

# Worthing Area Fibro Group

July 2011 Author Nichola Bond & Editor Tony Ede



We had a great talk with demo on self help at July's meeting. Ghennet our resident Therapist gave reflexology on the foot, and hand. We also had a demo on Indian Head massage and massage as I gave the talk. We had a few lucky members that enjoyed a relaxing evening. Ghennet is available every month where she will give a variety of therapies in a private room. She also see's clients and has kindly said she will give a generous discount for members of our group. It is defiantly worth going along. Her tel number is 01903205699.



As a therapist myself no longer able to work I can appreciate the time and energy that goes into a session. Even though Fibro is not curable and a lot of what we do does not last, it is better to enjoy some relief and relaxation as it will help other health challenges. I have produced a self help pack, which is available on our website. Email me and I would be more than happy to send it to you. My details are on the last page.

FMS SAS had a SGM on Monday which went very well. We had a nice turn out and have finally passed our new constitution. As a member it is important to be involved because the charity is there for you and for all the local groups.

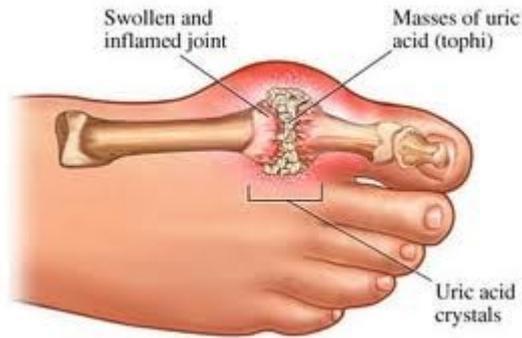
Simon and CO Chair Jeanne gave a presentation about our conference which falls at the Easter weekend next year. It is a great opportunity to learn, gain more knowledge from speaker that in the last two conferences came from all over the world. It will be at the Chichester Park Hotel. It is the only conference in England with lots of fun things to do plus breakfast, lunch and dinner with coffee break morning and afternoon. For more details and booking details please email Simon [fibcon2012bookings@gmail.com](mailto:fibcon2012bookings@gmail.com) or telephone 0844 887 2508 or 07806808862.

**Wiston Tea rooms:** Last year we meet for a get together with three groups, Worthing, Brighton/Hove and Horsham. It was a great success so we will be meeting up again, it is a beautiful location where you can have a cream tea or cakes, sandwiches coffee. We will meet on Saturday 20th August from 2 onwards, I will be aiming for 2pm. If you would like to come and need transport then get involved in a car share. I have space in my car. Just give me a ring. It is always nice to meet fellow fibromites and get to know how they cope, talking takes your mind of pain.



**Calling all knitters:** Stella our co chair of FMS SAS and runs the Horsham group has started knitting again and has a challenge for all you creative people able to knit out there, please visit [www.fms-sas.co.uk](http://www.fms-sas.co.uk).

**What is Arthritis:** There are two main divisions in the arthritic world: rheumatoid arthritis and osteoarthritis. There are different criteria for treatment.



**Rheumatoid arthritis:**

Is an autoimmune disease. The immune system attacks the body's own cells instead of bugs, viruses etc. as the immune system is good at attacking things, this results in a great deal of inflammation and deterioration in the joints and tissues that are being attacked. The damage spreads, with cartilage

and bone being eroded.

**Osteoarthritis:**

Affects the weight-bearing joints and is often caused by wear and tear on those joints through sporting activities, jobs demanding high levels of physical activity or being overweight. The cartilage that separates the bone ends in the joints wears away and the bones rub painfully together causing inflammation and sometimes fusing of the bones ends. Movement becomes painful and often restrictive.

**Gout:**

And gouty arthritis both involve uric acid collecting in the small joints of the hands and feet, and can be debilitatingly painful. They are traditionally connected to the over consumption of alcohol beverages such as port, but in reality can affect anyone whose system is rather too acidic from over consumption of red meat, caffeine and highly processed foods.

You can inherit a tendency to arthritic conditions, but there are other factors that influence them and many of them can be tackled using natural methods.

Diet plays a big part.

**Foods that are recommended to eat are:**

Oily fish, green leafy vegetables, vegetable oil, whole grain products, oats, figs, pumpkin, sunflower and sesame seeds, kidney beans, pineapple, papaya, mango and guava.



**Foods to avoid:**

Dairy products, meat, citrus fruits, processed foods, white flour, white rice, potatoes, tomatoes, peppers, aubergines, sugar and salt.

You can take supplements of fish oils if you do not eat oily fish on a regular bases. Take cider vinegar with honey and some warm water first thing at in the morning is suppose to be good for the digestion as well as reducing the acidity in the tissues. Take gentle exercise but keep joints warm, as cold and damp weather often heralds as increase in symptoms. Putting Dead sea salt in the bath will draw out toxins from the tissues and ease pain. It is best to do this before bed than in the morning.

This is a very large subject so I will be continuing this story in the September newsletter.

One of the questions asked by many fibromites is will we end up with Arthritis? I was told 10 years ago 'No'. However in that time I have met many that do suffer with this condition. So the best thing to do is gather as much information you can and speak to your doctor if you are worried. You can start immediately by following a non acid diet. Most people have too much acid in there bodies we should be more alkaline and neutral.

# Worthing & West Sussex Fibromyalgia Group

**Massage:** The healing power of touch. It is a very old therapy which has been around for thousands of years and has many benefits. Although applied to the skin, massage affects the whole body including muscles and even internal organs. One of the primary affects of massage is relaxation, and it is indeed because of stress and stress-related problems that many are attracted to massage.



Massage has played a role through many thousands of years. Even a hundred years ago they were stretching and bending much more than we are today, we spend hours most days sitting behind the wheel of a car or in front of a computer screen or in front of the TV. This creates muscle tension, with sore muscles being held for long periods of time in quite rigid positions. This can be greatly relieved by a good massage. While massage looks simple, in fact it is quite a complex procedure and requires detailed knowledge of anatomy and physiology on the part of the therapist. The actual physical contact itself is surprisingly technical. There are many different kinds of touch used, each with different purposes and effects. Knowing the underling structure of the body is necessary to gauge the correct kinds of touch which are required. Touch is central to many different forms of therapy and is known to have great healing powers. Some cultures are still quite tactile but in the western world many of us are now brought up in ways which makes us a little uneasy with touch. Hugging holding hands and linking arms may be fine for children and our partners but it certainly is not how we relate to most people. Reflexology, osteopathy, chiropractic and shiatsu are just some of the popular therapies in use today which rely directly on touch.

When you wake in the morning or a time when you are alone, do some stretching; massage the parts you can, do some yoga or even mediation they all help towards relaxing. Those of us that have had babies will remember massaging their little toes and fingers, it is a comfort to them and draws you closer through touch. Give yourself permission to spend a little 'you' time. Reflexology points, on your feet and hands are very useful. I gave out some sheets of information on this subject last meeting, use them so you are working at the right places. If you missed the meeting you can email me and I can send the paperwork I gave out.

**Hobbies:** The beauty in doing something you enjoy or trying different things until you have found something you could create, like knitting, art, writing poems, a book, art and crafts, jewellery making, card making or even research, all create an avenue that is channelling yourself away from the thoughts of pain. It is proven that it works even for a period of time. So I thought it a good idea for you to bring along your creations to the group and share what you have done, maybe showing us how you did it. I do know one member that started drawing, she taught herself, she is showing her drawings at a gallery near her new home, how wonderful for her. Another member makes wonderful jewellery and another makes cards. So if you are able, have a go, it will cheer you up.



**Arnica Montana:** the history of this herb goes back many centuries known also as **Leopard's Bane**. In the 1950's Swiss naturopath Alfred Vogel wrote 'that arnica



may be found anywhere in Switzerland up to a height of 8,500 feet.' perhaps this is how it got its name as mountain tobacco. Now it is fast becoming so scarce in its wild form that it is protected in many parts of Europe. Arnica is a perennial herb which has a tall stem but very few leaves. The large flowers most of which are bent back to some extent, bloom in the summer months of its second year. It is only the flower heads that are now used medicinally, and they are difficult to grow successfully, needing patient and careful cultivation in a specific type of soil. Historically Arnica was used both internally and externally. However during the course of time, it has been used externally much more and today is only available internally as a homeopathic remedy. Applied externally it is a very popular remedy for easing the pain and swelling of bruises as it is analgesic and has healing properties. But we know now that this amazing herb is beneficial for arthritic aches and pains and even for muscular aches and sprains. It has been clinically proven for its anti-inflammatory action on topical application. In fact one of the most recent clinical trials investigated how beneficial a gel made from fresh arnica tincture is for osteoarthritis of the knee. After a significant time the pain and stiffness reduced. It can be used along side Glucosamine and Devils Claw internally. We have free sachets of Arnica at the monthly meetings.

**E numbers: E100** An Orange yellow colour derived from the root of the curcuma (turmeric) plant. Apart from its culinary uses, turmeric is used as a preservative, colorant and flavouring agent in many food products including baked foods, pickles and meat products. The yellow-flowered turmeric plant is a member of the ginger family. It is grown in Indonesia, China, India and other parts of the tropics, where the dried aromatic root-like stem is ground to form a powder. It contains yellow-coloured curcumin, the key active component, and also an orange-coloured volatile oil. The herb has been shown to have a positive effect on a variety of medical conditions. Turmeric is an essential flavouring spice of Indian and other cuisine. The Turmeric rhizome provides the typical yellow colour of many curry dishes and helps to make the food more digestible. Turmeric can be artificially produced and has found application in canned beverages, baked products, fish fingers, dairy products, ice cream, yoghurts, yellow cakes, biscuits, popcorn-colour, sweets, cake icings, cereals, sauces, gelatines, direct compression tablets, etc. In combination with Annatto ([E160b](#)) it has been used to colour cheeses, dry mixes, salad dressings, winter butter and margarine. It is also used in product systems that are packaged to protect them from sunlight. The oleoresin is used for oil-containing products. The curcumin / polysorbate solution or curcumin powder dissolved in alcohol is used for water containing products. Over-colouring, such as in pickles, relishes and mustard, is sometimes used to compensate for fading. Investigations into the low incidence of colo-rectal cancer amongst ethnic groups with a large intake of curries compared with the indigenous population have discovered that some active ingredients of Turmeric appear to have anti-cancer properties. Second stage trials of a Turmeric-based drug to treat cancer are currently underway. Possible side effects Turmeric appears to be very safe in recommended doses. However, there is some evidence to suggest that – because turmeric enhances the release of bile in the liver, high doses should not be taken by people with gallstones, obstructive jaundice, acute bilious colic or toxic liver disorders.



## Medical Box: Arthritis–

Different types of arthritis are treated with different drugs. The symptoms and where possible, to slow or halt the progress of the condition. Drugs are given to improve. There are four main groups of drugs used to treat arthritis: depending on your type of arthritis your doctor may need to give you a combination of one or more specific drugs to deal with the disease itself, as well as more general drugs to help you with pain, stiffness or inflammation that are the symptoms. There are four main groups of drugs used to treat arthritis: Painkillers (analgesics) - These reduce pain. They are used for many different types of arthritis and are often used together with other drugs.

[Non-steroidal anti-inflammatory drugs \(NSAIDs\)](#) - These reduce inflammation of the joint as well as pain. They are used for many different types of arthritis, often along with other drugs.

There are many different non-steroidal anti-inflammatory drugs (NSAIDs), for example aspirin, ibuprofen, naproxen, indometacin, diclofenac and ketoprofen. The name means they reduce pain and stiffness due to inflammation of the joints, without using [steroids](#).

[Disease-modifying anti-rheumatic drugs \(DMARDs\)](#) - This group of drugs is used mainly in the treatment of rheumatoid arthritis but also in some other rheumatic diseases. They reduce pain, swelling and stiffness.

**Alternatives:** **Devils claw:** is renowned for its beneficial effects on inflammatory



pain. It can reduce pain sensation and improve the mobility. One of the positives when using this herb it rarely upsets the stomach. It does not interfere with conventional medication or other herbs and can be used long term. When taking over a period of six months or more, it is possible that it will rebalance immune

function, which is extremely important in rheumatoid arthritis. It is however, suitable for all forms of arthritis and has been shown to work well on gout or gouty arthritis.

In Osteoarthritis the wear and tear kind-Devils claw can be taken alongside glucosamine sulphate, which helps to repair cartilage and ligaments in the affected joints. **Knotgrass complex** helps with calcified deposits caused by gouty arthritis. It is a unique combination of herbs that works to dissolve the deposits, improving joint mobility and strengthening the soft tissue around the joints. It cleanses uric acid from tissues reducing the painful symptoms of gout and gouty arthritis. It takes between two and four months for the full effect to become apparent. So Devils claw can be taken along side it for the first few months to add an extra element of pain relief. **Nettles (Urtica)** are always a useful adjunct to any treatment to reduce the uric acid in the body. It helps to expel the uric acid in the bloodstream.

**Magnesium** is a good supplement to help if calcium is not being absorbed well. Arnica cream is a good pain relief to sooth the joints externally.

# 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  
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

## 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  
Tel: 08448872394

## 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)

## Spiritual Readings

Available at reduced price for fibro members.

Please speak to Nichola

## Healing is a gift that we all have.

It can help in many ways not just with Fibromyalgia. If you would like to know more please speak with Nichola at the group meetings or telephone her. Details are below.

## Contacts:

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

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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.