

**Update**

Hi all,

Winter has arrived In Taos and it’s gorgeous here - in any season - especially if you’re indoors! I hope all of you had a lovely Thanksgiving. We were 12 around the table, all family - a first for me and all because I decided to move here. **An update:** as you know I’d purchased an acre of land months ago not knowing there was a small arroyo running through it. The two lawyers I’ve hired have been expensive and worthless, so I will put it on the market and pray for a buyer - soon. It’s a beautiful spot for a smaller home but not suitable for the larger home I need to accommodate the clinic. I’ve gotten a new acre - much more beautiful, a nicer neighborhood and perfect for me and a nice venue for incoming clients. It’s close to town and on a paved road - an oddity for Taos! - and with all utilities at the lot line. So God works in mysterious ways. We close in a couple of weeks. I’ve chosen a wonderful home, very similar to what I had in Santa Fe and am now in the throes of trying to get a loan. Those companies want everything but a blood sample so it’s been a lot of work gathering all they demand on the applications. Please pray that will happen soon. Once a loan is approved, it’s all up to the Lord - a foundation cannot be built on snowy wet land, so I’ll need a dry spell for that to happen.

 Personally, the very painful Spinal stenosis I’ve dealt with for 3 years has disappeared! What a miracle! Still dealing with Macular Degeneration and shots into my right eye but haven’t had to have one for 10 months!! Last week the Dr. found a worrisome spot on the good left eye, which I use for everything - I’d appreciate your prayers that will not be a problem. Thanks so much. I am so deeply grateful to those of you who have made donations during this difficult transition time. It’s been such an encouragement, financially and just to know you care and are so supportive. Because I haven’t been able to take In-House clients, it’s been very lean and a test of faith - so thank you again for your help!!!

 I had a recent blood test which indicated I’m pre-diabetic and was having neuropathy in my feet - pins and needles especially at night, making it difficult to sleep. I immediately changed my diet - no more margaritas! And way fewer carbs and no deserts. In only 4 days the pins and needles disappeared!! Incredible how powerfully our body is affected by what we eat!! Please be mindful of that - take your vitamins, and you know I strongly recommend the Shaklee Vitalizer, and be very careful with your diet. Your body will be grateful and reward you. My landlady’s son who is a natural Dr. told me that blood sugar imbalance is a major cause and contributor to Macular Degeneration, soif any of you suffer with MD, please be careful with your diet. Write me if you have any more questions regarding this. Always check out the side effects of any prescription med using a site like [www.drugs.com](http://www.drugs.com) If you see any muscle issues like stiffness, jerking, twitching etc., it would be wise to avoid that med, and of course consult your No-No med list (which is on the Related Links page of our site.)

 **Here is a chair that looks great.** A client bought one and raves about it. Due to the way it’s shaped, I’m not sure you could use the Obusforme with it, but it looks very supportive - albeit a bit pricey. Of course you would want the back adjusted straight, not leaning back.

[https://smile.amazon.com/2xhome-Ergonomic-Adjustable-Technician-Occupational/dp/B06Y1NXCBN/ref=sr\_1\_1?ie=UTF8&qid=1543792376&sr=8-1&keywords=2xhome+-](https://smile.amazon.com/2xhome-Ergonomic-Adjustable-Technician-Occupational/dp/B06Y1NXCBN/ref%3Dsr_1_1?ie=UTF8&qid=1543792376&sr=8-1&keywords=2xhome+-)

That is from our smile.amazon.com page where you can register typing into the bar Spasmodic Torticollis Recovery Clinic - where it says Choose Your Charity. The clinic receives .5% of all you purchase there, but it’s not connected to your name or card Thanks!

**Regarding gyms:** I’ve been going to a local gym here that is free for me with my Silver Sneakers membership which was free through my Humana insurance. Those of you who are seniors can obtain that with Humana and probably others - check with your insurance provider. Some gyms honor Silver Sneakers and some don’t. The gym has good equipment but sadly no therapy pool, and the Jacuzzi is outdoors - have to wear goulashes to get there in the snow!!! No thanks. There is a therapy pool here but at the other end of town. I’ve been using the treadmill and stationary bike along with machines and stretching and my head harness. . Many of you have asked about doing aerobics to get your heart rate up. I discourage doing a lot of that, because it creates more adrenalin, which we STrs over-produce, but you don’t have to be so aggressive with those. If your head is not really pulling or jerking and you can keep it fairly stable, then the bike and tread mill are fine and a nice addition to your workout. Just try to keep a nice gentle military (i.e. body erect, chin slightly tucked).

**We STrs are type A - and tend to be slightly OCD - it’s part of our personality profile**. It’s easy to get obsessed with research and minutia - which accomplishes nothing and can be fodder for more anxiety. Keep it simple. Do needed chores, child care, spouse care, cleaning etc. - then pamper, relax doing something that gets your mind off of you - fun TV, listening to music, dancing etc. Be wary of too much time on support group forums - some of the chat can be negative and cause unnecessary fear and more stress. You have a job to do and that’s to get well! Focus on your program - plodding patiently along one day at a time, thanking God for even tiny moments of release. Recovery comes in spurts and grows over time. As you know, some fight-back is normal, but too much of that is a clue you are over-doing it and need to cut back on reps and weight and add more rest breaks and down time and pampering.

**Regarding sleeping:** I have an adjustable bed and miss it so much!! With those, you are sleeping at zero gravity which has so many health benefits. Here is a nice page on that: <https://reverie.com/blog/post/whats-the-big-deal-about-the-zero-gravity-position/>

I also use a Sleep Number bed. They are terrific as you can adjust the firmness. And with winter now here, I strongly encourage you to get a heated mattress pad. I’ve used one for years. Eliminating cool spots in your mattress will help you relax and stay on your back. Only problem is they are addictive and very soon you won’t be able to sleep without one. I use mine all year round. I recommend the Beautyrest. I use this one: [https://smile.amazon.com/Beautyrest-Scotchgard-Technology-5-Setting-Controllers/dp/B011KZ8EX8/ref=sr\_1\_4?ie=UTF8&qid=1543793967&sr=8-4&keywords=beautyrest+heated+mattress+pad](https://smile.amazon.com/Beautyrest-Scotchgard-Technology-5-Setting-Controllers/dp/B011KZ8EX8/ref%3Dsr_1_4?ie=UTF8&qid=1543793967&sr=8-4&keywords=beautyrest+heated+mattress+pad)

Here in my guesthouse with my own bed in storage, I purchased a foam sleeping wedge which works well with my My Pillow on top of it:

[https://smile.amazon.com/Xtreme-Comforts-Hypoallergenic-Breathable-Heartburn/dp/B01MG4GZX0/ref=sr\_1\_4?ie=UTF8&qid=1543794129&sr=8-4&keywords=foam%2Bsleeping%2Bwedge&th=1](https://smile.amazon.com/Xtreme-Comforts-Hypoallergenic-Breathable-Heartburn/dp/B01MG4GZX0/ref%3Dsr_1_4?ie=UTF8&qid=1543794129&sr=8-4&keywords=foam%2Bsleeping%2Bwedge&th=1)

Remember to never sleep on your short side, as it will further shorten those already too short muscles in the neck and along the top of the shoulder.

**A few of the best stretches to elongate the muscles in the back of the skull, neck and down the upper back are:** Cross-Legged-Body-Curl, Head Raise and Chin Smile, Head Harness, Foot Strap and Pillowcase Pull. Getting those muscles elongated and postural realignment are the major keys to getting rid of the symptoms. It’s best to work off of your DVD if possible - rather than the Manual which is great back-up but has a few exercises we no longer do, like the Elbow Pull, Leg Overs and Chin Rotation. The Chin Smile is similar to the Chin rotation but more effective.

**Reminder of Foot Strap** (sometimes called a Yoga Strap) which is at both huggermugger.com and now at smile.amazon.com for less money

[https://smile.amazon.com/REEHUT-Yoga-Strap-6ft-Flexibility/dp/B01M5F90TY/ref=sr\_1\_4?s=exercise-and-fitness&ie=UTF8&qid=1542998072&sr=1-4&keywords=yoga+strap](https://smile.amazon.com/REEHUT-Yoga-Strap-6ft-Flexibility/dp/B01M5F90TY/ref%3Dsr_1_4?s=exercise-and-fitness&ie=UTF8&qid=1542998072&sr=1-4&keywords=yoga+strap)

You’ll see you can choose a size - 8 ft. is okay for most but if you are over 5’7” or taller, you might want to get the 10 ft.

Here is the short video demo: <https://youtu.be/L-nYPJoiKoE>

The Foot strap is similar to the Head Harness but do both. I think some of you in the Long Distance Program are afraid of the Head Harness - please don’t be! It’s easy and I’ve found that no matter how your ST manifests you can use this amazing, wonderful and important tool. Just be sure to do it exactly as you see it being done on the DVD - head and shoulders tucked way under, chin jammed into your chest and head skimming the floor. You are NOT pulling forward with your head!!! Rather the head is passive and you are using your arms and trunk of your body to pull forward, This elongates the muscles in the skull, back of the neck into the upper back.

That’s about all for now. I can only hope and pray the next update will be written from my new home! May your Christmas and Hanukkah season and the New Year be blessed and full of encouragement. Love, Abbie