

Hi all,

as usual, here are some tips and tid-bits of news.

**Re. Celery Juice,** Here is the name and email of the woman who sent me the info vickie Jenkins vmjdoglove@yahoo.com

I’m a fan of anything natural that works. Do your own research on this.

Here is a testimony from another client

*“Just a short note...I read on your email about drinking celery juice once a day  my hubby started about a week ago and I’ve seen some improvement with his involuntary muscle spams!!   Who ever discovered this is a saint!!   I read that celery juice helps detox inflammation in the body and anyone that has Cervical Dystonia should try this.  My hubby has had this for 4 1/2 yrs and what a journey but the grace of God he’s doing so much better and neck is getting straighter!!    I’m sending lots of prayers to all that are fighting this!”*

***And nother testimonial….***

*Me too - I noticed the same change when I had celery juice every morning first thing in the morning for 3 months. My tremor was gone. When I stopped it came back. Celery has something to do with what's going on with us.*

**Just a reminder:** if your back is tight, your neck will not want to release, so always include your back stretches - like the Bend-Hang, Seated pull, Rower, Pole Twist and others that you feel in your back - and of course lots of massage. Work on your posture. Try standing very erect, back against a wall, in a gentle military; then walk away a few steps in that position until you can walk across the room erect. Do several Drop & Rolls during the day off and on. I do them at stop lights! Do sitting or standing. Drop your head. Then with chin tucked, begin your Eeee and roll up into a hard military, holding the Eeee, chin still down and hold for 3 or 4 seconds. Repeat. Remember not to do things that jut the hed orward or roll the head back.

**Speaking of massage….**

The wonderful Kneading Fingers no longer available. The company went bello-up in December. I did some research and ordered a neck massager from Amazon.com

# Zyllion Shiatsu Back and Neck Massager - Kneading Massage Pillow with Heat for Shoulders, Lower Back, Calf - Use at Home and Car, Black, (ZMA-13-BK)

[https://smile.amazon.com/dp/B00BOYA2M2/ref=sspa\_dk\_detail\_2?psc=1&pd\_rd\_i=B00BOYA2M2&pd\_rd\_w=Lzh5R&pf\_rd\_p=45a72588-80f7-4414-9851-786f6c16d42b&pd\_rd\_wg=Ozu8a&pf\_rd\_r=WPXE2WRCK6YJWHTQ1VKV&pd\_rd\_r=4619da58-a5fd-461f-a86b-8a1e066d63ab&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFRT0w3RDFNNVdTVEUmZW5jcnlwdGVkSWQ9QTA3NTU4OTcxRVNBNFBTQ1U2NVpGJmVuY3J5cHRlZEFkSWQ9QTA5OTY4MTFOUEJEMEFaODBLV0wmd2lkZ2V0TmFtZT1zcF9kZXRhaWwmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl](https://smile.amazon.com/dp/B00BOYA2M2/ref%3Dsspa_dk_detail_2?psc=1&pd_rd_i=B00BOYA2M2&pd_rd_w=Lzh5R&pf_rd_p=45a72588-80f7-4414-9851-786f6c16d42b&pd_rd_wg=Ozu8a&pf_rd_r=WPXE2WRCK6YJWHTQ1VKV&pd_rd_r=4619da58-a5fd-461f-a86b-8a1e066d63ab&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFRT0w3RDFNNVdTVEUmZW5jcnlwdGVkSWQ9QTA3NTU4OTcxRVNBNFBTQ1U2NVpGJmVuY3J5cHRlZEFkSWQ9QTA5OTY4MTFOUEJEMEFaODBLV0wmd2lkZ2V0TmFtZT1zcF9kZXRhaWwmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl)

The one I ordered 2 weeks ago is almost identical to this but no longer available. I’m sure this one is pretty much the same, I I find it’s very deep and only $50. compared to the $219. price tag on the Kneading Fingers. There are several on amazon that are similar.

Here’s an item several of our In-House clients like.

**It’s a weighted cold pack.** At amzon.com, look for the one that is 5 lbs.

# Calming Comfort ThermaComfort Weighted Hot/Cold Neck Shoulder Wrap- Deep Pressure Therapy, Herbal Aromatherapy, Comfort Fit Design- 5 lbs

# You will also find it at <https://www.getthermacomfort.com/> but not sure how many pounds tbs. this one is,.

**Sad News**; Gabi in Slovakia is no longer able to do the In-House clinic there due to unforeseen circumstances. Please pray for her. Thanks!

**Here is an interesting site on a Botox Savings Program.** They will pay you back  up to $600 every three months. You just show proof of your out of pocket by sending in an EOB (Explanation of Benefits) from your insurance company. You can call at 1-800-44-BOTOX or online at  <https://www.botoxsavingsprogram.com/>

**Personal note:** Please continue to pray for my eyes. I can no longer drive on the highway and drive very slowly around town. I trust the Lord and His power to heal - by whatever means.

Thanks you again and aging for the donations that have come in. They are needed and are such a blessing and an encouragement!!

Blessings to all of youj. Abbie