**STRC Update** 

 **June 2016**

Hi all, time to catch-up a bit. Biggest news for me is that I broke my arm on May 26th, running around Meow Woof with my grandkids when I tripped and fell. <http://arstechnica.com/gaming/2016/04/inside-meow-wolf-the-amusement-park-for-people-who-want-a-weirder-disneyland/> This has seriously cramped my style. I have 2 clinics coming up, then one in July and one in August and then am not planning on taking anyone until Fall. I have 6 weeks of upcoming physical therapy – no pain but am unable to do nearly all the exercises – especially the gravity table which I need daily for the Stenosis. The PT said no heavy weight bearing work for a year!!! So apparently even after it’s healed up I’ll need to take it very easy for awhile. Along with the Stenosis and Macular Degeneration, this was the last thing I needed! I’ve also been doing the South beach diet – no carbs – for 2 weeks and down 7 lbs so far. Only 20 to go.

# On to more tid-bits: Neurologist Speaks Out About the Importance of Gut Health for Prevention and Treatment of “Incurable” Neurological Disorders

**Don't Cry for Me Trigeminal Nerve, The Truth is I'll Never Left You!**

<https://www.onstickytopics.com/2016/04/dont-cry-trigeminal-nerve-truth-never-left-2/>

**https://www.youtube.com/watch?v=mIob823\_FFA**

Interesting input on the Trigeminal nerve. For us ST’rs it’s vital as it appears to be critically involved with causing the cranial nerves at the Basil Ganglia to fire normally. This is why the Eeee is SO SO important, as it frees up that nerve allowing it to function properly!!! This from the article:

“The trigeminal nerve is the largest cranial nerve of the total 12 cranial nerves coming from the brain. Lately, while the vagus nerve has taken front stage, it is equally important to understand the job of the 5th cranial nerve called the Trigeminal Nerve. Starting in the brain and branching to the upper and lower jaw, it also branches to your eyes, especially the lacrimal gland just above your eye. The lacrimal gland is very important in making tears to lubricate your eyes.

Some think of aging as many things, but other things happen like dry eye. Just ask anyone born before 1959. Others start this earlier. No worries.

The trigeminal nerve also innervates to the upper jaw, lower jaw and to all the teeth. And very importantly, it also goes to the tongue. But before it goes here it passes thru the sinus area.
This nerve is huge and very thick. It is a heavy duty lifter of sorts. We don’t realize how much we depend on it until it goes wonky on us, or even when a baby is born with some feeding issues, such as latching on and nursing difficulties.”

I did a quick video of the foot strap use. See it here if you need a refresher: <https://youtu.be/L-nYPJoiKoE>

**Re. Your back:** Remember how many muscles in your back feed into the neck area. Do a search for back muscle images. If your back is tight and bound up, your neck won’t release, so back work is vital. Some specific exercises so good for your back: Bend-Hang, Knee-Overs, Toe Tucks, Cross-Legged Body curl, Head Raise, Seated Pull, alone or with a partner, Straight Chair stretch, part 1, Rowing Machine and Gravity Table. One morning a few weeks ago, I woke up with my back out – muscles in strong spasm and tons of pain. No idea why, but I did major troubleshooting (as on your Crises Management page). I did all the above stretches but very gently, used ice and heat, massage, herbal pain pills, Joint Cream Max 88 (from QVC) the therapy pool and Jacuzzi and prayed. The back spasms immediately threw my neck out to where it looked crooked in the mirror! After a week of self-therapy, it had all straightened out and I was back to normal. It’s also so so important to practice good posture and to have a good chair which makes you sit erect – the Obusforme is a help for most ST’rs. So, it’s a cautionary tale – DON’T FORGET TO WORK YOUR BACK!

And so … we charge ahead through this life – seeing “through a glass darkly” as Scripture tells us, not always understanding the challenges but doing all we can and trusting God for the difference. Blessings to all. Abbie