

# Worthing Area Fibro Group

July 2011 Author Nichola Bond & Editor Tony Ede



The June meeting went really well, a very enjoyable and informative evening. We spoke about the support you need in the home. There are many things that can be done. There is an article on the next page.



Our website's main page has been revamped; please have a look, we do appreciate any ideas for the site and newsletter.

Next meeting the 19th July we will be talking about therapies that may give you some relief from the pain of our muscles and other health issues. We will give a demo and some will have an opportunity to try some out.

As we know Fibro is not curable. What we do know is that therapies can give us relief, for some it will help stress levels and others it helps them to sleep. There are many health challenges therapies can help to alleviate and even make good.

There has been over the years a lot of research that shows that many individual do experience a wonderful

relief.

I am an advanced holistic practitioner. I have been living with FMS, ME, CFS major back problems with lots of metal in my spine plus many other health problems. I personally have found a wonderful temporary relief from numerous therapies. At first I was hoping for a cure as we all do but over the years I have learned to live with the knowledge that it is all about taking care of your health in anyway you can.

We will talk about how you can use some techniques yourself at home. There are classes' you can go to that can help your whole body, mind and spirit like Yoga, Pilates, Tia Chi, Meditation, Massage, Exercises. Counselling and diet are also big factors in trying to feel better.

Using hot water, shower, hot tub or bath can ease stiffness in the morning and pain before bedtime. You can even use the soothing heat to loosen up your muscles so they respond better to gentle stretching or acupressure.<sup>1</sup>

**Move Wisely:** Learn ergonomic ways to do tasks that minimize the strain on your muscles and conserve energy. For example, test the weight of grocery bags before you just grab them out of your car trunk. A few extra trips may avert a muscle strain on top of your widespread pain. Also, don't hesitate to prop yourself up with pillows to help take the strain of gravity off your achy body.

**Rest Breaks:** Lie down and tune out two to three times a day for about 10 minutes to recharge your batteries and quieten down the chatter in your brain.



**Support that is needed in the home:** It comes in different ways.

What do you need? Someone who listens to you. Someone who gives you empathy. Doing jobs in the home without complaining. Cooking the dinner for the family and serving it to you in bed. Doing the washing and ironing.

Asking if you would like a cup of tea while you are in bed or resting on the sofa.

Doing the shopping list and buying it.

Helping with getting the kids up, giving them breakfast, doing their lunch boxes'.

Someone who does not complain when the dinner is not done when they come in from work.

You can see there are a lot of practical things we need from our family and friends. This list seems to be asking for a supper human and it's a lot of work for one person especially if they work. However I seem to remember when I worked I did it all. What you have to remember is that, some of these jobs can be spread around and or delegated to others. Some of you may be bringing the kids up by yourself.

Writing down your own list of things that need to be done is a good start, then priorities. Do the jobs which are on the top of the list first. You can do the others when you can. It is good to even out your day so you are not over stretching yourself.

On your list pencil in your ironing, set it up and if needed have a sit down, iron the garments you need first and rest as many times as you need. Don't worry if you have to leave it, just do a little more another time. Write all your jobs including a bath, breakfast, getting kids up, washing, dressing, taking them to school. Coming home and resting.

If you have someone coming round or you are going out then don't plan any jobs for that day apart from what you need to do for the kids. Teach your children as young as possible jobs like changing the bed sheets, putting dirty laundry in their own basket. On laundry day bring the basket to your washing machine. Helping to put the laundry out on a line. Passing the pegs to you so you save bending down. Put rubbish in smaller bins so it is not so heavy. Opening bottle tops so they are not tight making it easier for you and them to open. Peeling potatoes and veg. Cutting food items with your supervision. Dusting and hovering, keeping rooms clean and putting their toys away before they open another toy. You can get the picture that all jobs can be made simpler for you and it teaches the kids too.

Choose a day when you can sit down and go through the bills. As this can be mentally exhausting just do that one job in that day. Once you have mastered pacing you will feel you are able to cope better.



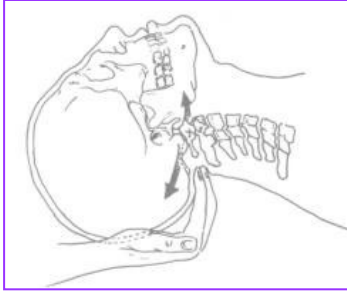
Try not too do to much on a good day otherwise you will suffer for the next few days.

Unexpected events can happen - just adjust the day. Please don't be too hard on yourself. I was very house proud and I pushed myself so many times and fell down so many times. It took a long time for me to learn to pace and now I do it and feel I am managing my day. As the kids got older some things got better. I was the one pushing myself for no reason really.



# Worthing & West Sussex Fibromyalgia Group

**Craniosacral Therapy:** Fibro can be treated by medication and therapy. Looking at craniosacral therapy for fibromyalgia is a promising remedy. Dr. John Upledger, an osteopath, developed craniosacral therapy in the 1970s. This kind of approach was made popular by Dr. William Sutherland, an osteopath in the early 1900's. Literally, craniosacral is taken from the term cranial which means head and sacral which refers to the area at the base of the spine; this includes the brain and spinal cord. The brain and the spinal cord are bathed in



a craniosacral fluid that has a rhythmic pulse, similar to blood pressure. Craniosacral therapist feels the pulse and looks for any subtle restrictions in the flow of craniosacral fluid. These restrictions are pointed to be the cause of poor health, especially abnormalities related to the brain, spine, and nervous system.

It helps: Migraine and headaches. Chronic neck and back pain. Nervous system disorders. Scoliosis. Chronic fatigue. Stress and stress-related disorders. Fibromyalgia and other connective tissue disorders. Temporomandibular Joint Syndrome (TMJ). Immune disorders.

**The procedure for the craniosacral treatment:** you lie down on a treatment table. The therapist applies subtle pressure with the hands to the head and the base of the spine. The pressure will relieve the pain and discomfort of fibromyalgia.

This highly effective course of treatment leaves you feeling less pain. You will be more capable of dealing with your tiredness, your quality of life improves and it allows you to sleep better. Recent clinical researches showed that craniosacral therapy is widely recognized as a highly effective way to treat baby colic, sleeping problems. For a 25 week period, a test group was tested and then followed up after 6 months and one year. During the period of treatment and afterwards, the patients reported sleeping better, a much improved quality of life and experiencing considerably less pain. Even after the end of the treatment period, the patients still felt better and were able to sleep better. Conclusion of the research was that Craniosacral Therapy is more effective as a complementary form of treatment in addition to other forms of treatment and drugs given to patients. Craniosacral therapy is a form of manual therapy which releases tensions and strictures in and around the nervous system. The working of the brain nerves and spine are relieved and so enables the remaining body function to work better, deal better with pain, and feel more relaxed. It also allows your body's own healing mechanisms to help the body heal and mend itself.



Craniosacral therapy facilitates in releasing lesions and strains in the layer of tissue called fascia. Surrounding the muscles and organs, as well as nerves, fascia can become strained and tense due to injury or infection. This also contributes to the muscle or body pain of Fibromyalgia. Craniosacral therapy is an effective, gentle, and non-invasive method.

**Iron:** It is vital for the transport of oxygen in the blood, and some of us don't get enough. You don't always need to eat more iron rich foods, just change the way you eat them. There are about four grams of iron in the body of a healthy adult. Most of it about 2.50 grams, is found in the blood. There is around one gram stored in your liver, spleen and bone marrow, and tiny amounts helping all body cells to function. Iron is an essential ingredients of the haemoglobin in red blood cells. Haemoglobin, in turn, is vital to carry oxygen to all parts of the body. Red blood cells are destroyed after about 120 days of active service: the iron in them is released into the blood, to be recycled later into the red blood cells.



There are two types of iron in food, haem and non-haem. Haem iron is fairly easy for your body to absorb and put to immediate use. But it's only found in meat and fish.

Non-haem iron is more difficult to get at. The amount you can absorb is affected by what you eat with it. Some substances found in food combine with non-haem iron to make it even more difficult for your body to use and they're often found in the same food as iron. The amount of iron in spinach looks good on paper but spinach contains oxalates which make the iron difficult to absorb. Whole-grains and



bran contain phytates, which have the same effect. Ascorbic acid (Vitamin C) helps with absorption so when having bran at breakfast, drinking a glass of orange juice get you more of the iron from it. Tannin in tea and coffee hinders absorption. Eating spinach with meat or fish as an example will give you more iron than eating by it's self.

### **E218: Methyl-p-hydroxybenzoate Methylparaben; Tegosept M; Nipagine M**

#### **Origin:**

Synthetic methyl ester of benzoic acid. Benzoic acid, benzoates and benzoic acid esters are commonly found in most fruits, especially berries. Cranberries are a very rich source of benzoic acid. In addition to fruits, benzoates occur naturally in mushrooms, cinnamon, cloves and some dairy products (as a result of bacterial fermentation). For commercial purposes, benzoic acid is prepared chemically from toluene and then esterified.

**Function & characteristics:** Benzoic acid and benzoates are used as preservatives against both yeasts and fungi. They are not very effective against bacteria. Activity does not depend on acidity. Benzoic acid esters are poorly soluble, which limits application.

**Products:** Benzoic acid esters are used in a wide range of food products and cosmetics. **Daily intake:** Up to 10 mg/kg body weight. **Side effects:** No side effects in the concentrations used. In some people benzoic acid esters may liberate histamine and thus cause pseudo-allergic reactions. The presence of E218 in cosmetics may elicit contact allergies, which are not common with food applications.

**Dietary restrictions:** None – benzoic acid esters can be consumed by all religious groups, vegans and vegetarians.

## Medical Box: Prozac Is Also for Fibromyalgia.



Depression plays a big role in people who suffer from fibromyalgia and an anti-depressant like Prozac is very helpful to treat that symptom. *Prozac* was first given the Food and Drug Administration's (FDA) approval in 1987 and Eli Lilly and Company began production of the drug in 1991. Prozac is a common drug pre-

scribed by psychiatrists in the treatment of many psychological ailments. Prozac was once referred to as "the feel good drug" and seemed to bring people out of their depression shell.

Fibromyalgia sufferers who take Prozac may have less fatigue, an improvement in pain and better sleep. Some people who take Prozac have reported weight loss while taking the drug. The FDA issued a warning that children and teenagers may have increased suicidal tendencies while taking Prozac. Prozac is also known as Fluoxetine and is just as effective in the treatment of fibromyalgia. Prozac is available in 10 mg, 20 mg and 40 mg dosages. Prozac is also available in liquid form and weekly capsules. Since Eli Lilly's patent expired in 2001, other drug companies have manufactured generic forms of Prozac, which may relieve some of the symptoms of fibromyalgia. Generic forms of Prozac have proven more cost effective in relieving some fibromyalgia symptoms. Some companies who also manufacture Prozac are Watson Pharmaceuticals, Teva Pharmaceuticals, and Sandoz Pharmaceuticals. Prozac has also been helpful in treating obsessive-compulsive disorders and eating disorders, like bulimia, as well as a treatment for fibromyalgia. Prozac became so popular, the drug inspired a book entitled, "Prozac Nation," which was turned into a movie, starring Christina Ricci. Some side effects of Prozac include nausea, insomnia, indigestion and anxiety. People who have had suicidal thoughts, heart disease, seizures or liver disease should notify their doctor. If you are, or think you may be, pregnant, tell your doctor. Women who take Prozac should talk with their doctor before breastfeeding.

## Alternatives: [Natural Remedies for Depression](#)

### [\(Alternatives to Prozac and other pharmaceuticals\)](#)

In many respects, antidepressants have revolutionized the treatment of depression. By rebalancing the neurotransmitters in the brain, they impact mood at the biochemical level and allow the tormented sufferer to achieve emotional equilibrium. However, not everyone responds to these drugs favourably. For some people the side effects are too harsh, while others fail to experience the desired relief.

There have been positive reports with St. John's Wort and tyrosine. Although scientific studies of St. John's Wort have been done in Germany, many of the other remedies have not been subjected to the same rigorous double-blind studies that are used with pharmaceutical drugs. This is largely because no one has put up the millions of dollars that would be needed to research the safety and effectiveness of these compounds. Because even "natural" substances can produce strong reactions in sensitive individuals, anyone taking these remedies should do so under the supervision of a doctor or a qualified alternative practitioner or psychiatrist, or chiropractor or naturopath, . As with antidepressants, it is important to try one natural remedy at a time until you discover what works. Moreover, you should not switch from a prescription antidepressant to any of these supplements without first consulting your health care provider. You should come off Prozac before going on to St John's Wort and with the doctor's knowledge.

# Important News

## 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](mailto: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.

.....  
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

## 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) We are always open to suggestions.

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## 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.