

Worthing Area Fibro Group



Issue 3

February 2010 Written and Produced
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Hello to you all

Our first meeting on the 19th January was a success and very informative and fun. We had a few new sufferers and by the time they all left we all had smiles on our faces. Our next meeting is on 16th February & we hope to see more people. This month the cake for the competition is Carrot Cake. The winner gets a prize from me, Nichola. (a full Reflexology treatment). We all get to have a piece, that is if you want to. We are going to sell tickets for our Christmas Raffle each month. By the end of the year we should have some pretty good prizes. I would like to say at this point: "Thank you to all the volunteers that helped at the

Potassium- Carried over from last month

Your muscles get **fatigued and weak** when they can't relax.

This is also the reason you can't sleep; your muscles won't relax. Here is where fibromyalgia nutrition can make a huge difference in the quality of your life.

Foods with potassium in: Boiled Soya Beans - Raisins- Crisp Bread - Low Salt Muesli - Sardines - Pilchards - Wholemeal Pasta - Banana - All Bran - Figs - Dried Mixed Fruit.

Calcium

Here are foods that have Calcium in:

Cereals - Tofu - Spinach - Turnip Greens - Kale - Ice cream- Soy - Chinese cabbage. Calcium content varies slightly by fat content; the more fat, the less calcium the food contains.

Dietary supplements

The two main forms of calcium in supplements are carbonate and citrate. Calcium carbonate is more commonly available and is both inexpensive and convenient. Both the carbonate and citrate forms are similarly well absorbed, but individuals with reduced levels of stomach acid can absorb calcium citrate more easily. Other calcium forms in supplements or fortified foods include gluconate, lactate, and phosphate. Calcium citrate malate is a well-absorbed form of calcium found in some fortified juices. The body absorbs calcium carbonate most efficiently when the supplement is consumed with food, whereas the body can absorb calcium citrate equally effectively when the supplement is taken with or without food.

Magnesium.

We have a Magnesium deficiency. Our daily intake is low, but we eat a diet which increases the demand for magnesium. This loss increases in the presence of certain hormones. Stress can greatly increase magnesium loss. Even loud noises can cause magnesium loss. We have a disrupted hormonal system. Magnesium utilisation is also increased by the presence of oestrogen. Additionally, sleep disruption affects magnesium utilization, as sleep deprivation

has been shown to cause lower magnesium levels. The reason lack of sleep causes a magnesium deficiency is probably due to the lower amounts of growth hormone secretion which occurs due to a sleep disturbance. So while it's possible to attain some benefit from taking magnesium, treating any sleep disorder is just as helpful, if not more so. Magnesium is extremely important to many functions in the body, which is why a deficiency can cause many different symptoms.

It is most widely known for being needed for proper bone formation. With a deficiency, bones will be soft, and it can play a role in osteoporosis. However, magnesium is also the activating mineral for at least 350 different enzymes in the body, more than any other mineral, so it is crucial for many of the metabolic functions in the body. Magnesium is necessary for almost all the enzymes that allow the glycolytic and Krebs cycles to turn the sugar and fat we eat into ATP. Low levels of

ATP have commonly been found in people with fibromyalgia, and it is believed that this plays an important role in many of the fibromyalgia symptoms. Thus, a magnesium deficiency would definitely be a factor in worsening those symptoms.

Definition of ATP: (Adenosine triphosphate) a high-energy phosphate molecule required to provide energy for the body. ATP is the main source of usable energy for the activities of the cells. That's a fancy way of saying that ATP makes your body go

much like gasoline makes a car go.

Foods with Magnesium
Tuna, Banana, Dried figs, Barley pearly or raw, Lentils, Potatoes, Oats, Bran, Brown Rice, Wheat, Prune Juice, Dairy Products, Almonds, Brazil.

Fibromyalgia group, Surrey and Sussex

Exercise

We spoke about our Wrists and fingers at the January meeting. So below is an exercise for you with directions. From personal experience this does help. Holding your wrist straight, form the letter 'O' by lightly touching your thumb to each fingertip. After each 'O' straighten and spread your fingers.

Use the other hand to help if needed. You can do this a few times a day. There are separate exercise sheets available at the meetings on the information table. Remember it all takes time and while I understand how difficult it can be and/or painful, it will help you. Give yourself a chance to prove it to yourself. Be

kind to yourself, you can do it. Slowly and regularly. Obviously if the pain is bad consult your doctor first.



Feedback from questions from last months meeting

Q1. Relaxation Music & Exercise makes the pain severe. Imagine you are standing all your muscles are stressed pulling in creating pain & stiffness. When touched it hurts. This will affect your Brain, you will not be able to stand noise as Fibro affects your sight, smell, sounds. It is almost like overload and your reaction to everything is negative. You cannot relax. So your first steps can be to learn to relax by movement. Learn to

direct and definable link between our ability to experience emotional and/or physical pain in our body-brain. Emotional distress, including sadness, loneliness and anxiety, is as real a pain in our body as is any physical pain we can ever experience.

And when terrible physical and emotional pain is forced upon us from early childhood experiences, I

Q3. Does Fibro run in the family? Once you read & do some research you will make your conclusions. It appears that it is hereditary. Years ago the name Fibro and indeed the symptoms were not recognised so you cannot go back in to the family history. Many people were diagnosed with Arthritis. It lays dormant and comes

hear your body, what is it saying to you? In time you will be able to use these methods. Your brain and body are connected and it can remember falls & emotional situations, this is one of the things that create stress. I have a separate sheet on this subject on the information table. Please talk to me as I teach relaxation apart



believe the entire balance of how all these complex pain response systems in our body is altered for the rest of our lifetime. Substance P is connected to our immune system. It is intimately involved with maintenance of our well-being – including the healing of all of our wounds. Once we truly accept the fact that emotional wounds

out once you have experienced massive trauma emotionally or physically. I believe it is.

Q4. What Medicine does everyone take? There are different types. The medicine given will depend on if or what you are taking can go with other medicines and what else you have wrong. Many take

from many other subjects.

Q2. SUBSTANCE P:

It's our body's biological link to feeling emotional and physical pain. There is a small peptide (protein) released upon stimulation in the nervous system and involved in regulation of the pain threshold. Substance P (P = pain) works the same in our body whether we have a broken bone or a broken heart. But it might help to realise more clearly that there is a

ARE physical wounds, I believe we can better get on with the business of healing.

It plays a part in mood, memory and sleep, and has been implicated in post traumatic stress disorder (PTSD), depression and the actions of antidepressant drugs, sadness, anxiety, stress responses and disorders.

Tramadol for pain, Amitriptyline for pain and help to relax you before going to sleep, Gabapentin & Pregabalin helps to slow the pain message down in the brain, Prochlorperazine for vertigo, Zopiclone a sleeping tablet. They are just a few as an example. There are also different dosages

HELP!

We do need more help with putting the tables and chairs away after the meeting is finished and to take out items and put back from my car boot. All the jobs are small and don't take a long time to do.

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 run smoothly. You can contact me on 07796653477 or 01903 691723. My email is youandme1@sky.com or beauty_within_15@hotmail.co.uk. Thank you.

Raffle Prizes: If you have new items that you no longer need please can you bring them in so we can put them towards our monthly raffle.



Enjoy a cup of tea or coffee and have a slice of my lovely Carrot Cake tonight. I hope the fellowship of being with other fibro sufferers is beneficial to you
Simon



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.

Thank you for reading this months newsletter.

I hope you get something from our news letters and they are beneficial

Our next meeting is Tuesday 16th March 2010. Look forward to seeing you then. Same time, same place.