

# Worthing Area Fibro Group



Issue 4

March 2010 Written and Produced by  
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## Hello everyone

We all had a great February meeting, thank you to all the volunteers for helping to run the group. We talked about recommending support cushions and aids to help us in our daily tasks. We also spoke about Diet, Allergies and intolerance to some foods.

Our cake for our competition is Lemon Drizzle. The winner will get a full Reflexology.

We have a wonderful Holistic Practitioner that will be coming to all our meetings and offering a Mini Treatment at just £5.00. All you have to do when you arrive at the next meeting introduce yourself to her and make a time for a treatment. Best to come at 6.30pm before the discussion time begins. We have a private room so it will be confidential and relaxing. This is an opportunity for you to experience a wonderful relaxing therapy at a very affordable price.

## Simons Carrot Cake      Method

### Recipe

#### Ingredients

250g/9oz unsalted butter  
375g/13oz caster sugar  
rind of 2 oranges, grated  
4 eggs  
450g/1lb carrots, grated  
150g/5oz almonds or pecans, chopped  
1 tbsp vanilla essence  
juice of 1 orange  
250g/9oz plain flour  
2 tsp bicarbonate of soda  
1 tsp mixed spice  
1 tsp salt

For the icing:  
225g/8oz full fat soft cheese, at room temperature  
65g/2½oz unsalted butter, at room temperature  
400g/14oz icing sugar, sifted  
1 tsp vanilla essence

1. Preheat the oven to 180C/350F/Gas 4.
2. Grease a 23cm/9in spring-form cake tin.
3. Beat the butter, sugar and orange rind until they are light and fluffy.
4. Slowly add the eggs, beating well to incorporate each addition fully before adding more.
5. Fold in the grated carrot and chopped nuts.
6. Add the vanilla essence and orange juice.
7. Finally, sift the flour, bicarbonate of soda, spice and salt together, then fold into the cake mixture.
8. Pour the mixture into the prepared spring-form tin and bake in the preheated oven for about 45-60 minutes. The sides of the cake should be coming away from the sides of the cake tin and a skewer inserted into the centre of the cake should come out clean.
9. To make the icing, cream the cheese and the butter together until smooth.
10. Add the icing sugar and vanilla essence, and beat until smooth. This frosting is rich thick and delicious.
11. Spread the icing generously over the top of the cake.

**Exercise:** When you are in pain and fatigued it is the last thing you want to think about. However if you are looking for anything that is going to make less pain then exercise is a must. Every where I read and all the specialists I have spoken with all say you must exercise every-day for your Fibro to improve and manage it. From my own experience It has become an important part of my life. It is important to start out slowly and to be consistent.

### Serotonin

Serotonin is a neurotransmitter that helps regulate a lot of your bodily functions. Along with melatonin, serotonin is especially involved in your sleep cycle. Melatonin helps you fall asleep, while serotonin helps you wake

acts as a hormone). Those different areas of your brain use serotonin differently, and they also contain several different kinds of receptors that also influence how serotonin is used.

Serotonin deficiency is associated with many physical and psychological symptoms. Examples of physical

Yoga, Pilates, biking, and walking are just a few that can help. Try to be consistent with your exercises though. If you can exercise up to 30 minutes a day, you can try yoga for the first 15 minutes and walk for the last 15, as long as you are consistent.

As you start to feel healthier and fit, you should start to increase the intensity of your exercises. Make sure you increase the intensity of your exercises to the level that your body can handle. It can be difficult at first, but you

up feeling refreshed.

Research suggests that people with Fibromyalgia (FMS) may have low levels of serotonin. Some studies show that the problem in ME/CFS/FMS may lie in low serotonin-receptor activity, which could mean that the brain isn't using

will begin to feel more healthy and notice that you have more energy. You will feel the increased flexibility, stimulation to organs and glands, increased blood flow, and decreased pain. Exercise has proven to be one of the leading natural treatments for fibromyalgia. Along with relieving the symptoms that go along with fibromyalgia, exercise also helps the body produce more serotonin and adrenalin, which are inhibitors of pain.

serotonin properly, even if plenty is available.

No neurotransmitter acts alone. They all work together in a complex web of activity. Serotonin activity takes place in several areas of your brain, and even elsewhere around the body (where it

## Fibromyalgia group, Surrey and Sussex



symptoms include:

- Fatigue in spite of adequate rest
- Disturbed sleep
- Changes in appetite
- Hot flushes and temperature changes
- Headaches

Examples of psychological symptoms include:

- Changes in libido
- Mood disturbances
- Depression

- Irritability

When serotonin levels are extremely low, additional symptoms may include:

- Muscle cramps
- Bowel & bladder problems
- Rapid, uncontrolled thought processes
- Emotional numbness
- Emotional or behavioural outbursts
- Escape fantasies



## Useful information continued .....

- Memory torture (dwelling on or reliving your most traumatic experiences)
- Thoughts of harming yourself or others

### **High Serotonin Levels & Serotonin Syndrome**

Naturally occurring high levels of serotonin aren't associated with many symptoms. However, taking too much of a drug that raises serotonin levels can be dangerous so please dis-

cuss with your doctor.

You can get supplements from various shops.

Symptoms of serotonin syndrome include:

- Confusion
- Agitation
- Profuse sweating
- High fever
- Muscle rigidity
- Fluctuating blood pressure

### **Improvement on Research over the years.**

When I first was told that I had Fibromyalgia there was no information at all it was just written on a small piece of paper. There has been a lot of research done since. Scientists have started to look at food & diet. There are many people that are unaware they have an intolerance to some thing usually more

than one food. In this case diet does not mean to loose weight even though that always helps. It means becoming aware of how your body reacts to all foods.

How do you start? From personal experience you start with a piece of paper and pen. Write down everything you eat including drinks. Leave a column for comments. How do you feel after eating your meals? Do you have Indigestion, Reflux, Bloating Stomach

and Tired, these are just a few of the symptoms you can suffer with. Carry on for 2 or 3 weeks. It is important to write your comments down so at the end you can look back to refer.

Intolerance's occurs slowly so you may have had no symptoms for a few days or weeks as it builds up in your body it will come out in different ways. Look at your tongue, it

may have a wave like pattern around it. You may have cracks on your tongue. If the back of your tongue has a grey colour to it this may indicate having digestive problems. Remember your digestive system starts from your mouth to the passing out of the body.

The foods journey through your body will have to

work harder to break it down thus creating an environment where you will eventually suffer with reflux, heartburn, pains in the stomach and intestines. Naming just a few.

When food is put in your mouth the digestive system process starts. There is a strong acid fluid that starts to brake down your food. You should chew your food at least 30 times till it

is pulped down before you swallow. This sounds a lot. Once you have put the food in your mouth put your cutlery down, think of what you are eating and

start to enjoy it swallow. This sounds a lot. Once you have put the food in your mouth put your cutlery down, think of what you are eating and start to enjoy it. It will fly by. This eating method will also

help with weight lose. You will become full earlier and there for will not need so big portions.

Our body is not designed to cope with Wheat. This is man made. There are several types of health conditions that can come out of eating the foods your body is trying to throw out and making you ill.

Here is one condition that

Fibromyalgia sufferers know all about.

IBS : Irritable Bowl Syndrome. There isn't a cure for IBS, however, it can be controlled through avoiding foods that you are intolerant to. Adding the right foods to help your digestive process will create a healthy and happy digestive system.

Symptoms of IBS include

- Abdominal pain, bloating and wind
- Diarrhoea or constipation, or episodes of both
- Nausea and vomiting
- Depression, anxiety and stress
- Backache, Tiredness, Headaches,
- Urinary or Gynaecological Symptoms.

IBS is not linked to life-threatening diseases and doesn't develop into bowel cancer.

There are certain things that trigger attacks and so should be avoided, including stress, certain foods irregular mealtimes and in some cases, a lack of dietary fibre.

The whole length of the bowel is controlled by a nervous system, which carries signals back and forward between the gut and the brain, controlling factors such as how fast

food is pushed through the intestines. Some experts believe this 'enteric' nervous system is faulty in people with IBS.

The bowel responds with powerful contractions or spasms to stimuli that wouldn't bother other people.

The gut normally responds to food by contracting, and one reason is the strength of the response seems to be linked to the amount of fat in the meal. So try to cut down on the fat in your diet. Avoid fat-rich food, such as dairy food, ensure your milk is skimmed or semi-skimmed, and cook with minimal fat by baking or steaming food rather than frying or roasting. Avoid large meals as they can trigger spasms. Instead, eat small amounts more often.

There is so much more that I could write about but I am limited to space.

It is a symptom of Fibromyalgia and if you avoid eating the foods that feed this condition your Fibromyalgia can feel a bit better. This is just one condition that is part of the syndrome. Start to get to know your body inside and out. Look into avoiding foods that are harmful to your digestive system and in turn your body, you will have one less thing to worry about and suffer with.

All information is taken from various books and the Internet. If you are interested in any subjects mentioned do your own research so you can get the bigger picture.



**If you have any messages for the newsletter please let Simon know either via email at [simon10pq@sky.com](mailto: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 20th April 2010. Look forward to seeing you then. Same time, same place.