

Worthing Area Fibro Group



March 2011 Author Nichola Bond & Editor Tony Ede

Last months meeting was about support as I took a step back due to family things Co leader of the group Simon and our Fundraiser Christine took the floor and they did a great job, so thank you.

Some of you will know that I have been doing an experiment not drinking tap water just bottled water and boiled for decaffe tea and Carab instead of coffee. I do not drink any squash, flavoured water, sugar free drinks or fizzy drinks.

I have been researching and writing a paper for our website about our water in fact all water I haven't finished it all yet however after the knowledge I have gained I decided I will never drink tap water again. I was sent these details by a friend and I would like to share it with you. The website will have more information in the future on this subject.

Drinking water at certain times maximizes its effectiveness on the body!

2 glasses of water after waking up-helps activate internal organs.

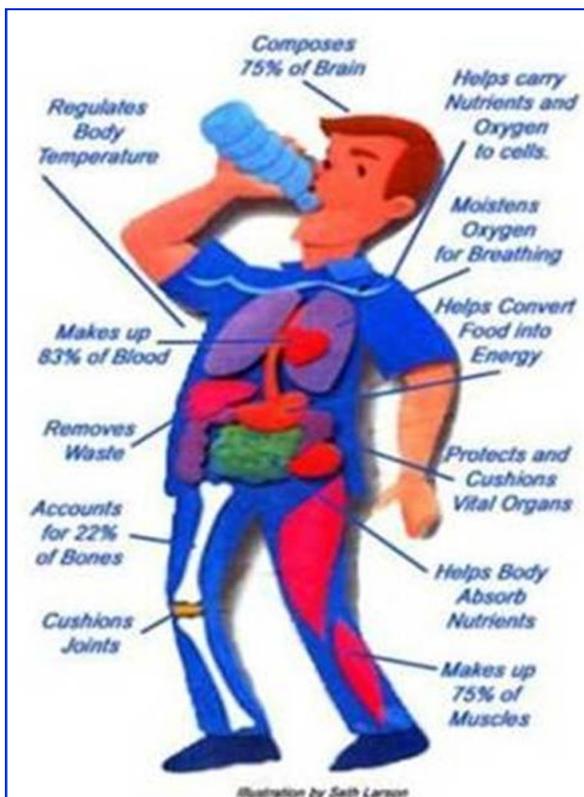
1 glass of water 30 minutes before a meal-helps digestion.

1 glass of water before taking a bath-helps lower blood pressure.

1 glass of water before going to bed-avoids strokes or heart attack. By Blitz Health and Wellness Centre

I have been drinking bottled water for a few months; I have also been taking Zinc, Omega 3, 6 & 9, Magnesium, Probiotic and Vitamin B Complex. I exercise every other day. I practice meditation when I remember, Fibro fog. This has helped me so much. Of course I suffer the fibro moments and pain and am still on medication. If you choose to change your life still in anyway it is important that you check with your doctor and or nutritionist. It is essential you listen to your body, satisfy and to justify yourself before you take vitamins and minerals. You can change your drinking habits when you like. Do some of your own research on fibromyalgia, your body, food and drink so you can become positive about your eating habits. Through out the year at the monthly meetings we will be looking at these subjects more closely.

We are so lucky that there is so much more information and research about today.





Camomile *Chamomilla Recutitia*

It can be found growing all over Britain and Europe and has a long historical use in herbal medicine. The medicinal use of camomile can be traced back to the Egyptians who believed it could cure 'ague' and dedicated it to one of their gods, through to the 'strewing herb' of the Middle Ages. It used to be considered as the plant's physician and was often grown in gardens to improve the health of all the plants. These days camomile is one of the most useful herbs in the herbal dispensary. It can be used dried, as a liquid tincture, capsules or tablet, cream and as an essential infused oil. As with many herbs, camomile has a number of actions and how you use it depends a lot on what you are using it for.

Can't get to sleep?

Camomile is an ideal herb if you are feeling stressed and finding it hard to sleep. Instead of tea bags, use the dried loose flowers to make a strong infusion. Place two good-sized dessert spoons of the dried flowers in a mug of boiling water and allow to steep for about 10 minutes. You can add lemon or honey to taste.

Drink a cup of tea just before bed and you will feel all your muscles start to relax. If you don't like the taste of the tea, or you are away from home try using camomile tablets, or tinctures.

Suffering from indigestion?

Camomile has mild anti-spasmodic actions as well as being an anti-acid and if you take it after food as a tea, it will ease acid indigestion and reduce wind. I often advise patients to try combining it with peppermint as an after dinner drink.

Got the itch?

Camomile is wonderful for calming down the body's reaction to allergy. I use it specifically for eczema, asthma and hay fever. It has anti-inflammatory properties when taken both internally and when used topically. In cases of eczema I often use camomile and nettle capsules, camomile tea and a camomile cream.

Top Tip

Use cold camomile tea bags as soothing and cooling eye compresses. These can be cooled in the fridge and then popped onto tired eyes. They reduce puffiness and relax the tissue.

Dee Atkinson MCPP, Medical Herbalist, [Napiers the Herbalists](#)

Regular Coffee Morning Or tea or maybe a cold drink whatever you fancy. This



is an opportunity to meet others and gain knowledge on how others cope with fibro. It is open to family, friends or carers. It will be the last Monday of the month. From 10.30am to 12.30pm. We will have our information table out with membership leaflets and lots of new health knowledge but most of all support.

For details of venue please call Nichola on 08448872394
or email: beauty_within_15@hotmail.co.uk



Vitamin B Complex Food

Vitamin B complex is a big family of diverse vitamins with a specific number attached to it. Each vitamin belonging to this family has its own behaviour, action and function but they are clubbed together to form a complete solution to all the body requirements.

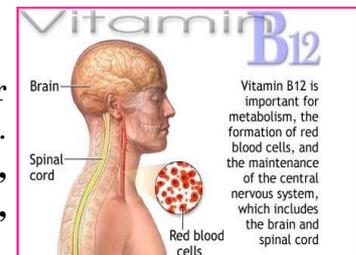
Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12 and four supplements. The numbers attached to the names of these vitamins are based on the order when they were discovered.

-The richest among all the vitamin B complex foods are **milk, yeast, liver, whole-grain cereals, nuts, eggs, yogurt, fruits, meats and leafy vegetables.**

Vitamin B1 is an essential vitamin that aids in conversion of carbohydrates into energy. It also helps regulate normal functioning of heart, muscles and nervous system. Rich food sources are whole and enriched **grains, potato, dairy products, sunflower seeds, pork and dried beans.**

Riboflavin plays a vital role in forming the red blood cells. Good sources of Riboflavin are **liver, milk, dairy products, yeast extracts, meat, eggs, spinach, enriched noodles and mushrooms.**

Niacin is another B group vitamin that is essential for normal functioning of the digestive system, skin and nerves. It is richly found in **dairy products, bread, yeast, fish, legumes, enriched bread, lean meats, nuts, poultry, fish and eggs.**



Vitamin B6 is essential for the synthesis of antibodies and functioning of immune system. Good sources of Vitamin B-6 are **sunflower seeds, bananas, whole grains, legumes, beans, nuts, meats, fish, eggs and fortified breads and cereals.**

Folic acid is required for healthy growth and development as this vitamin acts a co-enzyme for producing energy. Rich food sources of folic acid are **beans, legumes, kidneys, whole grains, peas, citrus fruits, fruit juices wheat bran, dark green leafy vegetables, poultry, pork and shellfish liver.** These enriched sources enable the vitamin to function as a co-enzyme in the breakdown of fats and proteins to produce energy.

Vitamin B12 aids in regulating metabolism and promotes a healthy nervous system. B12 is mainly found in all animal food sources like **poultry, certain algae, shellfish, yeast extract, eggs, meat and milk and milk products.**

In case of any deficiency of B complex, take a supplement of vitamin B complex with food and fill the nutritional gap in the body. Whole food vitamin B complex is the best supplement made from naturally rich food sources without any use of synthetics or preservatives.

Medical Box: Sleeping.



This is one symptom that all fibromyalgia sufferers have a big problem with. I don't think I had a proper night sleep for years. Then 6 years ago my doctor and I decided I needed to try a sleeping tablet. When I went back to see him a few weeks later I told him how great it was because I could sleep at night, he said 'thank god for that we have finally found something that helps you' he is as pleased as me, he a great doctor. I have changed to another tablet which was no problem for me. The benefits are amazing. I still can sleep no problem during the day as well.

What are sleeping medications? They are intended to help you sleep longer, better, fall asleep faster and wake up more rested. They sedate your brain and so your body. When talking to the doctor make sure you write your questions down beforehand so you get all the information in one appointment. There are always negatives and positives. So do some research yourself, please look at accredited sites. They are said to be addictive however I see myself on them until I feel I don't need them. Bearing in mind before I became ill I was anti tablets and only had natural products. However, sleeping pills can be very beneficial to people who have a known cause for their sleeping problems. If the cause of insomnia can be treated, sleeping pills may offer temporary relief of symptoms, allowing you to get some sleep. As there is a multitude of medications for sleeping.

Alternative medicine: Passionflower (Pass flora incarnate)



Passion flower is calming and sleep inducing, relieves pain, and muscular spasms. It is useful for the treatment of general insomnia, insomnia in asthmatics, hysteria, cramps, and nerve pain.

Passionflower was widely used by the Aztecs as a sedative and analgesic. Its constituents include harmine. Harmine was originally known as telepathine because of its peculiar ability to induce a contemplative state and mild euphoria. It was later used by the Germans in World War II as "truth serum." Harmine and related compounds can inhibit the breakdown of serotonin, therefore their use with 5-HTP would have an additive effect.

How to Use: Take 30--60 drops of tincture forty-five minutes before bed.

Benefit Info: The Blue Badge scheme is for people with severe mobility problems.

It allows us to park close to where we need to go. The scheme operates throughout the UK and is managed by local authorities. Important changes to the scheme. The following changes will be made to the scheme over the next year: the maximum fee a local authority can charge for a Blue Badge will increase from £2 to £10. The design of the Blue Badge will change to aid enforcement and make it harder to tamper with or forge. More disabled children and service personnel (e.g. members of the armed forces) will qualify for a Blue Badge There will be no change in the way you apply for a Blue Badge.



Citizens advice bureau—Advice guide www.adviceguide.org.uk

BBC website— www.bbc.co.uk

Direct Gov—www.direct.gov.uk



Do you suffer with
Fibromyalgia Syndrome?

Do you care for a
Fibromyalgia sufferer?

Would you like to speak to a fellow sufferer,
who lives in your area, for support and to
learn more about the illness?

If so,

Worthing and surrounding area Fibromyalgia
support group meet

At

Ferring Baptist church hall

Greystoke road

Ferring, W Sussex

BN12 5JL

We meet

Every third Tuesday of the month

Doors open at 6.30/7pm start to 9.15pm

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We have a regular coffee morning

Every last Monday of the month

10.30am to 12.30pm [Phone information line for venue](tel:08448872394)

Information and Help Line

Tel: 08448872394

Email: beauty_within_15@hotmail.co.uk

Website: www.fmswaws.org

Meetings

Ferring Baptist Church Hall
Greystoke Road
Ferring BN12 5JL
Every third Tuesday of the Month.
Doors open 6.30pm start 7pm to
9.15pm

2011 Dates

18th January. Awareness meeting
15th February
15th March
19th April
17th May
21st June
19th July
16th August
20th September
18th October
15th November

Advertise:

We are looking for anyone with a business or event who would like to advertise in our newsletter for a small charge.

Please get in touch with Nichola

Last Monday in every month is our regular **Coffee Morning**

10.30am to 12.30pm

Dates

31st January . 28th February. 28th
March.

25th April. 30th May. 27th June. 25th
July.

Raising funds and awareness for your group:



We are looking for volunteers who will be happy to be involved with some fundraising for the group.

Group and Help Line No: 08448872394-

Email: beauty_within_15@hotmail.co.uk

Internet:

Download Newsletter:

If you are on the internet you can download previous copies of the monthly

newsletter via www.fmswaws.org

Membership leaflets are available at each meeting.

Please ask for information packs.

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Our Main Charity email:

Fibromyalgia

Sussex and Surrey Support

www.fms-sas.co.uk

Ideas.....

If you have anything you would like to see at our meetings please email

Beauty_within_15@hotmail.co.uk

Please print the poster out on page 5 and ask to put it up in your doctors or dentist or local shop or

Contacts: Organiser of our Group, Co Leader & Author of your Newsletter:

Nichola Bond Tel No: 07796653477 Email: beauty_within_15@hotmail.co.uk

Help and information Line. 08448872394

Game Master & Co Leader: Simon Stuart: 07806 808862 Email: simon10pq@sky.com

Webmaster: Pete MacKean 01903739596 Email: petemackean@sky.com

Fundraiser: Christine Brunton.....

Disclaimer:

Information in this newsletter does not necessarily infer endorsement by the Worthing & surrounding area West Sussex Fibromyalgia Support Group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.