 Update July 2025

Hello all, a couple of tid-bits and then a report on my latest adventure. First of all, I received this cautionary note from a client. He had a bad reaction to the drug Promethazine prescribed for nausea and feels it should be on the no-no drug list for people with ST. Please do your own research.

Regarding social media, I am now on Instagram and X as Torticollis help and on TikTok as Spasmodic Torticollis Recovery. I am also on Linkedin where you can find me probably under Abbie Brown or the clinic.

Please consider posting Ginger’s testimonial from YouTube to your own social media. This should help spread the word about the clinic and I deeply appreciate your help. Thanks. Ginger video <https://youtu.be/tcICoL0ve6E>

I’m also going to try to set up a Wikipedia page although that’s easier said than done. The clinic is supposed to appear on page one or two of both Google and yahoo but I’m not sure that always happens even though I pay monthly for that service.

If you have not visited our new website, I hope you will and let me know what you think. Thanks. [www.stclinic.com](http://www.stclinic.com)

Another reminder: as you are moving along through the program, and you begin to have good periods of time with fewer symptoms, it’s so easy to get really excited and then to way overdo it. That can shock your body, which is still in a delicate condition and cause the symptoms to flare up. So be very careful to pace yourself and push slightly ahead, then rest and read your body’s reaction and repeat - easy does it!

This last year for me has been the wildest, craziest worst year of my life with some miracles squeezed into the mix. The hip replacement from last year is all healed as is the mastectomy surgery, and the five subsequent reconstruction surgeries that followed, along with the removal of the cancerous tumor from my wrist. It’s remarkable and I think that without any chemo or radiation I am cancer--free! I was just getting back into my life when four weeks ago. I fell and broke my right hip with surgery the next morning to insert three screws from the femur bone up into the hip. The surgery was simple, but the rehab is a bear, but I’m taking it one day at a time. After two days in the hospital, I was sent home, and my wonderful family took on the duty of someone having to be here 24/7 for two weeks. They gave me a heavy duty belt that I had to wear when using my walker and someone had to be behind me, holding onto the belt at all times to be sure I didn’t fall again. The second day home my 16 year old, 150 pound grandson, Levi, stood up, walked across the room and grabbed the belt and, as I began walking forward, he passed out on the floor behind me dragging me through the air onto the floor on my back. I remember screaming as I seemed to fly so fast and hard. It's a sheer miracle that neither of us broke our backs or got a concussion, but we are both just fine without even a bruise. Levi is going through growth spurts and hormonal changes and apparently it’s not uncommon for a young man like that to stand up too quickly and experience a huge drop in blood pressure and faint and that’s what happened to Levi. It was a wild ride and not one I ever hope to repeat. I’m now in the fifth week of rehab on a walker and wearing out my recliner. It will probably be late August before I am able to get off the walker and onto a cane while the bone has to grow around the screws to secure the hip. I’d appreciate your prayers so much as I always look forward to being strong and healthy and getting back in the saddle. Onward! Once again…fight fight fight  While in the hospital, the doctor prescribed Gabapentin for the pain and for two weeks I took one twice a day and seemed to be OK with it although it is on me no-no list. A few days ago, I decided to quit taking it and went through an awful withdrawal, so I share that with you as a caution. During the surgery, they used a mix of anesthetics, including propofol, which is completely safe for ST and small amounts of Versed and fentanyl and other drugs, and I seemed to tolerate all of that without a problem. If any of you have to have surgery, be sure the hospital has a copy of the no-no list in your file.

I know how easy it is to get discouraged but keep moving forward and never give up. I have been recovered for so long, that even after that flight through the air onto my back, my neck has not been adversely affected by any of this drama. Keep up the program one day at a time, pray and keep on keeping on and you can get into recovery.

One more note, for what it’s worth. After doing a few months of research, I have enrolled in LifeWave and ordered the first three months supply of the X 39 patches. This is all natural and I am just learning so you can do your own research. This is a short video explaining the technology:

<https://www.youtube.com/watch?v=JwpWNcqtjCo>

I’m pray this will help my vision. YouTube has a lot of testimonials. When I enrolled, I got a website and here it is if you’re interested. I enrolled under my legal last name, which is Collins.

<https://lifewave.com/abigailcollins>

God bless all of you. Love, Abbie

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