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

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Hi all, just a few this and that’s and I promised to send you the **recipe for the smoothie** that one client said helped with tremors.



Remember that for most ST’rs with tremors, the Eeee position is designed to, OVER TIME, eliminate the tremors as it gently realigns the jaw and posture. So try this: stand back against a wall in strong military/Eeee and hold about 3 to 4 seconds. While you are holding that position, do your tremors lesson or disappear? If so, that is a strong indication that the Eee will, as I said over time, get rid of the tremors. ST tends to jut the head forward creating poor posture and misaligning the jaw, which can cause tremors and also block the trigeminal nerve from functioning properly. I am posting at the end of this update the post-it regarding this for review to help you connect the dots. We have had a few clients come in as Covid seems to be decreasing and several states opening up.

P**ersonal news:** please continue to pray for my eyes. It’s been an awful battle for me. I have started Hyperbaric Oxygen treatment - crawling into a pressurized tube for high level oxygen infusion, once a week. It’s a bit like being in a personal submarine for 90 minutes and not much fun but has many health benefits and is supposed to help with macular degeneration.

I’ll also let you know, full disclosure, that I’ve apparently developed Dystonia in my feet and legs. It only bothers me at night in bed but when a severe spasm comes it’s judt awful - very painful and impossible to walk until it calms down in a few minutes. So as soon as I can move, I put a 5 inch pain cake ice pack on the ankle where it’s worse and then spread Max 88 pain cream around the area and then get up and do some stretching and use the Pure Wave massage for awhile.

[https://smile.amazon.com/PADO-CM-05-Percussion-Massager-attachments/dp/B08GB73JHK/ref=sr\_1\_3\_sspa?dchild=1&keywords=pure+wave+massager&qid=1616182664&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyRFBJTDZNRFJVREpXJmVuY3J5cHRlZElkPUEwNjIxMzI2VVIyN0dPQU1QRVIyJmVuY3J5cHRlZEFkSWQ9QTA4ODQ3MzgzU0ZOMzFJNlM3NE9SJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ](https://smile.amazon.com/PADO-CM-05-Percussion-Massager-attachments/dp/B08GB73JHK/ref%3Dsr_1_3_sspa?dchild=1&keywords=pure+wave+massager&qid=1616182664&sr=8-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyRFBJTDZNRFJVREpXJmVuY3J5cHRlZElkPUEwNjIxMzI2VVIyN0dPQU1QRVIyJmVuY3J5cHRlZEFkSWQ9QTA4ODQ3MzgzU0ZOMzFJNlM3NE9SJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ)==

I thought some of this info might interest some of you.

**I**

 **want to give a huge THANK YOU!!!** To those who have donated to the clinic. It has been such a blessing and so needed. This past year with all the Covid restrictions, has been very difficult. Normally the clinic sees around 40 In-House clients. In 2020, we had only 7. We normally have 40 to 50 Long Distance clients and in 2020 had 33, so you can imagine what this has done to us financially. Your help has been a God-send. Thank you again!! I did the DVDs back in 2001 and have learned much since then, including the importance of the Eeee to the realignment of the jaw and central to the entire recovery process, so I’ve been mulling over the possibility of doing a new exercise DVD. The last one for both DVDs cost me 2K so only doing one DVD would hopefully cost less but the clinic can’t really afford that right now, so I’ll give it some time and see how it might come together.

I know I sound like a broken record at times, but just a friendly reminder that there are a few exercises that are just vital to the recovery process: The Head Raise and Chin Smile, Cross-Legged Body Curl, Foot Strap, rower for your back, and Head Harness, Drop & Rolls now and then throughout the day and of course DAILY massage. Keep fighting the good fight. Love to all of you, Abbie

Here is the post-it:

People have asked me why this program works, and I have no proof for this, but this is my theory, and I believe it’s accurate. ST’rs produce too much Adrenalin and Acetylcholine in the brain; Adrenalin inflames both muscles and tendons, and it’s the Acetylcholine that flows through the nerves to the muscles setting off the spasms; it’s the substance that is being blocked by the Botox. One or more of the cranial nerves at the basil ganglia is misfiring, and this is the source of the problem though no one is yet sure why those nerves misfire (but it is related to the 5th nerve – see more on this below), and thus ST is considered idiopathic or without known cause, however ost neurologists believe it is genetic. My hunch is that the misfiring of the nerves then causes changes in the brain – which in our case produces too much Acetylcholine (which flows through the nerves into the muscles causing the spasms) and adrenalin (which enflames both tendons and muscles, keeping the spasms active). But there is also the reality of muscle memory and brain’s adaptation to the condition – for example our brains have learned that crooked is straight – so that when someone straightens your head it feels crooked. This program with the DAILY reinforcement of the exercises to lengthen the muscles and massage to break up scar tissue, detox the muscles and bring circulation and life back into the musculature, along with the nutritional aspects of the program to, again, detox and nourish the body – begins to, over time, as the body is reprogrammed, establish new muscle memory for normal and to actually create new neural brain pathways – the same thing that happens when you learn a foreign language or a musical instrument. In the surgery DBS, the Dr. drills down through the brain and lays a hair line electrode on the misfiring nerve and then puts things like heart pacers into your chest. When it works, it’s like a miracle, but is still experimental and potentially fraught with danger – you can be paralyzed, loose your vision or speech, etc. So far I’ve had 3 calls from St’rs who had that half million dollar surgery done and now it’s no longer working and they are back to square one. It’s tragic – but I know that some have been helped. When someone has had surgical intervention for their S.T., our program does not seem to be effective. So, when the surgery works, it could only work because by stopping the misfiring of the cranial nerve, then the overproduction of both adrenalin and Acetylcholine is normalized, and thus the symptoms disappear. Then why does the S.T.R.C. program work? Again, my hunch is that as the muscles lengthen and you begin to achieve bilateral equality in the neck muscles, and the head begins to straighten, a more normal flow of information up the spinal column into the brain begins to be re-established, which may very well help to normalize the misfiring of the cranial nerve, and thus normalize the excessive over-production of both Adrenalin and Acetylcholine, and so you are able to achieve a state of ongoing recovery from the symptoms. That is my only explanation as to why this program is effective. Recently there has been a lot of discussion in our field of the use of dental orthotics. The 5th or Trigeminal nerve is located in the jaw area and runs up into the basil ganglia. When you have ST, that nerve is pinched (due probably to the misalignment or tendency of our heads to jut forward, putting pressure on the jaw – many ST’rs complain of TMJ) The orthotic device appears to force the bones in the jaw apart a bit so that the 5th nerve has a clear path and can operate normally, but it can be hard to eat and speak with that contraption in your mouth. On our program when you use the Military Brace position with the Eeeeee, that accomplishes the same thing; you can feel it working the jaw area, and over time, it restructures that jaw area, allowing the 5th nerve to operate normally. The military elongates the short muscles in the back of the head and neck,and the Eeeee reprograms the jaw. This apparently is the key to "fixing" the abnormal misfiring of the cranial nerve, which then, in turn, normalizes the production of both Acetylcholine and Adrenalin, and then you can come into an ongoing recovery. Changes do occur in the brain. All of this works together to create a sort-of new reality for the body to live in that is normal. You still have ST, but you have replaced the phenomena of it with a new normal state of being. This will happen over time, slowly in bits and pieces IF you will do the program, but you must be diligent and not expect much at all at first. You will lay an invisible foundation deep within the muscles LONG before you actually SEE anything that could be called progress. I and others who have hung in there and kept up with the principals of the program can testify that this does happen, but we have to keep up with the program if we want to stay well. I’ve been living a normal life now for over 30 years but work the general principals every day. It becomes simply the way you live – like putting in your contacts everyday to see well. So I gave that background to say this; I believe our program is effective because you will spend months stretching, elongating and normalizing those spastic muscles, detoxing the body and feeding it what it needs and massaging to assist in the elongation and reprogramming process, and your alignment and posture will change over time. When all of that finally happens, I believe that proper circulation and exchange of info between the body and brain is normalized (after years of being compressed and pinched off at the EOP or occipital ridge) and that must, in turn, normalize the output of adrenalin and Acetylcholine and then you can come into what we call an ongoing recovery. But this must become a lifestyle. I still do my program to stay normal and feel good and function normally, but it’s a very small price to pay! Some client who come into recovery mode no long exercise or do the massage work but they do follow the postural alignment, sleep mostly on their back, avoid the no-no medications, and avoid activities that can bring back symptoms – like anything that juts the head forward, rolls the head back or can cause an accident or stress on the body like many sports activities can do.