

Cervical Dystonia

What Is Cervical Dystonia?

Cervical Dystonia is a focal dystonia affecting the neck and shoulders. It is also known as spasmodic torticollis. Symptoms can include contracted neck muscles and abnormal movements; it can cause the head and neck to form an awkward posture. It can cause considerable pain and discomfort for the sufferer.

What Causes Cervical Dystonia?

The cause of the condition is not known. Traditional treatments can include oral medication, botulinum toxin injections, surgery, and other complimentary therapies. Serrapeptase is recommended as it can heal the inflammation and ease the pain associated with this condition.

Cervical Dystonia FAQ

Q: I've had muscle knots on one shoulder since I was a teenager. I'm now 27, and I've also had cervical dystonia and muscle spasms with rapid jerks and twitching. I have undergone physical therapy, steroid injections, anti-inflammatory drugs, nutritional supplements, and prescription pain medication. I also do ice packs, heating pads, and topical analgesics, and I've been going to the chiropractor, all with only temporary relief. I heard about Serrapeptase and was wondering if it can be of any help. Any suggestions?

A: Start with 2 x 80,000IU Serrapeptase, 3 times per day, 30 minutes before a meal and then gradually reduce to 1 twice a day as you get better.

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“Since taking the Serrapeptase you recommended, I feel like I have a renewed sense of energy. The pain which was excruciating around my neck and shoulders is now much better, and I feel like I can go about my day again. Thank you!!”

- Janine, Surrey

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“Robert, I have been taking Serrapeptase for one year now on a regular basis. I broke my Coccyx in July 2007 after getting trampled by a horse. It snapped off completely and is now floating at a 45 degree angle. I was given the usual Diclofenac and Codine by the hospital, which didn't help the pain and made me feel like a walking zombie. I discovered Serrapeptase initially through another company and used it when the pain was unbearable. It worked better than the prescription drugs, but I was constantly in pain and had fluid buildup through the bone moving around.

After many visits to the doctors, I was given an injection in the spine between the broken bones; this was supposed to last a year. The side effects were awful. It was discussed whether or not to remove the bone, but it was decided that it was too risky. I was by this time getting sleepy when exhausted, but if I moved in the night, I was back wide awake in agony. At the beginning of 2010, I was looking on the internet and found your website. I ordered a four pack of the 80,000 IUs and started taking them as instructed. Within three days, I had my first proper night's sleep since the accident. I no longer have fluid buildup and can put my jeans on first thing. Although I will probably always have to keep taking Serrapeptase, I cannot thank you enough for the quality of life I have got back. Keep up the good work.”

- Julie

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Follow the Health Plan as recommended for the best results:

CERVICAL DYSTONIA HEALTH PLAN

The following plan is designed to provide relief for cervical dystonia and the symptoms associated with this condition. When the supplement regimen below is followed consistently with a naturally healthy lifestyle, it's possible for significant improvements to cervical dystonia to happen and improved overall health will result.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:*

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief. SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 should be taken to relieve inflammation and reduce pain.
- **Ancient Minerals Magnesium Oil Ultra** - Massage to the neck and shoulder muscles daily after a shower. Supports muscle, joint and ligament health.
- **HealthPoint™** - Use daily on acupuncture points shown for the neck for effective results. Stimulates acupuncture points and restores muscle function. **(See www.dovehealth.com for more information.)**

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.