

Hi all, here we are already into fall. Hard to believe!! Here current tid-bits:

**Pillow**: you know I love the *My Pillow* and use it nightly, but a client sent me a link for a memory foam pillow that is helping him stay on his back and seems to be helping his neck feel better, so I ordered one and really do like it a lot! It’s clled Zamat memory fom contour pillow. It’s not true contour, because it does not roll the head baack. There is an indentation for your head, tuckint your chin a bit and the rest of the pillow is flat. I bought the standard size. Here is the link:

<https://www.amazon.com/dp/B08CVQSTSP?psc=1&ref=ppx_yo2ov_dt_b_product_details>

**CBD Oil**: I have had some positive feedback on the use of CBD tincture oil for pain: The company is Cloud Co and they're out of Alamosa, Colorado. Their website is <https://cloudcofarms.com/>

I am not recommending this, but simply passing along the info. CBD oil is natural, and I have never heard of anyone having a problem with it. I still STRONGLY recomment the Max 88 pain cream from QVC.com

**Chin Smile**: When you are doing the exercise, chin smile, hold the smile on your short side for a few extra seconds to further elongate the muscles on that side. As I have said before, I think there are a few very major exercises for the head and neck: the foot strap, head raise, chin smile, cross legged body curl and of course the head harness.

This info from a client who has been in recovery f for years:

 “I think the Eeeee is a huge part of my recovery, because I wasn't doing it for awhile when I didn't understand it's purpose---it made all the difference!!!!” So remember that the military and Eeee always go together!

**Cordless Shiatsu now available**

Sometimes this cordless version is available and sometimes not. The corded one works just the same, but you cn try typing cordless shiatsu neck massager into the search bar. It came up today, so worth a try.

**Posture:** I know I have mentioned this before, but it bears repeating. I wish I’d put this in the Guidebook, because so many have told me it’s been helpful for them, so maybe add this to your routine: stand, back against a wall and push the back of your neck, not your head, toward the wall, chin down, using a strong military/Eeee. Then, in that position, walk three or four steps away from the wall. Relax and repeat a few times. This will teach your body to be more erect.

**S.T.R.C. BASICS**

Here is a reminder on the basics of the program:

1. The Military/Eeee is VITAL if you want to get well !!!! The Military and Eeee ALWAYS go together! The military elongates the short muscles in the back of the skull and neck; the Eeee realigns the jaw, which must happen.

2. Do some of your favorites throughout the day – like

Bend-Hang, Drop & Roll, Forward Arm Pull, Shrugs and Straight Chair Stretch. A long held stretch builds new muscle memory.

3. If you are flat on the floor doing a stretch, you are always in a military/Eeee – back of the neck toward the floor, chin down

4. To sleep on back, use a heated mattress pad and perhaps

U-Shaped pillow onto of your regular pillow. Don’t sleep

on your short side!

5. Rest breaks are important. The body needs that rhythm of push – rest – push, etc. Visiting with someone isn’t a rest break. Listen to music or T.V. or the sound of silence, but best to get your focus on something else – not on you and the S.T.

6. Remember pamper tricks –cold for the neck, heat for the back, hot bath or shower, Jacuzzi, warm pool, steam room, massage (even self- massage) and rest breaks. Helpful to make fists and scrub the EOP and back of skull with your knuckles, as if getting a brisk shampoo. Best to lie on the floor on your back to watch T.V.

7. Be sure you are not on any no-no medications. See the pdf list on our Related Links page on our site and also in your Guidebook. Be VERY careful withdrawing from Benzos (like Klonopin and Ativan). Withdrawal symptoms can be e terrible. For any drug not on the list, go to [www.drugs.com](http://www.drugs.com) and check that drug for side effects; any side effect like muscle twitching, jerking, weakness, etc. is a red flag for that drug.

8. **Four basic assignments:**

Elongate muscles in neck (with military), skull and down back and across shoulders. More elongation needed on short side.

Reprogram jaw with the Eeeee.

Decongest EOP area with bodo and knuckle massage.

Work on posture – as erect as possible with gentle military, chin tucked a bit

**When you are ordering anything from amazon.com** **PLEASE** use our charity page: www.smile.amazon.com In the bar, type

Spasmodic Torticollis Recovery Clinic and then bookmark the page and always use that for amazon purchases. The clinic receives .5% of all items purchased – there will be no link to your name or credit card. You only have to fill in that bar once. THANKS SO MUCH!!!

**Paxlovid by Pfizer:** a client who has had one Covid shot, recently took one dose of the new drug Paxlovid by Pfizer and had an awful reaction of horrible pain for a couple of days. I’m not a doctor so cannot comment further; I simply pass on to you reports from other clients for your information. Also be wary of any drug that is experimental.

**Shaklee Vitlier:** I see many of you have stopped ordering the Shaklee Vitalizer. It’s always important to supplement and keep our immune systems strong, but at this point in our culture it’s never been more vital to keep our immune systems very strong as a protection against sickness. A strong immune system is a major factor in the body’s ability to repair and recover. Please consider getting back on the Vitalizer. Email me if you need help with that.

That’s about all for now. Remember I’m fighting for you and praying for you. God bless each one of you. Love, Abbie