

Worthing Area Fibro Group



May 2010 Issue 6 Written and Produced by Nichola Del Nivo, Simon Stuart and Kelly Thompson

Marathon.

Another month passed and what a busy month again.

Dave Chidley did his run in the London Marathon in 4 hours and 30 minutes. Here are the Dave's words:

"During my training for the London Marathon - the endless Sunday long runs were taking their toll. With 3 weeks to go on a 20 mile run, i started to have difficulty with my right knee (an awful sharp pain and crunching coming from it!) So on the following week night training runs (various lengths/speed/effort to help build stamina for the big day) i was conscious of the knee pain - so found a way to run which did not inflict the knee pain. The following week (2 weeks before the marathon) i had my final Sunday long run - which was a comparatively easy 14miles... about half way round although no pain in my knee - i started to get an awful pain at the top of the left leg. I managed to run the distance - however over night and for the next 2 days i found it hard to walk on the left leg.

I went to see a local chiropractor who worked on the leg - and advised me not to run on it for the time being. So for the next two weeks - i stayed clear of running - having regular treatments by chiropractor - using other forms of exercise to keep my fitness going - and eating lots of carbs (which you are supposed to do before the marathon!)

On the morning of the marathon - i had not ran for 2 weeks - and was not too sure how the leg would hold up.. however i had not had much/any pain in that leg for the last couple of weeks - so was hoping the rest had done it some good. I lined up at the start line - and as always with the marathon it takes quite some time to pass the start line.. after 9 minutes of slow walking i hit the start line and proceeded to break into a jog - and immediately the pain came shooting back... not the best start - with 26.2 miles to go. I thought of the amount of kind sponsors and not wanting to let them and the charity down i gritted

my teeth - put my head down and got on with it as best i could. It was obvious from the first step that i was not going to beat my personal best time and target of under 4 hours. Not only was i in pain - i was running in a pack of several hundred people in the middle of the field... As the miles and hours passed - i managed to live with the pain - until the 24th mile - and believe it or not - the troublesome knee then went! So both legs were out of action.. Somehow though i managed to get through and pass the finish line in 4hrs 36. Not my fastest - but by far the biggest achievement of my life... i am not sure how i got round.

Obviously the next 2 days were uncomfortable for me - and upon visiting my chiropractor she took xrays and advised me to go straight to A and E as she thought that there was a fracture at the top of my leg! No wonder it hurt! After spending a night in hospital i was seen by a couple of Dr's and a specialist. Fortunately the bone specialist said it was not fractured and i was released with pain killers and a pair of crutches!"

10 days on - i am still on the pain killers and crutches and my chiropractor is still not convinced it is not fractured.. so it may be a trip for an MRI scan next!

I think a very big thank you to Dave is in order, don't you

Money collected for the Marathon needs to be in by the May meeting. Thanks. If not able to get to us please contact me on 07796653477.



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.

Fibro Conference.

Myself, Ghennet, Simon & Kelly enjoyed the weekend at the Fibromyalgia Conference in Bracklesham Bay near Chichester. Ghennet & I gave Indian Head Massage, Chakra Balancing & Hopi Candle therapies to other fibro sufferers. I stayed over on Saturday night and enjoyed a very nice meal with Simon and Kelly. Later there was a fancy dress and a comedian.

I experienced a wonderful feeling of being with people I didn't know and looked like they had nothing wrong with them, laughing and enjoying the evening. It was a great feeling as we all new what we felt like and we all enjoyed the evening. As I was working both days I did not attend any of the talks but don't worry it was all filmed and it will be put on a DVD. Which we will show at one of our meetings once we have a copy. On Sunday Ghennet & I manned our stall which was inundated, we gave out free taster's of Healing, Indian Head Massage and Hand Massage.

They will be doing another weekend next year. We will keep you posted. We will do a payment plan so you can all manage to come along. It would be great to have a big group of our members attending such a big and informative weekend.



Fatigued? Sweet tooth? Research has suggested that a high intake of refined carbohydrate (sugar and white flour) and the associated raised blood sugar levels, could trigger reduced blood supply to muscles, weakening muscle stamina two and inducing fatigue. It is well documented that a high intake of refined carbohydrates is a contrib-

uting factor to insulin resistance, a pre-cursor to type 2 diabetes.



Smoothing the ride

It is a good idea to make a dietary change over a few days or even weeks, a very quick change can make you feel worse as your body adjusts. Eating a low carbohydrate and high protein breakfast is a good start. This is easy to achieve, scrambled eggs on a slice of granary toast or unsweetened muesli with added nuts and berries. It could be as easy as a protein shake if you can't face making anything else. The key is to eat little and often throughout the day to maintain a stable blood sugar level. Low blood sugar (hypoglycaemia) can trigger you to reach for a quick fix sugary snack, starting the vicious circle again. To slow the release of sugar into the blood, always try to have carbohydrate with some protein. Have fruit with a few nuts or a small piece of cheese.



Body power stations! Every cell in our body has energy generating apparatus called mitochondria, often referred to as our internal powerhouses. The mitochondria convert energy from the food we eat into the energy we use in our bodies, through a process called oxidation. If the mitochondria are not functioning well we will not produce as much energy. Low energy production leads to fatigue. Generating energy is a complex process. There are several nutrients our body needs to support the process of energy production in the

mitochondria.

Key nutrients for energy: Magnesium (Mg), B vitamins Acetyl L- Carnitine CoQ10

Vitamin D & Fibro: The connection between fibromyalgia and vitamin D deficiency is gradually coming to a better understanding as more research studies are linking the muscular pain and weakness, experienced by fibromyalgia patients, to an insufficient intake or poor absorption of vitamin D in the body. Several studies on both children and adult subjects have found that low levels of vitamin D in the body lead to unexplained bone and muscular pain. These findings have been received with excitement by health professionals because if the connection between fibromyalgia and vitamin D deficiency can be verified, the pain and weakness of patients suffering from fibromyalgia will be possible to treat with nutritional sources of vitamin D. However, this does not mean that fibromyalgia is simply a deficiency of vitamin D in the body; the latter is only a factor in developing or aggravating symptoms of fibromyalgia.



The Connection between Fibromyalgia and Vitamin D Deficiency

The observed improvement in the overall condition of fibromyalgia patients using vitamin D indicates a strong connection between the disease and the function of vitamin D in maintaining bone and muscular health. The role of vitamin D in contributing to the development of fibromyalgia is thought to be rooted in its metabolic function. Vitamin D helps in the synthesis of parathyroid hormone (PTH) in the body. The parathyroid hormone serves to extract phosphates, especially calcium phosphate, from the bones. Combined with other factors, a failure to extract adequate amounts of phosphates from bones can lead to fibromyalgia. In case of vitamin D deficiency, the body is depleted in parathyroid hormone and hence an abnormal retention of phosphates in the bones may initiate a march toward symptoms of fibromyalgia.

Sunlight, Fibromyalgia and Vitamin D Deficiency.

One linking factor of significance in the connection between fibromyalgia and vitamin D deficiency is a person's exposure to sunlight. Vitamin D forms in the skin upon exposure to sunlight for about 15 to 30 minutes. Limited exposure to sunlight on account of climatic factors, lifestyle, skin colour, or any other reason, can result in vitamin D deficiency in the body, even when a normal course of nutrition is followed.

Exercise: The one exercise that can provide the greatest benefit to those suffering from fibromyalgia is yoga. With this fibromyalgia exercise, you will realize increased flexibility, stimulation to organs and glands, increased blood flow, and decreased pain. Yoga is an amazing exercise in regards to the healing potential of fibromyalgia and is an important step in a that can aid in the recovery and healing of Fibromyalgia and it's symptoms. 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. Another fibromyalgia exercise is walking. Start out very slowly at first. Start with 5 minutes per day, and gradually increase until you are walking up to 60 minutes per day. If you don't feel comfortable at any time, decrease the amount of walking time per day until you feel comfortable.



Items for Sale. New Clear stickers for the window of your cars & home.

We have some great **T Shirts** for sale at the meetings. They have the Charity Logo with details on. They come in various colours Blue, White & Yellow all in size M.

Fibro Logo Badges. DVD's.



Future dates for our meetings:
15th June showing DVD on Fibro---20th July--

-17th August---21st September---19th October---16th November---December to be arranged-

I never like to talk about xmas until it is UPON us but I will need to organise things closer to the time.

We will be telling you all about our Xmas Lunch or Dinner. The date & time is not decided yet, a bit early in the year for that.

Advertising: Company that printed Dave Chidley's running vest and the T Shirts we have for sale.

www.impresscdp.co.uk 147 Montague Street, Worthing

01903 218 189 Helpful Information

'You & Me' Holistic Practitioners offer mini treatments at each meeting: Specialise in Fibromyalgia, M E, CFS, PTS, Migraines. In need of some Healing, Spiritual Counselling or a Reading. Plus many other health issues. Please call 01903 691723 or 07796653477.

Help: I am also looking for anyone that would like to help with getting items donated to us for our Christmas Raffle. The raffle will be pulled at our xmas meal in December. So please talk to me and I will give you an information pack to help you asking your local business's & shops for prizes. For an example: Get a voucher from your butcher, veg & fruit shops. A small item from your Chemists, any Electrical items from your local Iron mongers or an electrical shop like toasters, stereos, DVD's, CD'S Hair and beauty voucher for cut and blow dry and or massage or facial. Box of choc's from your News agency. Toy, the list is endless.

If you need some help please ask for a fundraiser pack. At the end of the day If we don't ask we don't get.

Raffle Prizes. We are looking for some unwanted new gifts for our Raffle, please bring them in at meetings or phone me.



Internet

If you are on the internet you are able to download previous copies of the monthly newsletter (also more copies of this newsletter) via www.fms-sas.co.uk and go to "meetings"



If you wish to join the Fibromyalgia Surrey and Sussex Group email which is send out weekly please send an email to **webmistress@fms-sas.co.uk**



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 15th June 2010**. Look forward to seeing you then. Ferring Baptist Church, Greystoke Road, Ferring, West Sussex, BN12 5JL. Our group co-ordinator is Nichola Delnivo her email address is youandme1@sky.com or phone 07796653477. Pick up a full Brochure at our meetings or visit www.fms-sas.co.uk

This month for the food competition the cake is **Shortbread Biscuits and the prize for the best one is a full Reflexology treatment from "You and Me" holistic treatments.**