**Christmas Update 2016!!!**

This will be the last update of 2016, and I pray for all of you a healthy and happy 2017! Although you'll see our old email   stclinic@comcast.net  as the reply email on this email, please use our regular clinic email   stclinic.info@gmail.com   as the comcast one is not always reliable. Mail chimp doesn't like gmail for some reason. Thanks.  
Keep your eyes on your goal, do a little something each day and never give up. Here is a nice page from Tom Seaman with lots of helpful tools. Just an edit that on the relaxmat be sure not to put a roll under your neck if you are lying on your back, as that further shortens those already too short muscles in the neck and skull.  
**Tom Seaman’s tool blog:  http://dystonialiving.blogspot.com/2016/09/self-care-tools-for-relieving-pain.html?m=1**  
   
**As I’ve mentioned before, there is a suspected connection between ST and herpes and candida.** Anyone who has had chicken pox has the herpes virus but that form usually lies dormant, however there are many forms – cold sores, hives, ocular and genital herpes. If your immune system is compromised or you are under a lot of stress, you will tend to get a herpes outbreak and your ST will often be a bit worse, so – bottom line – keep your immune system strong with good food, high quality food-based vitamins, enough sleep and do your best to avoid stress.  
   
I’ve compiled some basic reminders. I know you know these things but it’s helpful to see them all on one page:  
**Important Basics – YOU are the boss. Be sure your body learns that!**  
1. The Military/Eeee is VITAL if you want to get well !!!! The Military and Eeee ALWAYS go together!  
   
2. Do some of your favorites throughout the day – like  
Bend-Hang, Drop & Roll, Forward Arm Pull and Straight Chair Stretch. Long held stretch builds new muscle memory.  
   
3. If you are flat on the floor doing a stretch, you are always in a military – back of the neck toward the floor, chin down  
   
4. To sleep on back, use a heated mattress pad and  
U-Shaped pillow onto of your regular pillow. Don’t sleep  
on your short side!  
   
5. Rest breaks are important. The body needs that rhythm of push – rest – push, etc. Visiting isn’t a rest. Listen to music or T.V. or the sound of silence, but best to get your focus on something else – not on you and the S.T.  
   
6. Remember pamper tricks – ice for the neck, heat for the back, hot bath or shower, Jacuzzi, warm pool, steam room and rest breaks. Best to lie on the floor on your back to watch T.V.  
   
7. Be sure you are not on any no-no medications. See the pdf list on our Related Links page on our site. Be VERY careful withdrawing from Benzos (like Klonopin and Ativan). Withdrawal symptoms are terrible.  
   
8. ***Four basic assignments:***  
Elongate muscles in neck (with military) and down back and across shoulders. More elongation on short side.  
Reprogram jaw with the Eeeee.  
Decongest EOP area with bodo and knuckle massage.  
Work on posture – gentle military, chin tucked a bit.  
   
**Here is a pretty fascinating note from a client, Janice R.**  
 “My MD's practice is all functional/integrative. He uses kinesiology to identify medical issues and then to determine a treatment plan that includes vitamins, minerals, supplements, and different therapies (always come with my list of questions to determine what I should continue/stop in addition to what he tested me for). I liken the treatment to peeling the layers of an onion where you have to take the healing process one step at a time; you can't get to the next layer (your body may not be ready) until you've peeled away the first. The first layer for me was the virus - once I cleared that up (It took about 10 months), then my body was strong enough to move on to the heavy metals, followed by the parasites. My spasms stopped at the same time the virus was cleared up and when the parasites were cleared, my Physical Therapist was able to get to areas she hadn't gotten to in three years. Everything is working. In the past two days, I noticed that my head is starting to straighten out and I'm so excited/encouraged! I used Virus Nosode spray for the virus and a couple of different parasite supplements.If you google head tilt and rabbits or rabbits and torticollis, you'll see a lot of info. It's a long (but pretty cool) story about how I was led to this discovery. The parasite is Encephalitazoon Cuniculi. I have learned a ton about parasites ever since - my naturopath loves Paragone and I also think It's a great product; however, it only treats intestinal parasites and mine were systemic. I was on some Chinese supplements and it took me about 8 weeks to clear up the parasites (mid-August) once diagnosed. Now that they're gone, I'm doing a little better and am hopeful the FSM will work. I use some of your stretching exercises (but need to be more consistent).”  
I realize this info is not in complete detail however it is worth looking into. I’ve done a lot of intestinal cleansing in the past – using Para-Gone for intestinal parasites and high-colonics (hydro-colonic therapy by a professional) along with a few cleansing fasts and feel is very beneficial to take good care of our colon and get rid of parasites. Be aware that if you use Para-Gone (at any health food store), you get extreme diarrhea with the first bot which kills the parasites and then you take a week off and the 2nd box kills the eggs without the diarrhea but you must do two boxes.  
   
**I recently had a dear client, Cheryl Ricker** who is a well known Christian author and has written some very inspiring books you might enjoy and want to give a Christmas gifts. See them at     http://www.cherylricker.com  
   
It’s been a great year for the clinic with a good stream of clients coming in plus 43 long distance clients. I so deeply appreciate all of your prayers for me as I continue to battle severe spinal stenosis with lots of pain, but I keep exercising and have been doing Hyperbaric Oxygen Therapy but alas without much effect as yet. I’ll finish up my 20th treatment in a couple of weeks and will then quit, as it’s so expensive. Maybe there will be a delayed positive outcome. Here is a recent photo of me next to the tank. Cutting the clinic back to 2 days instead of 4 has been a huge help and I’m heartened that it’s working well, and I feel clients are getting all they need.  
   
I so deeply appreciate those of you who have sent donations during the year – it’s hard for me to express how much that is needed, and I’m so very grateful. As a result we were able to scholarship 3 long distance clients. One is a 9 year old boy from Peru who had a horrible case of S.T. that seemed to affect his ability to walk with lots of trunkal distortion – all of this a reaction to a medication he had taken.  Because I don’t speak Spanish, I have had a client in FL who speaks fluent Spanish take over working with him and his parents via email and that little boy is vastly improved and close to being well!!  So thanks so much for remembering us with end of the year tax-deductible donations. Have a wonderful holiday and stay in close touch. Onward!!!

Love to all,

Abbie