovery/healing. Our minds and emotions are directly wired to our immune system. Forgiveness is a DECISION, not a feeling! The person doesn’t have to repent nor deserve your forgiveness; you simply decide to forgive and you do it over and over until your mind and spirit “get it”. If this is a very toxic or threatening person, you should probably not interact with them at all but forgive them from a distance. Avoiding toxicity is so important on many levels – toxic food, toxic air and toxic people. It doesn’t mean we have to be unkind – just forgiving. Troubled people cause trouble and they need prayer.

Last of all, some troubling news and an urgent prayer request. I was diagnosed with severe spinal stenosis about a year ago and have been battling that – with a lot of buttock and leg pain – difficulty walking and standing; then last week was diagnosed with dry Macular Degeneration. My Mom went blind from that. My vision has gotten very distorted so it’s difficult to read and work at the computer, although distance is fine so I can drive. Needless to say this is pretty catastrophic for me As I’ve researched I’ve started a regimen of Astaxanthin, Zeataxanthin, Lutuin, fish oils (along with my Shaklee), Saffron and a whole lot of prayer. Have also ordered a blue screen for my computer to cut out the harmful rays. God is my healer and can regenerate the macula and I’m trusting Him for complete healing and clear vision. There is an anacupuncture procedure here in SF by a Dr. Lungren but it looks awful with needles all around the eye and in in the lids, and I’m hesitant because it has Hindu roots and every time I’ve tried it for things - like the spinal stenosis - the symptoms have worsened. Also he has had 5 malpractice reports. Anyway, it’s been a tough year. Please pray for me - thanks so much!!

Blessings to all of you, Abbie