

**Update**

Hi all, the BIG NEWS is that at long last, I’ve secured a loan!!! God’s timing will always be a mystery to me; I knew when I moved to Taos, I was supposed to do a complete revision of the Manual and produce a S.T. Guidebook. It’s been a huge job with many hours at the computer almost every day - something of a challenge with my eyesight as it currently is. Anyway, it’s DONE and the day I finished it and sent the Pdf to the printer to get a proof, that very day, the loan came through! It has 73 additional page with everything I’ve ever learned about S.T. over the last 33 years, along with a last chapter on how I’ve constructed the clinic, as a blueprint for that one person who will eventually take over this work once I’m gone or no longer able to function as Director. It will replace the old Manual and all In-House clients will be given a copy as their workbook. It will be available for sale only to former clients who might want a copy at cost - for the cost of printing and postage and just a bit more to cover the PayPal fees and my time. Soooo, now that the loan is in, construction can begin on the house - generally a 4 week build, and the foundation built. I simply can’t wait to get into my new home and back into my life!!!!

Some Long Distance clients have asked why I cut out the Chin Rotation - Its agreat range of motion exercise IF you can do it - most ST’s are locked to one side and can’t do this. When doing the Chin Smile you are holding your head so all can do this and good elongation for back of skull and neck. A simple range of Motion stretch is included in the new Guidebook. That would involve sitting or standing and moving the head left, then right a few times. It’s good for the muscles and for the brain as well, but this is something I could not do at all until I came into recovery mode. .

**OCCIPIVOT:** I’ve had good feedback on the Occipivot from several clients. It’s sort of like the Bodo, but the Occipivot is passive; you just lie there with the little bumps at the EOP ridge. I love mine and use it nearly every night just for massage. You can find it at smile.amazon.com I always put it on top of a pillow so that my head is elevated and chin is a bit tucked while using it.

Here is a demo on YouTube.

<https://www.youtube.com/watch?v=Jay0Z88rS1g>

**What is GuaSha**

I’m including this in the new Guidebook and thought you’d be interested, You don’t’ need this for recovery but a lot of people, including me, like it.

“Gua sha is a traditional Chinese medical treatment in which the skin is scraped to produce light petechiae. Practitioners believe that gua sha releases unhealthy bodily matter from blood stasis within sored, tired, stiff or injured muscle areas to stimulate new oxygenated blood flow to the areas, thus promotes metabolic cell repair, regeneration, healing and recovery.” [Wikipedia](https://en.wikipedia.org/wiki/Gua_sha)

You can do research online and will find demos on YouTube. It does not and should not hurt. You only have to scrape for a minute or less to get the dark red markings on the skin. This will bruise and then fade in about 3 days. I offer a demo now to all In-House clients if they want to try it. I oil the area well - usually on the upper back shoulder area where muscles can be so tight and even lumpy. The I use the handle of a plastic Chinese soup spoon to do the scraping. The edge is perfect. Or you could use a smooth part of a comb. In the photo you can see the typical reaction. Obviously you stay in the muscles and not on a bone. Some people don’t turn red at all, and it’s usually because they don’t have much muscular congestion and spasm in that area.

# “Gua sha: Scraping of back is said to relieve pain and ease other medical problems.”

# https://www.washingtonpost.com/national/health-science/gua-sha-scraping-of-back-is-said-to-relieve-pain-and-ease-other-medical-problems/2012/09/24/2515229c-cf9a-11e1-8e56-dffbfbe1bd20\_story.html?noredirect=on&utm\_term=.72db24c9a152

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**GABA**

GABA is a neurotransmitter that blocks impulses between nerve cells in the [brain](https://www.webmd.com/brain/picture-of-the-brain). Low levels of GABA may be linked to:

* [Anxiety](https://www.webmd.com/anxiety-panic/default.htm) or [mood disorders](https://www.webmd.com/mental-health/mood-disorders)
* [Epilepsy](https://www.webmd.com/epilepsy/default.htm)
* [Chronic pain](https://www.webmd.com/pain-management/ss/slideshow-chronic-pain-myths-facts) Researchers suspect that GABA may boost mood or have a calming, relaxing effect on the [nervous system](https://www.webmd.com/brain/default.htm). (webmd.com)

GABA is not the same as Gabapentin? (Gabapentin is on the no-no list)

These are different (and similar) substances. One (GABA) is a neurotransmitter in the central nervous system that controls nervous system 'excitability'. The other (Gabapentin) is a drug that is an 'analogue' of GABA; i.e. it was manufactured to mimic the effects of GABA but it does not appear to effect the same receptors in the brain. It is, however, used to reduce nervous system excitability in epilepsy and in disorders with neuropathic pain such as fibromyalgia and chronic fatigue syndrome. These two substances, in the end, are similar and different. (Healthcentral.com)

Given the above information, I can only report that several clients have found the natural supplement GABA to be very helpful in controlling the symptoms of S.T. I tried it and felt it stiffened up my muscles. I’ve also had a couple of clients who felt worse after using it for awhile and thus, cannot recommend it, but feel it’s worth reporting what I have observed. Too much GABA can backfire and makes you feel anxious.

# NECK HAMMOCK: Go to smile.amazon.com and do a search for The Neck Hammock Portable Cervical Traction Device for Neck Pain Relief and Physical Therapy

Several people have asked about using the neck Hammock. I’ve never tried it, but it doesn’t look to me like it would be harmful, however it also doesn’t look like it would even come close to helping the way both the Foot strap and Head Harness help. If you decide to use the Hammock, just be sure your head is elevated and chin tucked, to get maximum elongation of the muscles in the skull, neck and down the back.

**PERSONAL NEWS:** abundant thanks to all of you who have been praying for my loan and especially for my eyesight. The Macular Degeneration continues to be an issue. I had to have another injection in my bad, right eye on Monday, the good left eye had improved, so it’s been a rollercoaster. I’m doing eye exercises and trusting the Lord for healing. I got the eye exercises off the internet and if I had Blepherospasm, I’d sure be doing them a couple of time or more daily. No way they can hurt and they might really help with those eye spasms. Here’s my routine;

1. Palming. Placing hands over my eyes ( but not touching the eyes) to cut out light and rest eyes for about a minute.

2. Moving eyes in a big cross - up and down and side to side for about a minute or more.

3. Moving eyes in a huge circle going one direction for a minute and then the other direction for a minute

4. Make a figure 8 vertically for a minute and then horizontally for a minute

5. Place thumbnail right in front of my eyes and stare at it for about 5 or 6 seconds. Then move my arm our straight, still looking at my thumb. Repeat about 10 times.

7. Put thumbnail right in front of my face and stare at it for about 10 seconds. Then look at something in the distance and repeat about 10 times.

8. Palm my eyes again to rest them.

Last of all but not least, I want to thank all of you who have donated to the clinic via our Facebook page and directly to the Clinic. This has meant so so much to me. The last few months have not been easy financially, and the donations have helped so much. Thank you again!!

Love to all, Abbie