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| ::Documents:STRC:Logos:Square Logos:best.jpg **Spasmodic Torticollis Recovery Clinic, Inc.** |  |

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Hi all, here are some newsy items as we launch into 2021:

First of all I want again to so deeply thank those of you who have donated to the clinic. Covid really was a disaster for the clinic as people have been afraid to travel, and even Long Distance orders have been down. Part of that may also be due to people not able to find the clinic on the search engines, even though I pay Google monthly to be on page one - that often does not happen. So the donations have been life saving for the Clinic - thank you so so much!! ! Also some of you have been faithful to mention the clinic on the SST/Dystonia bulletin boards and that’s also a huge help. Thanks so much!!

 **For you ladies**, here is something regarding menopause that might interest you, as it’s helped one of our clients a lot.:

Menopause Relief - Relieve Hot Flashes & Mood Swings - 1 Bottle Menoprin Day - 60 Capsules

by Approved Science
Learn more: [https://smile.amazon.com/dp/B01J65AHH0/ref=cm\_sw\_em\_r\_mt\_dp\_mAl.FbA17JZ3Z?\_encoding=UTF8&psc=1](https://smile.amazon.com/dp/B01J65AHH0/ref%3Dcm_sw_em_r_mt_dp_mAl.FbA17JZ3Z?_encoding=UTF8&psc=1)

She said:

 “I bought a menopause supplement on Amazon.  I started taking it about a week ago and so far it is helping! YESSSSS!   I barely have any hot flashes and when I do they are barely there. I also feel calmer.”

**Tremor Info:**

Awhile back one of you submitted a recipe for a smoothie that helped you reduce tremors. A client recently emailed me and wanted that recipe, so could you please email that to me soon and I’ll send out another update with the recipe. Thanks so much!

**Here is a great product** that can be used on any spot where you have pain. If you get one or more, get the 5 inch one. The come in a thin cover like a sandwich baggie. Leave it in the cover if you are using it anywhere with hair but to use it as a sticky, remove the paper and stick on any hairless part of your body that is clean and free from lotions. Then remove it, place the paper back on the sticky nd free. It will stay for hours and remains cold a long time. It’s very thin so won’t show under clothing. Store in freezer. They are a bit hard to find. Here are two links - one on amazon and the other on Ebay. Those of you who can feel the ST shortness/tightness up in your skull on your short side may find these to be a blessing when you are lying down as they tend to almost instantly provide some relief from that tightness (in this case, don’t use as a sticky but keep it in the provided cover or a sandwich bag.)

**Cold Pain Cakes:** (from amazon) https://www.amazon.com/PAINCAKES-Cold-Sticks-Stays-Place/dp/B07K6ZN28P/ref=pd\_bxgy\_img\_2/134-3676086-1586921?\_encoding=UTF8&pd\_rd\_i=B07K6ZN28P&pd\_rd\_r=8ab0ed76-c07e-48bc-a760-5c395266d1cc&pd\_rd\_w=kkJfs&pd\_rd\_wg=UeDLa&pf\_rd\_p=f325d01c-4658-4593-be83-3e12ca663f0e&pf\_rd\_r=7MN0N8QBJYYACQSS5R5Z&psc=1&refRID=7MN0N8QBJYYACQSS5R5Z

**Here it is on Ebsay:** https://www.ebay.com/itm/PAIN-CAKES-Chill-Stick-Go-Large-Purple-Re-Stickable-Cold-Pack-up-to-100x/333864229539?hash=item4dbbdbdaa3:g:fLIAAOSw~W1gCMIy

**This is a note from a former client** that I thought it would interest you. She asked that her name and email be kept private. Be sure to always consult the No-No med list (on our Related Links page) and if you are prescribed a drug not on that list, go to [www.drugs.com](http://www.drugs.com) and check out the side effects of that drug. If there are muscle issues like spasms, twitching, jerking, etc. that is a red flag for that drug. So here is this lady’s story:

“You requested a current list of meds I was taking and promptly told me the Trazadone was a no no drug. I had been taking it for sleep for 30+ years. It took me a long time to wean off the drug and a long time for my body to get used to sleeping without it. I completed the weaning off process in November of 2019. I can happily report I have not had any Botox” injections for 49 weeks. I was asymptomatic for longer than 49 weeks but was afraid not to have the injections prior to that because I was concerned it would return. If my memory serves me correctly i have been asymptomatic for 6-9 months prior to stopping the injections.’’

So clearly weaning off that drug, made a huge positive difference for her. Go natural as much as you can. I’ve mentioned this before but my favorite natural herbal sleep aid is Deep Sleep, available at most health food stores and online.

**Re. exercises:** all of them are important but some are more targeted for the skull and neck than others and thus especially important, like the Head Raise and Chin Smile, Foot Strap, Cross-Legged Body Curl, Drop & Roll off and on throughout the day, and Head Harness either using a gym hook up or Bodylastics. Also a reminder that if your back is tight, your neck will not want to release, so the back exercises are very important - like the Bend-Hang, Toe Tucks and Knee-Overs and Rower. Also I still use my gravity table a few times a week and love it as a full body traction.

Remember that YOU are the boss and your job is to home-school your body back to normal, gently and daily nudging those muscles to elongate. Sleep on your back! You cn teach your body to do this. It took me months but now it’s the only way I can fall asleep. One day at a time warriors. God’s blessings to all of you, Abbie