



Abbie's Corner

JULY 2001

Greetings from S.T.R.C.! (Spasmodic Torticollis Recovery Clinic, Inc.)

How many times have all of us made the best of resolutions only to weaken and slip back into our old familiar ways - it's so easy to do, especially when we're in pain and sick of being sick! But then we pick ourselves up and try again, maybe blow it, but keep on trying, and that's the secret to success. We haven't failed unless we quit trying, and we must NEVER GIVE UP in our fight to overcome S.T.!! You can get better - remember, the body is just a machine - with determination, will power, hard work, then throw in some prayer, you can begin to change the machine. Either S.T. will dominate us or we can take authority and begin to dominate the S.T. It's a process. If our bodies have been stuck in misalignment, spasm and pain for years, then the body has learned "to do" S.T. The muscles have developed a memory for the symptoms and the brain has adapted, so that it begins to read abnormal as normal. I vividly remember lying on my back on the floor and asking my husband to straighten my head, and when he did, it felt crooked! As I progressed through my own recovery process, it took time for the brain to get the message that straight was straight. Here at S.T.R.C. we teach a program of targeted stretching exercises and light weight work, massage and nutrition specifically geared to bring life back into the muscles and lengthen the shortened side, which is almost always the side to which your head turns. We work both sides with more emphasis upon the short side unless you are a lateral/rotational (turning one way and leaning the other) in which case you give equal emphasis to each side. The nutritional seminar provides cleansing and dietary guidance plus a generous supply of high quality vitamins. Detoxifying the body and feeding the body the nutrients it needs will hasten recovery time and make you more comfortable in the process. For example, Vitamin E (not the "DL alpha variety!) is essential for muscle strength, Vitamin A is an anti-infective, the B complex is our anti-stress vitamin (it's so important for ST'rs to control stress as stress stimulates adrenalin production, and adrenalin inflames muscles and tendons) , Vitamin C is also important as a deficiency of C can lead to muscle weakness. Sugar is very offensive to the muscles and sugar-free substitutes are neuro-toxins and an absolute no-no for us. I

personally substitute granulated fructose which metabolizes differently, does not require insulin to remove it from the blood and is easier on our muscles. This is only the tip of a health iceberg, but I hope these few tips are helpful. Remember our motto - Be encouraged - there's hope!!

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