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

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Hello all, again just some this and that and some reminders regarding some of the basics to encourage those of you who I know are frustrated as you go through this reprogramming effort. Posture posture posture! Do little things throughout the day to encourage this, such as standing back against the wall with a strong military/Eeee chin tucked. Hold for a few seconds and then in that position, walk away from the wall a few steps. Repeat this three or four times a few times a day. Remember to lie on your back on the floor, head propped up with pillows, to watch TV. When you are lying on the floor, your body tends to be straight. This is way better than curling up in a chair or couch!

And as we head into winter, with the possibility of some new virus or whatever, it is absolutely vital to keep your immune system very strong! I sound like a broken record, but the Shaklee Vitalizer vitamins are the very best product on the market, in my opinion. I have taken Shaklee for 40 years. I never got Covid and do not get colds. Several of you are already enrolled and should have your ID# and can call Shaklee to get back on auto-ship 1-800-742-5533 If you have not enrolled and want to, call them and do so using my legal name Abigail Collins ID# CL50241 I have mine on auto-ship, so they just roll in each month, and I don’t have to remember to re-order. I have taken one Hydroxychloroquine (HCQ) pill per week for three years, and it has been a huge help. I got mine from Grant pharmacy in Canada without a prescription. I’ve had no side effects at all. When I began using it, I was told to do a loading dose of two pills per day for five days and after that one pill per week which I have done, as I said for three years. As a result, I have never had covid. I recently found another place where I can get HCQ and ivermectin without a prescription, and this one is U.S. based:

<https://zaharaheckscher.com/>

I am NOT prescribing or telling you what to do; I am only relating to you what I have done for my own health. I have not had any covid shots nor boosters and will not. I strongly believe each of us needs to pray for direction, do a lot of research and then choose a treatment that seems right for our body.

One more item you might be interested in - this is a product called Field of Greens that is a natural powdered form of fruits and vegetables. It’s had rave reviews, and a friend of mine just loves it. I have just ordered some in the Berry flavor. If you use the discount or promo code LT you get a discount. Here is the site:

<https://brickhousenutrition.com/>

I remember the frustration I felt when I was trying to get well and exercising every day with seemingly no improvement. The key is doing your program daily along with daily massage, even 10 minutes of self massage. Your body will eventually begin to change; it’s just a process and takes patience, dedication and a refusal to give up! Again, the main exercises for the head and neck are the head raise and chin smile, the foot strap, cross legged body curl, and of course the head hurts. The rowing machine and Bend Hang are also very important for your back. If your back is tight, your neck will not want to release. Sleep on your back if you can, head elevated a bit. use the military/Eeee always when required in an exercise and the Drop and Roll now and then during the day.

I miss doing the In-House clinic so much, but still am able to send out long distance courses. It’s very difficult to keep visibility online, as it is too expensive to be on Google page one and other search engines. I would so deeply appreciate it if those of you who are on social media or Dystonia bulletin boards would make mention of the clinic now and then. Thank you so so much. Also if you are in a support group please mention the clinic to the group. Probably, due to this difficult economy, we have had very few long-distance clients which has been very difficult financially. The cancer has not been a problem since I have no symptoms and a lot of energy and all tests are normal, although the lump is still there but shrinking, so I continue to do my natural therapy. The big issue is the vision problem, and I really appreciate your prayers. I have started doing regular exercises for my eyes. Please continue to stay in touch via email, as I can enlarge the print, and it’s an easy way for me to communicate.

At the very bottom of this email, you’ll see our address, and it’s WRONG. Using MailChimp, I can’t find a way to correct that. You will find our correct address on our website under About Us. I find MailChimp to be so frustrating. Every few months they change their format, and with my poor vision, it’s nearly impossible to navigate, so am hunting for a different platform for simple minded folk with basic needs to simply send bulk emails, and am going to have to hire a tech person to help me import all the addresses and set it up. I love hearing from you and staying in touch. I so so appreciate the donations that have come in including those that are made through our Facebook page. Thank you so very much! God richly bless each one of you. Love, Abbie