**Summer 2019**

Hi all, below are **3 different reports from different clients** that I'm passing along to you FYI. I'm not necessarily endorsing what they say and have experienced but They are cautionary tales that are, at least, worth considering. So much of what we go through has to do with various factors - how strong is our immune system? What was our stress level? etc.
"I know that antidepressants can make dystonia worse, but since I now have depression caused by a recent brain injury, would you know of any medication that is less likely to cause problems with dystonia?  (note: I did try the new antidepressant "Trintellix" and you can add it to the No-No list if it isn't already there.  I experienced first hand that it made my dystonia worse."
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"I think you remember over 5 years ago I had Prolotherapy shot and it set off a comprehensive nerve pain syndrome that does not allow me to do the majority of my exercises. It is discouraging as my head is getting tighter and shakes more and worse."

**What is Prolotherapy?** This is from:
**The American Osteopathic Association of Prolotherapy Regenerative Medicine**
Prolotherapy (Proliferative Therapy), also know as Non-Surgical Ligament and Tendon Reconstruction and Regenerative Joint Injection, is a recognized orthopedic procedure that stimulates the body’s healing processes to strengthen and repair injured and painful joints and connective tissue.
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"I got the pneumonia vaccine. I was in sort of remission from ST but it came back worse and with a vengeance - MISERABLEAlso I think I had  a little bit of flu when got the injection."
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I have gotten the flu shot twice and both times had a horrible bout of flu afterward, so I no longer get the shots, but many people do get them, so this is up to you.

**Here is a new product** I found and ordered. It's about the same level of cold as the Elasto-Gel cold neck wrap I've recommended for years and that many of you have, but this one covers a bit more of your body and is weighted, which feels good.
Weighted neck wrap: 2 for $29.99.   https://www.thermacomfortwrap.com/

**Personal report:** The new house is FINALLY in!!!!  Both sides are joined and now the construction crew comes in for all the final work; digging the septic, water line from the well and connecting all the utilities and building the cement steps and rails. All this takes about a month, so I should be able to move maybe the first week of July. Then the garage will be built. The the huge move in is next and getting unpacked and settled. I'm hoping to begin taking In-House clients maybe by the end of August. Its been a very long and frustrating process and so expensive but it's at long last happening. Thanks to all of you who have donated and helped during the past few months - that has been a life-saver!!!!
Re. my eyes: thank you for praying for me! Thank God I can still drive, read, work at the computer and knit, but it's an ongoing challenge, and I had to have another injection last week.
It's a joy to be here in Taos near my son and family, and a joy too to be able to play drums once again with my music team at church.

Stay in touch with any questions and concerns and patiently plod along with your program. It's that daily work that brings results. In a month or so when I move, I'll be off line for probably a week or so until I get hooked up at the new house. I'll send you an update before that. Blessings and love to all of you.   Abbie