

# Worthing Area Fibro Group



June 2011 Author Nichola Bond & Editor Tony Ede

Hello

Living with a family member that has Fibromyalgia and other health challenges.

This subject has become an important one and one that we need to discuss. It is very clear to all that family members, close friends and work colleagues need to have a wide angle of knowledge of what fibromyalgia does to a sufferer and what support they need, not forgetting that support is needed for the family and friends of a sufferer.

The many feelings that sufferers experience creates the mood and for someone that does not know what to do and how to support their loved one it can become overwhelming. Guilt is a natural emotion and is felt by all. When your loved one goes to work, it can bring on guilt, the sufferer can feel why have I been struck with bad health, it's not fair, what can I do to justify staying at home. We can attempt to do things at home and over stretch ourselves and then feel exhausted and in more pain just to justify the fact you can not work and your partner has to. If you have a partner that does not complain and is happy to do those household jobs then thank



him or her, don't take them for granted. Keeping your dignity and most of all talk to each other. If you are single and have kids be honest with them, sit them down and tell them about Fibro and how you are feeling, tell them you need them to help with the run of the house, garden, shopping etc.... It can be hard for kids as they just want to be kids but when they are informed and it's done in a caring way they will step up to the mark. There will always be set backs because they are kids. Try not to get angry and frustrated that things are not done to your standard because it just creates more problems in the home. Make lists of all the jobs that need to be done, then priorities and delegate the jobs remembering that the kids still need time for their homework

and play time. Don't be frightened to ask for help from friends. I just had Virgin put in and when my laptop was working I had something come up that I didn't understand luckily the men were still working so I asked them and they put it right. So asking was a bonus. Go to your local support group with relatives and friends and encourage them to learn more about fibro. Accept help when it's given. You have to change your life around. Accepting creates a positive outcome. If you are finding family members or friends being negative in anyway and you feel you have tried every tactic you have thought about and they still do not accept you are unwell and expect you to do things which you are finding hard then tell them you need space and that maybe they need time to reflect and accept things are different, you need help from them not negative stressful experiences. Take your time and write down how you are feeling, really evaluate your day to day experiences. Only when you are ready contact them again invite them round and talk about how you feel and hopefully they would have reflected and are ready to support you. Please contact me if you need some support.

## **Housing Benefit** has changing from April 2011 for **private tenants**.

From department for works and pensions.



**What will the changes mean?** It is possible that the amount of housing benefits you get to pay your rent go down. If your housing benefit is paid directly to your landlord, the amount your landlord gets for your rent could go down.

If you are getting or thinking of claiming housing benefit, you need to consider these changes before you renew or make a new tenancy agreement with a private landlord.

### **Who will the changes affect?** These changes could affect you if:

You are claiming housing benefit, or are going to make a new claim, under the local housing allowance scheme (LHA)

You receive more housing benefit (up to £15.00) than you pay for your rent.

It is important to remember that after your assessment the housing benefit you get won't be higher than the rent you pay.

If your next assessment is due in June 2011 the changes to local housing allowance rates will not affect you until March 2012. But you will no longer get more housing benefit than you pay in rent.

### **Changes may affect you sooner if:**

● You are getting housing benefit and are planning to move house;

● Your household is changing such as someone leaving or coming to live with you.

● If you are claiming or intending to claim housing benefit you need to be aware of the changes and when you will be affected before negotiating or entering into a new tenancy agreement with a private landlord.

**Local housing allowance rates:** to help you plan for the changes go to valuation office agency websites.

[www.voa.gov.uk/lhadirect/LHA\\_percentile\\_rates.htm](http://www.voa.gov.uk/lhadirect/LHA_percentile_rates.htm)

### **Where to go for more information:** [www.direct.gov.uk](http://www.direct.gov.uk)

Your local authority can help you to find out exactly how these changes will affect you.

The valuation office agency (VOA) is an executive agency of HM Revenue & customs and holds information on local housing allowance, fair rents and council tax. Visit their websites at [www.voa.gov.uk](http://www.voa.gov.uk)

The Citizens Advice Service provides a wide range of advice. To find your local citizens advice bureau, look in the phone book or yellow pages, or visit their website at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

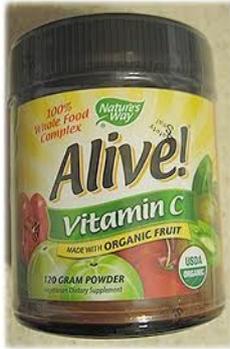
Shelter offers confidential housing, welfare benefits and debt advice through a network of advice services; free phone housing advice helpline- on 08088004444 8am to 5pm Monday-Friday and 8am—5pm Saturday-Sunday. Or visit [www.shelter.org.uk](http://www.shelter.org.uk)

**This advice comes from DWP—this information is only a guide and does not cover every circumstances. It may be subject to change subject to the law.**

# Worthing and West Sussex Fibromyalgia Group

## Vitamin C: Are you taking the right vitamin C for your type?

Everyone knows how great vitamin C is. But did you know that there are different 'types' of vitamin C? that different metabolic types require different types of vitamin C? Make sure you aren't making a vitamin mistake by thinking you can take any old vitamin c and it will work for you. It won't. We all know our body can not make it. So we need to take it daily through food or through supplementation. It is a powerful antioxidant that helps with the immune system and other metabolic processes. It has been shown that it is an essential building block of collagen, which builds bone, skin, blood vessels and other tissues. It helps to reduce the risk of developing cancer, particularly cancer of the mouth and digestive tract according to the Linus Pauling Institute at Oregon State University.



Vitamin C is a antioxidant which helps in neutralizing unstable oxygen molecules that might otherwise damage DNA. The antioxidant effect can help with preventing damage to artery walls that can promote cholesterol build up. A 2003 study at the San Francisco veteran's affairs medical centre reported that people with high blood levels of vitamin C are less likely to test positive for infection from the H. Pylori bacteria. These are just a few of the positive effects you can get by taking enough of this vitamin, daily. There are two basic forms of vitamin C. One is called 'ascorbic acid' and the other is called 'calcium ascorbate'.

But you may be thinking vitamin C is vitamin C– what does it matter? Well from a metabolic standpoint, it matters a lot! To properly metabolize this nutrient, you need to know which form is right for your individual metabolism. That's' because these two different forms of vitamin C have a big effect on your blood ph level. Ph is a measure of acidity or alkalinity of a solution. And to be your healthiest, your blood ph should be maintained as closely as possible to the ideal 7.46. (Note that this is blood ph we are talking about. Don't confuse this with saliva or urine ph that many people focus on.) At this 7.46 level, you will achieve optimal absorption and of nutrients into the blood stream. According to your metabolic type, you may either lean more towards the acid side or towards the alkaline side. And taking the wrong form of vitamin C can unbalance your metabolism and compromise your health. They both cause different ph reactions in different metabolic types. For example, Calcium Ascorbate balances the ph of certain metabolic types. And the same is true of ascorbic acid– it balances certain types and unbalances others. So slow oxidizers should stay away from calcium ascorbate and should use ascorbic acid, which causes a reaction. This helps balance out their ph while at the same time providing thee vitamin C they need. But if you are one of the four ANS Parasympathic types, its just the opposite for you. This can be confusing but this is where knowing your real metabolic type helps. Speak to your doctor, or dietician.



As you can see knowing your real metabolic types make it much easier. Knowing what form of nutrients you need to eat to balance your metabolism, improve your health, control your weight and get better energy and digestion. By knowing your nutrient sources even in something as simple as vitamin C, will allow you to work with your body instead of against it to build your health.

## Medical Box:



**CFS & ME** are sometimes recognised as the same Condition. I would agree I have been suffering with this for many years and am able to recognise the differences in symptoms. I have been told that there are no medications for CFS/ME. So I did some more research and found that it is getting closer to finding a drug that will help, however each person suffers in a different way. The symptoms can seem endless. Digestive disorders are common place, many people may have previously been diagnosed with IBS, or even Crohn's disease. If your intestines aren't working properly, unfriendly gut micro organisms and toxin can build up in excess quantities and get into the bloodstream through the gut wall. Once in the bloodstream they continue to create many of the problems that we suffer with. I have experienced this in the extreme also ending up with Candida Albicans. Muscle fatigue and muscle spasm, recurring nausea and abdominal pain, complete exhaustion, persistent headaches with stiff neck and back. Vertigo, dizziness, foggy and lack of concentration. Sleep disorders and immune manifestations including tender lymph nodes, sore throat, flu like symptoms, development of allergies and hypersensitivity to chemicals and medication. There are many of us that have the same symptoms with our fibro.

Alternative Medicines: CFS/ME sufferers can usually avoid or reduce Wheat as it contains the highest amounts of gluten. Rye can be used as a substitute and other alternatives are brown rice, millet and quinoa and rice/corn/oatcakes instead of bread.



Dairy –use goats or sheep's milk instead or try cereal milks such as rice, oat, almond or soya. Diet is defiantly important and even more so when you suffer with any health challenge.

There is a mixture of thoughts when it comes to alternative therapies. My outlook is if it helps someone then it is something that can be kept up to include in your management programme. I am an advanced holistic therapist but due to my health I am unable to carry on my work the positive is I have the knowledge and the experience to give to people and members if they want it. My daughter has CFS and massive allergies, which come as a symptom of CFS. She is taking part in research for a cure in Brighton in the autumn, I will let you know how it works when I get the info from her. I think we should get to know what CFS/ME is so you can recognise the Fibro symptoms too. This will help you in the long run. To find out more read books from our library and research the info on the internet. I have some info that I can email to you if you are interested email me. Details at the end of the newsletter.

**We need people to help;** We are all volunteers and all want the same thing, to give support to those who suffer. We are looking for someone to sit at the door for about 20 mins at our monthly meetings taking names, details and donations. **Support your group and give a hand. For more details please contact 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.**





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](mailto:beauty_within_15@hotmail.co.uk)

Website: [www.fmswaws.org](http://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

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](http://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](http://www.fms-sas.co.uk)

## 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

## Coffee Morning's

Are cancelled due to lack of  
support.

Maybe you would like to organise a  
get together.

Have a chat with me at the next  
meeting.

## Ideas.....

If you have anything you would like  
to see at our meetings please email  
[Beauty\\_within\\_15@hotmail.co.uk](mailto: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  
school.

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

Nichola Bond Tel No: **07796653477** Email: [beauty\\_within\\_15@hotmail.co.uk](mailto:beauty_within_15@hotmail.co.uk)

**Help and information Line. 08448872394**

Game Master & Co Leader: Simon Stuart: **07806 808862** Email: [simon10pq@sky.com](mailto:simon10pq@sky.com)

Webmaster: Pete MacKean **01903739596** Email: [petemackean@sky.com](mailto:petemackean@sky.com)

**Fundraiser:** Christine Brunton...**07905189163...01903856914**

Email: [worthingfibro.chris@hotmail.co.uk](mailto: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.