**Late winter Updat from S.T.R.C.**

Hi all, in this update, I will share a few things that involve principles of recovery that I hope will help you as you battle forward. But first I want to let you know that Tom Seaman’s book, Diagnosis Dystonia is now available on amazon audible and iTunes. Here are the links:

Amazon- <https://amzn.to/3uTfKx6>

Audible: <https://www.audible.com/pd/B0CPKXJ21P/?source_code=AUDFPWS0223189MWT-BK-ACX0-378410&ref=acx_bty_BK_ACX0_378410_rh_us>

ITunes: iTunes- <https://books.apple.com/us/audiobook/diagnosis-dystonia-navigating-the-journey-unabridged/id1720265446>

Next, I’d be interested to know if anty of you made anmd tried the Head Brace I mention in a recent update: https://www.youtube.com/watch?v=\_1IKlhIiIU4&t=561s

 If you did, please let me know if you either foujnd it is helpful or if it isn’t helpful. Thanis.

I want to share with yo the story of a 51 year old man who lives in Long Beach, California. His name is Thomas. God knows who he is, so please be in prayer for this man. He called me a month ago and explained that he had just been diagnosed with torticollis and was in quite a bit of pain and distress as his head pulled right. I tried to give him some tips and encourage him to get enrolled in the course, but then he told me that when he was 19, he was shot in the spine and was paralyzed from the shoulders down. He wept and said he just wants to go to Heaven. It was so daunting that for a couple of days I was so upset. I could hardly function and get any work done here. He does have someone who stays there at his house to help him with basic needs, but that person of course has no idea how to really help him. He sees a physical therapist on occasion, but again that person does not understand Dystonia and doesn’t really know how to help him. So I called a couple of big evangelical churches in Long Beach and spoke with someone and also sent emails requesting that someone might be touched by his condition and be willing to go by and visit him and help him, but so far there have been no responses at all, which has been so discouraging for him. Please pray for Thomas! On your resource page in your suggested, reading list, there is a book, entitled The Brain That Changes Itself. It’s a fascinating book and well worth reading. In there a case is detailed in which, as I remember, a man with a paralyzed arm, regained complete use of that arm, simply through the work that was done with him in stretching and massage. I do believe that, muscles and nerves and ligaments can be awaited even out of paralysis. Maybe that is naïve, but I believe that. The only way Thomas can communicate is by holding a stick in his mouth and tapping on his iPad. I have asked him to have one of his helpers call me so that I can give that person some instructions as to what I would do if I was there, but so far I have not received a call. We are all here to help and pray for each other and this is a great need, so thanks for those of you who can pray, and we’ll see what happens in the future.

I also thought I’d give you an update on the battle with my vision. I have prayed daily for two years, honestly, with great faith, expecting a healing, and yet it has not come, but as you know, I am a fighter, and do not easily give up. I went to see an eye doctor last week who happened to mention that the degeneration in the macula is actually an atrophy. We know that with torticollis it is extremely common for some of the muscles in the neck, and even the shoulders to begin to atrophy, and that atrophy can be eliminated, and the muscles normalized through exercise and massage. So why not in the macula? So I have embarked on an exercise routine for my eyes, which I am doing three times a day, and praying my way through it as I did with the torticollis, asking the Lord to give me ideas and direct me in this project. It will be an absolute and utter miracle to have my vision restored, and then be able to share what I did with others who suffer with this hideous affliction. I know there is always a reason for suffering in this life. It’s a mystery and I don’t fully understand it, but I have seen over and over that, as God says, in his Word, all things work together for Good, and so I battle on in trust and faith, and will not give up. There has definitely been some bright spots in the midst of this battle, as I have made a couple of close friends with women who have volunteered to be my driver for errands. Also, my precious younger son, Neil, has been taking me to church every Sunday and, as a result, has come to faith. That would never have happened if I’d been able to drive myself. What a huge miracle that is, as I have prayed for him for decades.

Regarding the battle with cancer, I have been on the Hoxey program now, for almost a year and a half. Thank God, the cancer has never spread, and I have no pain, but the lump is large, and still there.

Continuing with the Hoxey treatment would cost me another $2,000.00 which I am very reluctant to pay at this point. I have also been using the Indian Black Salve from [www.destroy–cancer.com](http://www.destroy–cancer.com) and that is much more affordable, and I believe is helping, so I will continue with that. I can certainly live with the lump, as long as it does not spread, and I’m feeling good with no symptoms. I want to again, deeply thank all of you who have sent in donations, and those of you who have posted information of the clinic to social media. I am convinced that really makes a big big difference and I so deeply appreciate the help! Please continue to do so if you can, as I simply cannot afford any advertising beyond what I pay to Google to, theoretically, be on page one with Google and yahoo, but I’m not sure that always happens. As those of you who are still working the program, continue to improve and straighten up, please send me photos through email. You have no idea how wonderful it is for me to see proof of the progress you are making. It makes so much sense out of the suffering I went through when I thought over and over “why me?” When I get after pictures and testimonies of people improving, then I know why I went through what I did so many years ago.. God bless all of you and stay in close touch. Love, Abbie.