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

**⦁ S.T.R.C., Inc. ⦁ P.O. Box 86 Ranchos de Taos, NM 87557 ⦁575-737-1144 ⦁Abigail Brown, Director ⦁www.stclinic.com ⦁stclinic.info@gmail.com**

Hi all, Spring has at long last sprung, and there are a few tid-bits to share. First of all, a few donations have come in, and I’m so very grateful. Thank you!. Perhaps it’s the inflation but we’ve had so few clients, which has been a major financial hardship. The clinic pays me rent which is my income, and pays the bills. I have lowered the rent by a quarter of what it was, which is a sizable drop in my income, so the donations are very deeply appreciated!! The most important thing to me is keeping this clinic open and thriving! Again, it really helps if any of you re on Facebook or other social media and mention the clinic. Thanks!!

**Re. Joint and Muscle Ppain** **Cream Max 88 is** is now finally available again at QVC.com This natural pain cream really does work and can be used off and on all day. Here is the link:

<https://www.qvc.com/DrPaulNemiroff-Joint-Formula-88-Max-Plus-Muscle-Cream-Auto-Delivery.product.A220588.html?sc=PSCH&qq=mh&TZ=EST>

**Straight chair stretch:** (part one) do this with hands, not forearms on your knees for a better stretch between the shoulder blades. As you begin to come up, begin your Eeee and roll up into a strong military and repeat

**Don’t forget the shrugs.** This seems like a simple exercise and thus easy to overlook, but if you will do several times - maybe 10 to 20 reps, and keeping your head loose and down, it really helps loosen up the top of the shoulders, and you will also feel it up into the baack of the skull.

**Most important sttretches for the neck and** **head:** (and all these prepare you for the head harness) are the Head Raise, Chin Smile, Foot Strap, and Cross-Legged-Body-Curl.

**New website configuration.** I recently was made aware that the navigation buttons on our homepage would appear way to the bottom of the page on some phones. My webmaster redesigned the page so that the buttons are either at the top or along the left side. This was an expensive fix, so if any of you still find those buttons at the bottom of the home page, please let me know! Thanks.

**Re. cold packs:** did any of you try making a cold pack log as suggested in the last update? Let me know how it worked out. I made one with the gel and another one with 1 12 cup of dirt from my yard; the gel on did leak but the one made with dirt held up well. This is nice for the base of the skull or on the head behind the ear when lying down, both for the cold and for support. Remember - cold for the head and neck and heat for the back.

**Posture!!!** If your back is tight and/or head is jutting forward, the neck will not release.

**This is worth repeating:** don’t forget all the exercises that stretch the back and of course massage daily.

**our immune system:** we may see a new virus in the Fall, as I’ve heard warnings about that on the news, so please prepare yourself! Shameless plug - as you know I strongly recommend the Shaklee Vitalizer and credit that with keeping me free from Covid for 2 years. Also a year ago, I began using HCQ. I have not had Covid or any of the variants and have not taken the shots. For the Vitalizer, there is a formula for men, for women and one for all those 50+, which is called the Gold formula. In my opinion, this is by far the most superior food based natural vitamin/mineral product anywhere. I also strongly suggest you take extra D3 and zinc, as I do to help protect against getting sick. Better to be safe than sorry. If you have already enrolled in Shaklee, you can go ahead and order using your I.D #, and you receive the 15% discount Shaklee’s phone is 1-800-742-5533. If you would like to enroll in Shaklee, email me and I will email you the application - OR you can just order from my website: <https://us.shaklee.com/Nutrition/c/100>

but, if not enrolled, will not receive the discount.

**Obusforme:** I have 3 high back Obusformes (by Homedic available on Amazon.com) and decided to washj them for the first time. It’s hard for me to red the label but it looked like it said polyester. I washed all 3 in the machine, put 2 in the dryer and air dried the 3rd. All 3 shrunk so much it was really hard to get them back on the form. So if you are going to clean yours, I think it’s best to leave it on the form and spot clean. Frequent use of the Obusforme can help to train your body toward more erect posture.

**Fires**: Several of you have asked me about the New Mexico fires raging out of control here. Please pray for the many people being evacuated, and, many of those empty homes are being ravaged by thieves. Please also pray for rain and an end to the high winds. Thanks.

**Continue to fight this battle for your health.** I know we are all battling on many levels in our culture, and it can be emotionally exhausting, but God will honor that warrior spirit and bring us through to victory. A reminder that all previous updates cn be seen here: [https://stclinic.com/updates](https://stclinic.com/updates/)

Love to all, Abbie

[**Hsn91$2218**](tel:8009192218)