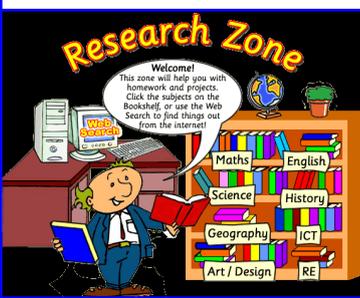


Worthing Area Fibro Group



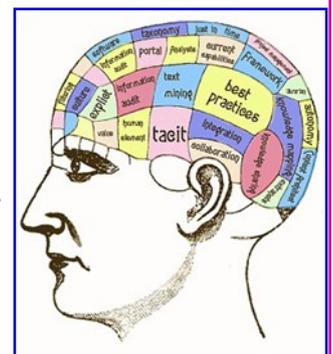
April 2011 Author Nichola Bond & Editor Tony Ede

Newsletter: The idea of our newsletter is to get you excited about what you are reading, to give you a stepping stone to finding out more about what you are interested in, to learn more and be able to understand more. I found out I was dyslexic when my 7 year old daughter was diagnosed. As an adult I taught myself, went to college and passed exams which I thought I would never achieve. I qualified in management I became an Advanced Holistic Practitioner and Healer. I have studied many subjects, CBT and Counselling are just a few. I passed my maths with 100% at the age of 40. It has helped my self esteem, given me a strong desire to gain knowledge and hopefully inspire others. Never give up on yourself, there is so much you can achieve; give yourself fulfilment, a positive attitude, an upliftment, a sense of achievement, all these will help you live with Fibromyalgia. Everyone has an ability to learn, it is finding what subjects would inspire you. It is clear that we have to take responsibility for our own health, so getting the knowledge we need to be able to listen to our bodies and understand more about how we work seems to be the way to go. Research has shown that what we eat has



a profound effect on Fibro and in turn helps us with our pain and peace of mind, which will help us feel confident to talk to our doctors and specialists. It is important that you write down anything you want to know so you can get the answers in one go. Knowledge is power, they say. Once you have the knowledge it is easier to accept and you can move forward with managing your health and life.

Last month's meeting was very interesting we had a very good turn out and shared each other's experiences. We showed an interesting film on pain. This was shown on TV on the programme Horizon a few weeks back. Simon successfully copied it so we could show it to you. The experiences that people had gone through gave us another aspect of pain to think about. It also showed us the very latest research that is still at its experimental stages, however it might be many years before it will be available to us. Another exciting thing about it, is it is not an oral drug. This might be a good time to create positive thoughts and do more to improve our lives. The power of thought has such an impact on our brain and body as shown in the film. Thinking in a positive way, having fun and thinking about happy memories, being in an environment where there is laughter will help your fibro because you are more likely not to think about the pain while you are laughing or concentrating on a hobby. My husband and I try to look at comedy shows of an evening because we go to bed feeling lifted with a smile on our face. I never have been one to look at a lot of comedy but now I love it. Now I feel happier before I go to bed and it really works. Try it for yourself. Of course we all have our off days however it helps in the long run. Positive thinking is not just a name it is a way to help your fibro, your well being, your day your life.



A calmer you:

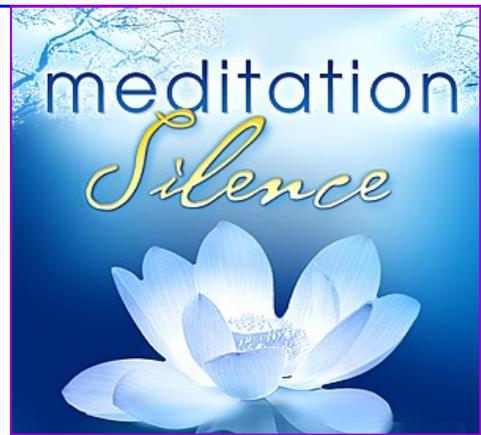
There are several ways to look after yourself:

Look at what you eat? When you eat? How much you eat? What exercises you are doing? What drink you have? How often you drink water? What time you eat? What time you go to bed? How you sleep? If you smoke? How often do you pace? How often do you allow yourself to rest during the day? Do you look at the ingredients in food and drink? How many of us have a dog or cat? we love them, we feed them, we

take them to the vet and if they have an intolerance to certain foods we make sure they have a special diet. Why is it we would do all that but do not apply it to ourselves? A lot of us find it hard to look after our health. Why can we not see, what we put into our mouths moulds our health. Our bodies are crying out to be looked after, our organs and cells, our complexion, hair, teeth, well being, state of mind all need positive help. The right foods, drinks, supplements, love, care and positive happy thoughts have been proven to help us cope better. It is very obvious that most of us have carried around so much of our past, locked up inside of our brain. We try to hide it all, not just from others but from ourselves as well. Why, because we do not want to deal with those emotions. I have learnt that what I had been through, thousands of others have been there too. Those thoughts are out of bounds when brought up in a conversation, we would walk out of the room, change the subject, go out for a walk or even have a drink or two or three. It is clear that what is going on in our head has an impact on our bodies. So where do we start.

Meditation:

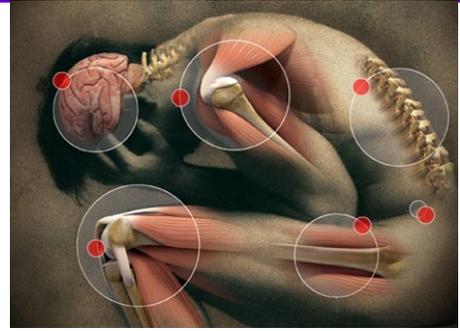
Take 15 to 20 minutes of your time to have peace and quiet. It may take time to still the mind however if you practise it will come. Once you experience a calmer mind you will be able to cope with life's challenges. Find a room in your house that is the quietest or do this when you are alone. Put some relaxation music to help slow your thoughts down. Sitting upright in a comfortable chair, close your eyes, first relax your body by making yourself aware of each part you go to, starting at your toes and working upwards to your eyes. Scrunch your toes and then release and continue to your eyes. Once you feel relaxed take yourself to your thoughts usually there are many racing around all the time, this relaxation will help over time to calm them down. Imagine a white thick cloud washing your thoughts away in your head, keep imagining this until you master how to clear your mind. Once you can do this with out effort your thoughts will start to slow down, where you can focus clearer, with out that feeling of dread and panic. You will find that you have more control over your daily routine, you will also feel happier and calmer. Remember this is a technique for life, you owe it to yourself to look after your health, this can help your peace of mind, your fibro and can feel in control of your day. We all have ups and downs in life. Isn't it nice to think you can have more ups? There are many ways to learn to relax luckily we have a fantastic selection of books, DVD's and CD's at each meeting, there is just a small charge to loan them out for a month.



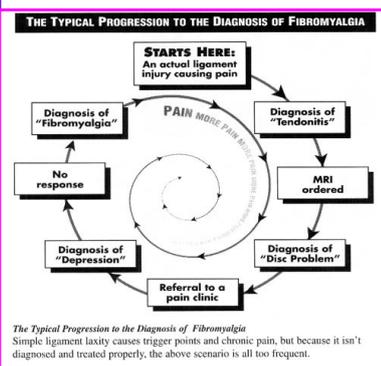
Worthing and West Sussex Fibromyalgia Group

Vitamin and Minerals needed when you have Fibromyalgia.

Vitamins and minerals are needed to permit our muscles and bodily organs to perform all their necessary functions. It can only help you if you gained the knowledge to build healthy muscles, at the cellular level, in turn helping give you fibromyalgia symptom relief, naturally. I know this is hard to believe, because it sounds too simple--just get the right nutrients into your muscles. The main job of your muscles is to provide movement. This would be moving your bones, or moving your food through your digestive system or moving your blood, but they all need to move. Muscles live on blood. Food travels to the muscle through the bloodstream and waste travels away from the muscles, again through the bloodstream. Muscles work on an active transport mechanism. One aspect of fibromyalgia nutrition is that the energy supply (food and oxygen) in the bloodstream has to get inside the muscle cell. The transport system in and out of the cell is done by minerals. This is one key to fibromyalgia nutrition. But certainly not the only one. An active transport system is where the muscle has to ask for the food, through a need for more energy, before the food will go in. Therefore, in order to help to heal the muscles you have to demand nutrients to your muscles through exercise. Yeah, sorry, you will have to move your muscles. But you also have to supply the right nutrients to the muscles, then, the individual muscle cells must produce energy, in order to move.



Potassium and Calcium need to be properly balanced. This is because potassium and calcium will exchange places, inside and outside the cell. Sodium plays a role



with these minerals in fibromyalgia nutrition, too. Absorption of food by the muscle cells requires zinc, magnesium, and manganese. Magnesium and calcium also work together, allowing the muscle to contract and relax. Your muscles get fatigued and weak when they can't relax. This is also one 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. When muscles either spasm (tighten) or are too relaxed, this causes the joints to hit each other. Not forgetting your ligaments and

tendons. More pain for you. Minerals also hold everything together in the cell so that it can work. Vitamin E—grabs the carbohydrates or fats and transports them into the cell. Insulin helps Vitamin E to shove the energy (food) into the cell. Vitamin E gets rid of fat. It is oil soluble and will use fat for energy. Fat converts to energy using Vitamin B1, B2, B3, Vitamin E, and Beta Carotene. So, good nutrition helps you lose weight, too. After getting the food inside the muscle cell, it needs to be converted to energy. Your muscles work like a cylinder and piston works in an engine. In a car, compression makes the fuel in the engine fire, creating energy. In the body, hormones and enzymes make the fuel (food and oxygen) 'fire', which produces energy. Where an engine needs gas, muscles need food. While an engine needs air, muscles need oxygen. Muscles need fat too. Fat lubricates your muscles, just like oil lubricates an engine. Fat also provides energy. The muscles in your body burn 20 times more energy in a day than the energy of one tank of gas in your car. Of course the fat needs to come from a balanced healthy meal not from a packet of biscuits.

Medical Box:



Sleep Aids and Drugs to Calm Restless Extremities...

Ambiens is a hypnotic drug given to promote sleep, but should be taken with caution to avoid dependency. Eszopiclone (Lunesta) And Zaleplon (Sonata) are also prescribed for sleep problems.

L - dopa - and Carbidopa (Sinemet), a medication usually prescribed for Parkinson's disease, may be given in very low doses to calm restless leg syndrome, a common complaint of fibromyalgia sufferers.

Alternative Medicines for Depression:

Finding the right alternative depression medicine may seem overwhelming. Hundreds of supplements and remedies are marketed as alternative depression medicines, but despite the claims of the companies selling these products, the majority deliver lots of hype but little help. But effective and safe alternative depression medicines do exist. So how do you recognize which options are worthwhile and which are worthless? You must judge potential alternative depression medicines according to a few key considerations: Does the product contain an ingredient or ingredients proven to relieve depression.

St. John's Wort... The alternative depression medicine supported by the strongest



evidence is St Johns Wort extract. Over twenty controlled clinical trials have shown that high-quality St Johns Wort effectively relieves depression. In fact, studies comparing to St Johns Wort prescription antidepressants (including Paxil and Prozac demonstrate that it works just as well as these drugs, but with fewer side effects. With this in mind, most

people should turn to high-quality St Johns Wort extract as their first choice for an alternative depression medicine, starting with a dose of 600-900mg daily and increasing to 900-1800mg per day if necessary. Keep in mind that St Johns Wort usually requires at least three weeks to begin working, and may not produce its full effects for a month or two.

We need people to help; We are all volunteers and all want the same thing, to give support to those who suffer, a part of that is being involved with events to raise awareness. We are involved in an event called **'Live Well' it is being held at Rustington Church Hall, 77 The Street. On Saturday 2nd April from 10am to 4pm. It is too late for this event however we will be holding events in the future so please get involved it is all about you and others like you.** Support your group and give a hand. For more details please contact Christine or Nichola Tel number on last page.

We would like to have names and details on a list which will make it easier for the future. It will be just an hour or so out of your day.

Volunteers!





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

—

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

Worthing and West Sussex Fibromyalgia Group

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
25th April. 30th May. 27th June. 25th July.
29th August. 26th September.
31st October.

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.

.....
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...**07905189163...01903856914**

Email: worthingfibro.chris@hotmail.co.uk

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.