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

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Hi all, hard to believe winter is just around the corner! Here are some tid-bits.

**For some unknown reason** the wonderful free video on our Related Links page, was removed. It featured the short massage demo by Myra. If any of you saved that little video in some other format (other than youtube) PLEASE let me know. Thanks. No idea why youtube removed it and no explanation.

For Long distance clients, your exercise DVD is a few years old. Here are a few current edits: The SOS is no longer available; we now use the Occipivot. If you get the Bodylastics, get the one with 5 bands, not 4. We no longer do the Elbow Pull, but it’s fine if

you want to do it. The Kneading Fingers is no longer available; we now use the Shiatsu massager from amazon.com. The Head Harness you will order has a Velcro closure, not a buckle. I’ve been thinking or re-doing the DVD just to update it, but I watched it again and honestly feel we cannot improve on it, although Ginger was very willing to go for round 2. It would have cost over a thousand and I don’t feel it’s necessary.

**If any of you have an old SOS** that you no longer use, let me know and in the next update, I’ll let clients know if they want to buy it from you.

**Thank you again**

**SO much** to those of you who have donated to the clinic work!! October was another difficult month when we didn’t make budget for basic expenses. Covid has really cut into the work here, as many people don’t want to travel with the mandates and finances are tight. Any donations are gratefully accepted! Also I used to be able to pay monthly to be on page one of Google, but that offer is no long available at a price the clinic can afford. So if you browse the ST or Dystonia bulletin boards online, please mention the clinic if possible. That would be an enormous help! Thanks so much! We may still occasionally appear on Google or yahoo but it’s sporadic and out of my control.

**A repeat reminder for posture**, to correct the head jutting forward and/or tremors: Include this exercise in your routine a few times a day: Stand back against a wall in a strong military/Eeee, neck toward the wall, chin down. Don’t hold your breath. Then, in that position walk forward 4 or 5 steps and repeat. Remember that YOU are in charge of teaching your body a new normal. Clearly you are not going to walk around socially like that, but it’s a good training exercise for your body and brain to do that a few seconds at a time.

Also a repet reminder, that if any of you who have had the Covid shots have seen any change in your S.T., I’d be interested to know. Remember during this time keep your immune system strong with extra vitamin D3, zinc and vitamin C, along, hopefully, with your Shaklee Vitalizer.

**On a personal note,** I may have mentioned previously that I’ve apparently developed some Dystonia n my legs and feet. For the most part it isn’t noticeable, but about 3 weeks ago the pain in my left leg and buttock was awful, and when a client was here, it was impossible to do some of the exercises and at times hard to walk. So I began daily massaging it with my Pure Wave massage tool using the most aggressive attachment

[https://smile.amazon.com/PADO-CM-05-Percussion-Massager-attachments/dp/B08GB73JHK/ref=sr\_1\_5?dchild=1&keywords=pure+wave+massage+tool&qid=1633548384&sr=8-5](https://smile.amazon.com/PADO-CM-05-Percussion-Massager-attachments/dp/B08GB73JHK/ref%3Dsr_1_5?dchild=1&keywords=pure+wave+massage+tool&qid=1633548384&sr=8-5)

and kept my Nikken power chip magnets on both my thigh and buttock 24/7. And I used the Joint Cream Max 88 from QVC.com for pain off and on during the day. It took about 10 days to completely clear up. It takes time and persistence to heal naturally, but if we refuse to give up, the battle can be won! I deeply appreciate your prayers for my eyes. It continues to be the toughest battle of my life - worse than ST., worse than cancer. I can no longer drive but have found a wonderful driver, who has become a friend.

 So dear ones, keep fighting the good fight and stay in tough. Love and prayers, Abbie