

Worthing Area Fibro Group



Issue 2

January 2010 Written and
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A few words from your host Nichola

Hello Everyone.

I was diagnosed with Fibromyalgia Syndrome 8 years ago but I believe I was born with it and various traumas have bought it out. I have metal in my lower back from an operation 8 years ago and believe this is when it started to come out.

I was lucky to meet a fellow sufferer in a pain management course in Southlands Hospital. I then met Jo Fisher our founder of Sussex & Surrey Fibromyalgia Support group at the first meeting in Horsham. I have travelled the road with her and hundreds of sufferers. When our Worthing Meeting closed I new we needed to have a group to support other new and old sufferers. I spoke with several sufferers and got positive feed back. We all felt the same way.

So it seemed the best solution to open a new Worthing support group. It is important for all sufferers either old hats or new sufferers to have that contact with like minded people of all ages for support emotionally and physically.

I had listened to our members about needing a group where we can go away laughing and feeling happy, contented at the same time, informative and that we all feel



together as a whole. So I set about putting a structure together

So I put together a structure that will suit all stages of Fibromyalgia. I spoke with other sufferers and there partners. I do hope from the bottom of my heart that old and new Fibro sufferers will enjoy our new monthly meetings.

We do need more help..
We have set this up for you so please come and help out. Get in touch with me and I can tell you the small jobs that are needed to make our meetings more relaxed and smoothly run. You can contact me on 07796653477 or 01903 691723. My email is youandme1@sky.com or beauty_within_15@hotmail.co.uk
Thank you.

We will be having a food competition where 3 volunteers will make the same dish. It will be judged at our meeting and a prize will be given to the best one.

Myself and Debbie Pidd will start the ball rolling so please can we have volunteers. The food will be tasted and all will get a chance to eat it on our coffee break.

This month it is Banoffee Pie, the size needs only be small.

If you have any messages for the newsletter please let Simon know either via email at simon10pq@sky.com or 07806 808862 by the first Tuesday of the month, for the current months issue.

Exercise

I just wanted to tell you about my experience. I have a walking stick, my pain has been unbearable, I have been on many tablets, moving to get around was difficult. Emotionally I have been at the very bottom and have been taking tablets for depression for years. I ran my own pub bringing up my 3 kids and working part time in an office. I experienced a multiple fatal car accident where I nearly lost my life and did lose 3 of my friends

in 2005. I used a walking stick and could only walk very slow steps then I needed to sit down. The reason why I am telling you this is because even though there was no light at the end of the tunnel at the time I had to carry on for my family. It wasn't until I saw another specialist in London who told me he wanted me to do exercise in a hot pool, spa or hydrotherapy pool every day. Because Fibromyalgia is manageable. So I came home determined to do it. I

looked around and finally came up with David Lloyd Centre. We worked out our finances stopped a few things I would have each month so we could afford it and of I went. I had a programme made up and started 4 to 5 times a week I would do what I could in the gym, swim a little did some exercises then relaxed in the Jacuzzi, steam room and sauna. At the end of the 6th week I could feel myself feeling happier, I have lost inches all round my body and generally felt like I was

Fibromyalgia support group Surrey and Sussex - Worthing area

achieving something. I started to realise I was doing more each week and feeling satisfied in my progress, which was still very slow. It is 3 months ago I started & have cut 2 of my medication by half. My Body feels stronger; I have even lost more inches

missed the gym, swim and spa. I fell ill with Flu and am feeling the pain and stiffness. I can't wait to get back to the gym. I don't want to go backwards again. I know we are all different but specialist all say exercise will help Fibromyalgia. Here are just a few pointers for you to help yourself get to a happier you. Hold a

and am down a dress size. This has helped my mind feel healthier I am more positive. I am managing my fibro. All the endorphins are buzzing after a work out. I only use my walking stick if I need it in town. It is hard but life is hard. I never thought I would get

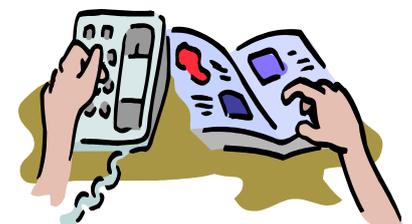
can of beans your hands and curl up & down 5 times building each few days. Lift your feet of the ground & down again. I really would like you all to believe in yourself. Our bodies are an amazing thing and we have a life to live. It may take time however you will not regret it. Please consult your doctor before you start if you are unsure.

so positive results in such a short time. But I have. Over the Christmas I have been very busy as most of us are and did not go regularly boy have I felt it. There has been several times where I needed to take my tramadol in between my new time only because I

Agony Aunt....

Please send in any questions or information you would like to know & I will endeavour to reply.

Nichola



Vitamins and Minerals

I found continual reading about Fibro and learning about our bodies a positive way to help ourselves to manage the condition. For example I have learnt what you put in your mouth and where it goes and how good or bad it is has helped me to get where I am today. By understanding our own bodies and how we can keep as healthy as possible will help us manage our Fibro in mind and body.

About our Muscles.....
The main job of your mus-

cles is to **provide movement**. This could be moving your bones, moving your blood, or moving your food through your digestive system, but they all need to move.

Muscles live on blood. Food travels to the muscle through the bloodstream and waste travels away from the muscles, again through the bloodstream. One aspect of fibromyalgia nutrition is that the energy supply (food and oxygen) in the bloodstream has to **get**

inside the muscle cell. The **transport system** in and out of the cell is done by **minerals**. This is one key to fibromyalgia nutrition. But certainly not the only one. Muscles work on an active transport mechanism. An **active transport system** is where the muscle has to *ask for the food*, through a need for more energy, before the food will go in. Therefore, you have to **demand nutrients to your muscles** through exercise in order to heal your muscles.

You also have to supply the right nutrients to the muscles.

Then, the individual muscle cells must **produce energy**, from the food and oxygen supplied, in order to move. Information taken from research relating to Fibromyalgia in books.....

Vitamin & Minerals Corner.....helping your

fibromyalgia symptoms, naturally.

Potassium and calcium need to be properly balanced. This is because potassium and calcium will *exchange places*, inside and outside the cell. Sodium plays a role with these minerals in fibromyalgia nutrition, too.

Absorption of food by the muscle cells requires zinc,

magnesium, and manganese.

Magnesium and calcium also work together, allowing the muscle to contract and relax. Your muscles get **fatigued and weak** when they can't relax.

Each Month I will write up more information for you.

Food with Pottasium

Natural plant foods are usually high sources of potassium compared to many processed foods which are often low in potassium but high in sodium. The best potassium rich food sources must be high in potassium but low in sodium because sodium makes the body

hold water. This can mean up to 5 pounds of extra weight can be easily gained simply due to high sodium (often due to salt) foods.

Processing often reduces the content of potassium in foods. Cooking foods in large amounts of water will also reduce its high potassium levels. Eating the skins of fruits and

vegetables when possible will help gain the most from potassium rich foods.

Here are some foods that contain Potassium.

Soya Flour
Black Treacle
Apricot ready to eat
Bran Wheat
Tomato Puree
Sultanas
Raisins
Potato Crisps (UK Crisp)

Food with Calcium

This is the most abundant mineral in the body, is found in some foods, added to others, available as a dietary supplement, and present in some medicines (such as antacids). Calcium is required for muscle contraction, blood vessel expansion and contraction, secretion of hormones and enzymes, and transmitting impulses throughout the nervous system. The body strives to maintain constant concentrations of calcium in blood, muscle, and intercellular fluids, though less than <1% of total body calcium is needed to support these functions. The remaining 99% of the body's calcium supply is stored in the bones and teeth where it supports their

Here are some foods that contain Calcium.

Yogurt, plain, & Fruit low fat,
Canned Sardines
Cheddar cheese
All Milk
Mozzarella
Orange juice
Tofu,
Pink, canned Salmon,



Thank you for reading this months newsletter.
Hope you get something from our news letters and they are beneficial and that the new meetings are a success.
Any comments/feedback are welcome please email Simon at simon10pq@sky.com

Recipe of the Month Banoffee Pie

1 version ready in 40 minutes

Ingredients

300g oat biscuits (Hob Nobs are good)
60g butter , melted
397g tin Nestlé Carnation Caramel
3 large bananas , sliced
350ml double cream
1 tbsp icing sugar
100g dark chocolate

Method:

Heat the oven to 180C/fan 160C/gas 4. Crush the biscuits in a food processor then add the melted butter and pulse to combine. Press the mixture into a 24cm tart tin, with a removable base, in an even layer. Transfer the tin to a baking sheet and cook for 10-12 minutes, until lightly toasted and set. Leave to cool then gently release from the tin and put on a serving plate.

Spread the caramel over the biscuit base and chill for 1 hour. Arrange the banana slices over the toffee. Whip the cream and sugar together to form soft peaks and spread over the bananas. Melt the chocolate in a microwave or in a bowl set over, not in, a pan of simmering water. Allow to cool slightly, before drizzling over the cream.

