

A quick praise report - I passed my drivers test - barely but I passed. I stayed up all night the night before the test, praying and listening to praise music. Then before going over to the MVD, I asked the Lord if He could give me a bit of encouragement. Immediately the words “Psalm 77” flew into my mind. I looked it up and, years ago I’d underlined in red “Our God is a God that doeth wonders.” Then I failed the test at the MVD, unable to read the little row of letters and was so devastated. They said that could either take my license away and give me a photo ID or I could try to find a Dr., get tested again, have him fill out a special form and they would honor that and renew the license. I called all the doctors here in Taos but they were all booked past the license expiration date, so I looked up doctors 45 minutes south of here in Espanola and the first one I called had an opening so I tore down there, did the test, barely passing by a miracle. The Dr. filled out the form, gave me a $40 discount and a hug and sent me out the door. I picked up the license Monday morning. He is a God of wonders for sure! **THANK YOU to all of you who faithfully prayed!!!!** This was one of the biggest battles of my life, as, if it had not renewed, I wouldn’t have been able to do the clinic and so many other things. Life as I know it would have been over.

**A BIG thank you also** to all of you who have given donations to the clinic - including those on our Facebook group. It means the world to me and always so needed. I quit booking clients until I had results of the driver’s test but can now begin booking again, but will have a period of time with no In-House clients so personally and for all clinic needs, such as printing, advertising etc. the donations are so needed. Bless you for giving!!!!

**Re. mercury fillings:** I had my teeth cleaned a few weeks ago by a dentist whom my son said is the Lexes of dentists in Taos. I asked him about mercury in the teeth and the advisability of having the old silver mercury fillings removed. He said that he has several and would not bother to have them removed - as he feels they do not pose a real problem. Removing them can actually cause a release of the toxin into your system. I’m not saying do or don’t; it’s your decision. He told me I have a few - news to me as I thought all mine were all gold, and I managed to recover without having them removed.

**Nice article by Tom Seaman:** <https://www.tomseamancoaching.com/interview-managing-the-physical-and-emotional-aspects-of-dystonia-and-pain/>

**Remember the importance of rest breaks** along with your exercises and massage. A rest break is not time off but rather a time to teach your body to let go and relax. A body with S.T. has lost muscle memory for relaxation, due to the constant tight and spastic muscles, so you need to teach your body to do that again. The best way to do a rest break is on the floor on your back, head propped up and then listen to music watch something fun on T.V. , listen to a book on tape or just enjoy the quiet. Visiting with someone in person or on the phone is not a rest break

! Personally I found that watching T.V. worked because it got my mind off of me and the suffering and that was helpful. The body needs that rhythm of push - rest - push, etc.as you peruse recovery. Here is a nice quote from the Seaman article: “It is important to rest for better productivity. If you don’t schedule time for rest, your body will schedule it for you – and that will not be pleasant rest.”

**Request:** I occasionally get a request from an ST’r wanting to communicate with someone who has been through the clinic - either In-House of Long Distance. If you have pretty much kicked the symptoms and would like to be on a list of those willing to communicate with such an inquiry, please email me and let me know the best email for you in that regard. Thanks so much!

That’s all for now. Thank you again and again for your prayers during this crises and I wish all of you a very happy Thanksgiving. Love, Abbie