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

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Hi all, time for more this and that.

**Former client ,** Ted & wife Beth Weller from Denve have a Kneading Fingers that was used maybe twice and is in ne condition.  They will sell it for $50.00 plus shipping (offer open to U.S. clients only) Here is Ted’s email if you re interested: keepitshort@q.com

As you know, when Kneading Fingers was available, they cost over $200.00.

**As winter comes,** a reminder that using a heated mattress pad can help you to stay sleeping on your back. If you get chilly while sleeping, you tend to automatically curl up on your side which will cramp up your neck and un-do some of the good strides you have made to elongate those shortened muscles. The brand I have a recommend is Beautyrest as seen here:

https://smile.amazon.com/Beautyrest-Mattress-Temperature-Control-Electric/dp/B08FXMR8PV/ref=sr\_1\_2?keywords=beautyrest+heated+mattress+pad&qid=1636655999&qsid=140-1797508-7241101&sr=8-2&sres=B08FXMR8PV%2CB01J5GFACM%2CB0068DKXEG%2CB08DFXSMR7%2CB091CQQ2PH%2CB00FHW8RFQ%2CB005HWVUG4%2CB07W4SHMRB%2CB07ZVSGL5J%2CB008BF2U5Y%2CB086RSL527%2CB095KCVYNW%2CB07S1CSJPQ%2CB001JEPSSA%2CB0088AHKKC%2CB08KJ1NL3B%2CB00NES8SDG%2CB009GIRZEG%2CB07WC4VJN9%2CB00F655PAO&srpt=MATTRESS\_COVER

**You an get Nikken products** on both Amazon and Ebay, such as the the power chips, magnetic insoles, some of the magnetic wraps and more. The power is the same wheather new or used.

**Re.** [**wikipedia**](https://duckduckgo.com/?q=wikipedia&t=h_) As I mentioned in the last update, I can no longer afford to pay for page one placement on Google and Yahoo and as a result am noow getting very few inquiries for clinic info. Years ago I tried doing a [**wikipedia**](https://duckduckgo.com/?q=wikipedia&t=h_) post but didn’t understand some of their rules and listed some self help tools and approximste prices. I then got an Emil from **[wikipedia](https://duckduckgo.com/?q=wikipedia&t=h_)** saying I was being banned for advertising and they would no longer ccept any post from my ip address. I’d love to have a [**wikipedia**](https://duckduckgo.com/?q=wikipedia&t=h_) presence as that might show up when people are searching for info on ST. If any one of you is familiar with [**wikipedia**](https://duckduckgo.com/?q=wikipedia&t=h_) how to do a post on , please email me . It would be very short but I think having that online would be helpful. Thanks!!

**I recently got an email from a former client** who, djue to family issues, had dropped the program for a few years aand now wants to begin her recovery program again. Remember that if for some reason, you have not done the program for awhile, and want to begin again, you will basically be started from scratch and must baby-step your way back in and work slowly to, once agaain begin to establish new muscle memory as your brain and body begin again to learn to work together.

**Regarding stress:** I think all of us around the world have being going through a very stressful year with Covid, the vaccines and all that entails like job loss for some, etc. etc. It’s so so important to keep your immjne strong!!! As you know I pjush the Shaklee Vitalizer - it’s kept me strong and healthy for over 40 uears. Then due to the virus, be sure to take extra vitamin C, D3 and zinc. All of you know that almost all the anit-depressants are on the no-no list and can have serious side effects, however there are natural herbs and protocols you can use. If you are on prescription drugs, it’s a good idea to check with your doctor before taking some herbs. Personallhy I take L-Tryptophan, melatonin, Nighty Night tea at bedtime and Deep. Sleep if I’mhaving trouble sleeping. Then remember to take time to pamper yourself (without guilt!) like long hot baths, time in the Jacuzzi and steam bath if available and plenty of massage. And last but not least, remember God loves you and will bring all of us through this and give you peace as you pray. Gless all of you. Love, Abbie