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Hi all, a few updates on products and then an update on my situation here, and what I hope will be some encouragement for all of you.

First of all, the Harbinger Head Harness is apparently no longer available unless you can find one used somewhere. After a long search, I found this one from the Fitness Superstore in Albuquerque, a group I have dealt with several times in the past and a very reliable outlet. This harness is just the same and has a buckle closure. It is not on their website, but here Is the link where you can buy one:.

<https://kamway.com/products/imported-leather-padded-head-harness-w-heavy-duty-chain-hook?_pos=2&_psq=harness&_ss=e&_v=1.0>

Secondly, I have finally realized that most people now do not use DVDs, so I had the content on both DVDs transferred to a thumb drive, and that is now available for long distance clients who buy the course. If you’re old DVDs are broken or you want the program on thumb drive, please let me know. The cost for those in the United States is. $30.00 including postage, and $40.00 everywhere else.

Next, if you have a Nikken power chip magnet (the size of a silver dollar), you have probably been using the old Nik-stix double sided tape that has been available for years. That is no longer being sold and you will have to find a good double sided tape that you can use instead. This is one I have just purchased and am trying it out. I stuck a magnet on my skin using this, a few days ago, have taken a couple of baths and so far it’s great and holding well. Here is the tape I got. It’s also great for mounting things on your wall around the house.

<https://www.amazon.com/dp/B0CM3QRXMB?psc=1&ref=ppx_yo2ov_dt_b_product_details>

To review, the Power chip is used for both pain and healing. To be effective it needs to be worn 24/7 for days or as long as is needed. It is not like a powerful drug, but rather is more subtle, but effective. Ever since the hip surgery, I have been wearing the power chips every day and night, but have also used extra strength Tylenol right after the surgery when I was still in a lot of pain. You can buy the power chip at Nikken.com for around $30 and you can often find them on eBay as well.

And now, for an update on my situation with some advice tucked in that I hope will be helpful for you. After the hip surgery on the left hip, the muscles in that left leg and buttocks shortened due to the surgery, which is very common, so I have been working every single day to elongate those shortened muscles using the Bend-Hang, rower and a couple of other things. As you know, the trick to getting rid of ST symptoms is. ELONGATION that simply needs to be a daily discipline of your exercises. As expected, my body fought my efforts to get in there and lengthen those muscles, but each day it gets easier, and I am now walking around without a cane and hardly a limp at all. Surgery to remove the cancerous tumor on my right wrist went perfectly, but the doctor will not let me drum for another month, and that’s really frustrating as drumming with my team at church is my favorite therapy, but he went down to the tendon, and it takes time to heal without risking breaking something loose and having to redo the surgery, so I’m being very careful with that and no pain whatsoever. My vision remains the same and I have an appointment next month to have a very extensive eye exam done In Santa Fe and we’ll see what that shows. The biggest issue is that the cancerous tumor in my right breast has gotten huge - the size of a child’s fist and needs to be removed. I have spent a small fortune during the last two years doing everything I can think of to deal with it naturally, but the lump has grown. I have seen in my own life natural solutions be effective, as with ST, so that this tumor has not disappeared and has in fact grown is a shock. I am scheduled tomorrow for a mammogram, ultrasound, and blood tests. Depending on the results, the doctor wants either a single or double mastectomy. This would happen in early July. If the results indicate the cancer has spread, I will not do either chemo or radiation and, at that point, my life and future is 100% in God’s hands. To say I am distressed and depressed about this would be a huge understatement. I am still in shock in a fog feeling this must be happening to somebody else and isn’t real, but it is real and I have to deal with it and deeply covet your prayers for a miracle. This surgery would then be followed by a second surgery for reconstruction. Huge co-pays are starting to roll in and that is devastating as well. I don’t understand any of this and have not come to a place of peace with it. Scripture tells us that we see through a glass darkly and we cannot expect to understand fully everything we are going through. I know many of you have gone through feeling “why me? What have I done that so awful that I have to endure ST?”. I went through that for years too as I exercised and felt like I was not getting any better, not realizing that God was right in the middle of the battle, building my own recovery and this clinic. And so we take our lives one day at a time in faith, believing and trusting, knowing that God loves us and is able to do above and beyond all we can ask or think. I want my life to glorify Him, and have no choice now, but to go along for the ride and trust. I love all of you and so deeply appreciate your support and friendship and your prayers and the donations that have come in. I am so blessed to have such a wonderful group of clients as my second family. God bless each of you. Love, Abbie