 Update \* March 4, 2025

Hi all, I wanted to send all of you a new YouTube link for Gingers testimony. All of you have seen this, because it’s on your DVD or thumb drive but it’s wonderful to have it isolated now as a YouTube link. Please share this everywhere – on Torticollis forms and bulletin boards, in your support groups, and anywhere else you can think of. It’s become way too expensive for this clinic to afford visibility on page one of the big search engines, but many people suffering with Torticollis will look to YouTube for some hope and direction, and I think this will be a blessing. This video is also now on the clinic home page. **Please watch this on** **YouTube or at least click on it – it’s only 5 minutes long - and give it a thumbs-up Like.** That should affect the algorithms or something like that and help boost the video further up on the page. Thanks! Here is the link:

The title is Spasmodic Torticollis Recovery:

https://www.youtube.com/watch?v=tcICoL0ve6E

I also wanted to review here the drop and roll since several clients have asked for that.

DROP AND ROLL

*Stand with your back against a wall. Tuck you chin and move your neck (not the back of the head) toward the wall, (or free-standing or even sitting) chin WAY down doing the Eeee. Hold 3 or 4 seconds. Now drop your head forward, relaxed. Repeat this 3 or 4 times. You can do this off and on throughout the day. Feel this in the back of your head, neck, jaws and chest.*

After over 40 years, I still do this, as it is a key reminder to your body and the recovery process.

Here are a couple of ST Forum,s you can join if you want to. I can’t really post there, as it would appear to be advertising.

<https://www.healthboards.com/boards/rare-disorders/436286-spasmodic-torticollis-cervical-dystonia-anyone.html>

<https://www.boards.ie/discussion/2054899742/spasmodic-torticollis-dystonia>

Also if You’ve had success with our program,, maybe think about creating a short youtube testimonial of your own to encourage people out there suffering with ST and let me know if you do. Thanks so much!

I have the last post-mastectomy reconstruction surgery on March 13, and would appreciate your prayers for that. Thanks so much! Regarding my vision, I so deeply appreciate the prayers of so many of you. The doctor informed me that the retinas in both eyes are atrophied. I know that when a muscle, for example, an arm is atrophied that you exercise and massage that limb until it is normal again, so I have embarked on a routine of daily eye exercises along with prayer and doing accu-pressure around the eye socket and trust God for a restoration of my vision. Love and God bless all of you, Abbie

S.T.R.C.,Inc..

Abbie Brown, Director

P.O. Box 86

Ranchos De Taos,

NM 87557

575-737-1144

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