Update Feb. 5, 2025

Hi all,

First of all, if you have received the thumb drive, please email me immediately and let me know right away. There is an edit I need to send you. Next -

this is from a recent client who has found huge help for tremors using what she shares below.

Important to note that I am not recommending this, as I have not personally used what she is doing, but I simply pass it along for your consideration.  
“I wanted to share that I've started taking Thiamine B1 as there are several studies that have shown it is beneficial for Parkinson's patients and my neurologist has suggested his ST patients also take it. Dosage is different for everyone, but I am on 100 mg/daily sublingual. It has helped tremendously with the tremors and pulling...  
I still do all my exercises and have found that maintaining good posture - head up, shoulders back, sitting straight, feet flat on the floor- helps me keep everything in alignment. So important too when walking to push the shoulders back. I also use a massage gun frequently to knead my shoulder on the inside of my shoulder blade. Best thing to break up that muscle.  
Anyway...thanks for all you do!”

I had never heard of a massage gun but you can find them online.

Here is an article on the supplement she mentioned if you’re interested:.

<https://health.clevelandclinic.org/vitamin-b1>

Also here is an alert from a client:

She took a new form of Botox called Daxxify and it’s been horrible for her with many negative side effects including loss of voice. Again, this is simply hearsay, and I pass it on for your consideration. You might want to do some research on this.

Here is a small Hand held portable massager that I ordered and it’s nice for the EOP or base of the skull area – not necessary, but just a little pamper device. Maybe that massage gun would be better. I don’t know, since I’ve never tried it.

<https://www.amazon.com/dp/B0D7WFVKG7?ref=ppx_yo2ov_dt_b_fed_asin_title>

Nikken magnetic power chips are available on amazon as well as eBay. <https://www.amazon.com/Magnetic-Therapy-Mini-Disc-1450/dp/B08GLKY4G9?crid=5RW86T6Y0K64&dib=eyJ2IjoiMSJ9.tD-QcSaMwh9-ao__uMrEdZJH2723Tzad5IdUr2OTddQdbgQE-kBlQo6ZvaMHTDoiM5DIGSi-AHfMEStnqrKJf9tBL1G0EFo0AxO6WhVu0rAsqSoWO6UmgTe2HiZ-2Vlm.BRY_l-A48b9eNHH8pbsg5a8BYnA9-2m8uZvXgnfTrwQ&dib_tag=se&keywords=nikken+power+chip&qid=1735860134&sprefix=nikken+power+chip%2Caps%2C186&sr=8-1-fkmr0>

If, in the past, you purchased any of Nikken’s Elastomag products like the neck collar or knee or hand or shoulder wrap, this Elastomag line is no longer made and you’d get a high price selling them used on eBay if you are not using one of them.

My low back still acts up from the hip replacement, and I often use a couple of power chips there for the pain.

Recently, a couple of clients have emailed me that they were really hurt doing yoga. Remember that some of those exercises ask you to roll the head up or back, chin up, which, as you know, should never be done as it further shortens those already too short muscles in the back of the head and neck. Personally, as a Christian, I would never do yoga.

Thank you once again for all of your prayers for me and the various surgeries I’ve been through. I have one more surgery coming up IN March, and then I’m through. The only downside has been, on doctor’s orders, I have not been permitted to do most of my exercises and my body has suffered as a result, but in the last two weeks, I have been working hard in the gym anyway, realizing that after this next surgery, I’ll be forbidden to exercise for probably another couple of months. One thing I have been able to do all along, and it has been a lifesaver, is the Drop and Roll which works the back of the head, jaws and neck. I encourage all of you to do several of these per day - maybe forever. It has certainly made me realize how, even when recovered, our bodies, hunger for exercise, and of course, for good nutrition, and good vitamin supplementation. The more I exercise, the better I feel. Research has shown that one of the best things seniors can do is light weight work and stretching, so enjoy your workouts even when you’re not in the mood, knowing that your body will reward you. Thank you for mentioning the clinic on social media and especially on ST forums and bulletin boards. Also, if any of you have a nice “after” photo, please email it to me. I’ve received a couple in the last week and that always gives me such joy! God bless all of you and please do stay in touch. Love to all, Abbie