

**Update**

Hi everyone, as always there are several things to share with you. **FIRST and most exciting** is that we have opened a 2nd affiliate of the clinic – this time in Indonesia, Directed by Mr Firman Rusli. He is a former Long Distance Client in recovery mode, who is dedicated to helping people in his country come into recovery. If you go to our homepage [www.stclinic.com](http://www.stclinic.com) you’ll see the announcement and a link to a page with information on both Gabi Kissova of Slovakia and Firman. Congratulations Firman!!!

**DON’T DO PROLOTHERAPY:** this report is from a client:

“I had prolotherapy injections in my right hip 2 years ago that caused a comprehensive regional pain syndrome in my right arm and leg. Nerve pain that is burning . Any exercise/stretch other than walking on flat ground increases my nerve pain. I still can't climb stairs alternating legs.. it has been discouraging because I so badly want to do all my st exercises and this other problem is stopping me.”

Another client also had a rough time with it.

**For all Long Distance clients:** here are 2 movies, in shortened versions that I show to all In-House clients: enjoy! <https://www.youtube.com/watch?v=z4TN2uxS7DA>

This is the other one:  <https://www.youtube.com/watch?v=RuO0B56evT0>

**There is a U.S. mail for those overseas**

<https://www.myus.com>

**Please put our clinic email stclinic.info@gmail.com in your online address book.** So many important emails have been landing in my junk folder – so I now check that folder daily.

**I’ve just ordered a new Teeter Gravity Table** and pick it up today ☺ My old one is abut 16 years old and they have improved. I feel these tables are so helpful if you have any spinal and/or hip issues. One of the things, among many, that it is used for is Spinal Stenosis, which has become a fairly major issue for me. I’m trying to hang at least twice a day for about 2 minutes each time. If you should get one, be SURE to use it only when someone is in the house with you and lock it up with a bike lock if there are any kids, even teens, in the house.

**The Occipivot:** honestly I love this gadget and use it every night for 15 minutes (on top of my pillow) as I read before going to sleep. It’s a cranial/sacral device that helps to decongest the muscular cement at the EOP – and seems to “open up” that area somewhat. Some people don’t like it but others love it. If you are pulling very hard to one side, it might not work for you, but it’s worth a try Put it, label down - on your pillow so that the little bumps are at the EOP ridge, your head elevated and chin is tucked a bit. Then you can pivot it up a bit so that it’s sort of massaging the back of the skull, but I usually just leave it at the EOP. 20 minutes max! Here’s a link:

https://www.amazon.com/Pivotal-Therapy-Occipivot-System-Component/dp/B000E5DNIW/ref=sr\_1\_1\_a\_it?ie=UTF8&qid=1501274126&sr=8-1&keywords=occipivot

**Remember also** that it’s a good idea to scrub the EOP and back of the head with your knuckles every day for a minute or so. When you have S.T., the muscles in the back of the head, are shortened and in spasm, and the scrubbing is helpful.

**My health update:** at the last eye exam the “wet” macular degeneration in my right eye responded well to the shots and prayer so no more eye shots, but will be checked every 6 weeks. Those shots are awful, so I’m SO grateful! Over the last month the vision in my left eye has improved form 20/25 to 20/20 and the chronic dry eye is very much improved. Praise God for all of this! The Stenosis is a challenge with lots of pain. I’ve decided against surgery and shots into the spine – both too risky – and so will proceed with exercise and the gravity table and lots of prayer.

And, last but not least, a personal family **MIRACLE!**  Those of you who have been here for the clinic, know of my absolute heartbreak over my younger son, Neil’s, divorce many years ago from his wonderful wife Shauna who is a daughter to me. Years of prayer and tears… and last Saturday they knocked me out with the news that they are being remarried!!! …complete with a new engagement ring! My granddaughter, Eva, burst into tears when they told her. I’m still pinching myself!

I know how discouraging this recovery process can be; we all want answers now and fight having to go through a long arduous process, but the rewards are wonderful if you’ll just stay with it – all the elements of the program: stretching, some gym work, massage dally, (even if only self-massage) postural work, pamper tricks such as cold packs on your neck, heat on your back, rest breaks, back-sleeping if you can – pool and Jacuzzi if you can and faith/attitude work. Do your best to avoid listening/reading negative things that can discourage you. Remember that your immune system is wired to your brain, so do your best to stay positive and be a fighter – even on days when you don’t feel like it. God bless all of you. Abbie