 Update May 2025

Hi all, I couldn’t wait to get this out to you. Our new site for the clinic is finished and I’m so thrilled with the results! The web builder did a simply wonderful job, and I’m so very grateful. Please take a look and maybe check several of the pages to see what you think. <https://stclinic.com/>  I am hoping that this will facilitate the clinic appearing on the search engines. Also, if any of you are on Instagram, X and/or TikTok, could you perhaps copy Ginger’s video at the bottom of our homepage and post it to those platforms for me? If it’s possible to add some text along with the video, be sure to mention the name of the clinic and post our web address. Thanks so much!

A client wrote to me a few weeks ago and mentioned that she had purchased from Amazon. Something called a neck hammock and she was really enjoying it. I have not purchased it because we have been low on funds here, but it looks like a traction unit that might be helpful. Personally, as you know, I strongly recommend the use of the head harness and feel that is the strongest and most effective tool in the clinic program, but this hammock might be helpful to some as well. As you can see, it does have mixed reviews on Amazon. Do a search on Amazon for Neck Hammock.

One more item – I’m having the final reconstruction surgery next week on Tuesday the 27th, and I would appreciate your prayers for that. That should be the very end of all these surgeries and the monster co-pays, so I’ll be grateful when it’s all over! I had a physical three years ago that indicated I was right on the verge of full-blown diabetes. Then came the broken hip and six surgeries and my last physical a few weeks ago showed blood sugar was totally normal without a hint of diabetes. I used to treat myself to an occasional margarita and a glass of wine, but after the diabetes scare, I completely quit drinking any alcohol at all, and also have changed to a healthier diet and lost 27 pounds. I think all of that has contributed to the current reading of normal blood sugar. Our diet, healthy living, and weightlifting all contribute to a healthier and longer life for all of us. God bless all of you. Love, Abbie

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