

Introduction

I have included in this book all my favorite recipes, some from my Mother and some from her Mother, some from friends and some from who knows where, along with tid-bits of humor, and wisdom - all intended to nourish body, soul and spirit.

I have dedicated this small labor of love to all of those who suffer with Spasmodic Torticollis. Have you ever heard of "S.T."? Most people haven't, and yet over four hundred thousand of us in the U.S. alone suffer with this hideous form of Dystonia. S.T. is a muscular neurological disorder in which the muscles usually along one side of the neck and back go into severe spasm, contracting and shortening the muscles. The physical results vary from a slight turning of the head to severe jerking and twisting of the head to one side, forward or rolled back. The spasms can be so strong that vertebrae are pulled out of place, spinal and hip rotation can occur, along with other forms of deformity, and the pain is often unrelenting and unbearable. Drugs and surgery can offer some relief, but there is no cure, and the condition usually worsens over time. This often makes leading a normal life impossible, as it becomes increasingly difficult to walk, sit, sleep, drive, read, and eat. Many sufferers cannot hold down a job. You will find the story of my own personal struggle with S.T. on the page following this Introduction.

I hope with this publication, not only to nourish and entertain, but to raise national awareness of Spasmodic Torticollis (aka Cervical Dystonia) and all forms of Dystonia. We who deal with S.T. on a daily basis need you! An increased public awareness will generate the funding so necessary for

treatment and for research toward a cure. The organization I founded, the Spasmodic Torticollis Recovery Clinic, Inc. (S.T.R.C., Inc.), meeting the needs of S.T.'rs using a natural non-medical method of treatment, needs your help as do many other Dystonia groups. Please visit our website: <http://www.stclinic.com> where you will learn about the clinic and see dramatic "before" and "after" photos of some clients who have triumphed over their symptoms. If you have S.T. we will do all we can to help you.

All quotes and stories that are not sourced, are not original and are of unknown origin

- Abigail Brown Collins -