

# Worthing Area Fibro Group



June 2010 Issue 7 Written and Produced by Nichola Bond, Simon Stuart and Kelly Thompson

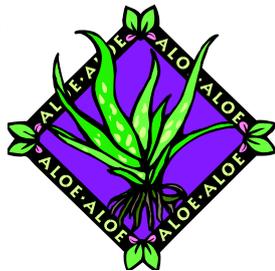
Hello to you all.

Where have the last few months gone. I will be on holiday over the June meeting, so Simon will be chairing in my place. We will be showing a Fibro DVD in the first part of the evening you will get the opportunity to share your thoughts on it afterwards. So for the very new sufferers this is a great chance to learn more about Fibro.



## **Aloe Vera Produces**

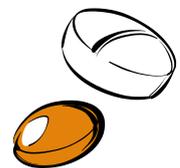
We had a lady come in to show us some Aloe Vera products that she felt might help us. She told us about her experience and how she was skeptic at first, however she had a go, after a few weeks she wasn't sure if it worked so she stopped using it. To her surprise she started to suffer with her Psoriasis and get pain back in her shoulder and neck, so she went back on them and they cleared her Psoriasis up and made a considerable improvement with her other health issues that she had. For the first time I had seen it she let us try all her produces, we drank the Aloe Vera and tried creams for all sorts. We enjoyed the whole experience, so thank you to Jan Locke her details are---Email [jan.forever@sky.com](mailto:jan.forever@sky.com) Tel No: 07563790212



you are in any doubt as to whether a supplement is safe for you always check with a qualified nutritional therapist.

**Ultra Muscleze by Nutri A** high strength magnesium drink, which includes B vitamins, L carnitine all of which are important for energy production.

**Magnesium Supplementation.** Choose a form of magnesium that is more easily absorbed by the body. Magnesium citrate or magnesium malate.



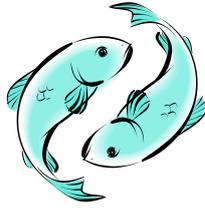
**CoQ10** To have real benefits you would need to use between 50 and 100mg/day. This is an expensive supplement, expect to pay around £20 for a month supply. If you see it significantly cheaper check the amount of CoQ10 in the product.



**Fatigue** Following on from the May edition here are some supplements that are known to help with fatigue: Each individual has their own specific health issues on top of fibro. You should always consult your doctor if you are concerned about your symptoms. When considering dietary supplements it is important to check for contra-indications with your medication you are taking and any dietary supplement you are considering. If

**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.**

**Omega 3 Fish oil supplementation.** Many people now supplement fish oils. It is advisable to choose a supplement that is from fish body rather than cod liver oil. Look for supplements that have been purified to remove environmental toxins. The most important Omega 3 constituents are EPA and DHA. Eskimo 3 fish oils have a good reputation.



**Vegan omega 3** Viridian do a flax seed oil. Vegan sources of omega 3 have to be converted by the body to EPA and DHA, this conversion is quite inefficient, if omega 3 levels are a concern to you, fish oils may be the best choice for you. It is known that all Omega 3, 6, 9 are needed to help towards the battles of Fibro and any Thyroid condition. Always do your own research to satisfy yourself.



**Thyroid Organ.** It seems to me that there are different beliefs among specialist where this condition is concerned. So I have given you some information so that you can find out yourself if you wish so you can come to your own conclusion because it is related to your body so you can recognize what your body is telling you. Remember the journey begins with learning about your body so you can understand what it is telling you.

**Example:** If your body becomes dehydrated it will tell you it needs water by making you feel thirsty. Your body should not become dehydrated as it will start a chain of effect to other parts of the body. If you get a headache it is usually related to dehy-

dration in the brain, not enough water. We are made up of 85% water so to keep our body as healthy as we can water is the way to go. Just like a plant for them to blossom you need to water it not to much and not to little, pruning and airing the earth by moving the earth gentle around helps it to breath to grow to it's full potential, otherwise it will look sad and eventually shrivels up and dies.

A big % of people that have hypothyroidism end up being diagnosed with Fibromyalgia Syndrome. Both conditions share symptoms like - Fatigue, exhaustion, depression, brain fog & varying digress of muscle & joint pain. There are some experts believe that both condition are auto-immune in nature. Others believe that fibro maybe one manifestation of an under active metabolism - hypo metabolism & is therefore one variation of thyroid dysfunction.

With Hashimoto's Autoimmune Thyroid disease ( HAIT), the thyroid fails to produce sufficient thyroid hormone to regulate metabolism. Symptoms of the resulting under active thyroid usually include some complaint of fatigue or depression, but may include a host of other symptoms, including or muscular and joint pain, excessive weight gain, hair loss, dry and coarse skin, menstrual irregularities, infertility and recurrent miscarriage, low blood pressure, high cholesterol and others. Diagnosis is most often by the sensitive thyroid stimulating hormone (TSH) test, but some doctors also use the thyrotropin releasing hormone (TRH) test or tests for thyroid antibodies. Why is Diagnosis Difficult? CFS, FMS and HAIT patients often visit their doctors complaining of a host of symptoms. (See side-

bar.) Since symptoms are similar, there is a risk of misdiagnosis.

And while medical tests can, in most cases, easily test for thyroid problems, many doctors still fail to diagnose the obvious signs of HAIT, or rely only on one test to diagnose the condition. Commonly, HAIT is also often misdiagnosed as depression, stress, or "female" hormonal problems such as premenstrual syndrome, post-partum depression or menopause symptoms, which are often labels applied to CFS and FMS sufferers as well.

Various Symptoms Seen in CFS, FMS & HAIT Widespread pain, Fatigue, Feeling run down, sluggish, Muscle cramps and pains, Unexplained or excessive weight gain, Inability to lose weight, Gastrointestinal problems Irritable bowel syndrome, Poor sleeping, Headaches and migraines Constipation, Exhaustion, Depression, Low exercise tolerance, Rashes, Concentration difficulties, Feeling cold, Cold in extremities, Dry, coarse and/or itchy skin, Dry, coarse and/or thinning hair, Increased menstrual flow. This is only a few symptoms.

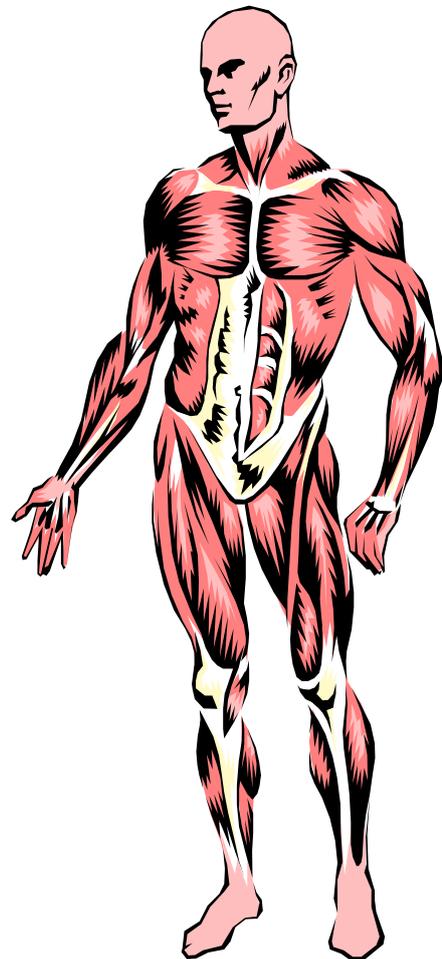
Look on website <http://thyroid.about.com/cs/fibromyalgiacfs/a/cfsfibrothyroid.htm> for more information. Research has shown that CFS, FMS & HAIT are all autoimmune diseases. Plus they are found to be varying manifestations of the same underlying autoimmune problems.

#### **Exercise.....**

- Start on a day when you are at a low level of pain and fatigue
- Set easily attainable goals for the frequency and duration of your exercise
- Monitor your pain. Try using a daily pain log to record your response to exercise
- Avoid high impact and repetitive motion activities. Fibro friendly activities include Yoga, Pilates, aquatic and

flexibility exercises, and low impact aerobics such as walking and bicycling

- Begin with aerobic exercise and stretching, then gradually add resistance training after a few weeks or as tolerated
- Start very slowly, progressively increasing the duration and frequency of exercise before you increase intensity
- Be sure to increase or decrease exercise duration and frequency based on your symptoms of pain and fatigue. During flare-ups, reduce the intensity and duration of exercise sessions
- Engage in flexibility exercises throughout the day to reduce stiffness and pain
- Drink plenty of water to aid detoxification and to prevent dehydration during exercise, which can intensify pain and fatigue.



**Cake Competition:** We would love to have at least a couple of you to join in. The reason I thought this would be a great idea was first you win a free Holistic Treatment second it's fun third it takes your mind of Fibro & fourth it's a challenge. I do hope you share the same thoughts. The best part, is everyone gets to have a piece. 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.

Please email Simon the 'Game Master' this month to let him know you would like to join in.



**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.**

It would be nice to get some feedback from you about our meetings and our newsletter. If you would like to air your views and I hope they are good we welcome new ideas, please email me on [youandme1@sky.com](mailto:youandme1@sky.com) or call 07796653477 or Simon on [simon10pq@sky.com](mailto:simon10pq@sky.com) or 07806 808862. We will Endeavour to reply to as many as I can.



### 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](http://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](mailto: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](mailto:youandme1@sky.com) or phone 07796653477. Pick up a full Brochure at our meetings. If you feel you need some support please do not hesitate to call **Nichola Bond**. **She will be away from 4<sup>th</sup> to the 21st June**

For the June food competition the cake is **Victoria Sponge** and the prize for the **best one is a full Reflexology treatment** from "You and Me" holistic treatments.

Disclaimer: **Information on this website does not necessarily infer endorsement by the Fibromyalgia Support Group for Surrey & Sussex. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.**