

Worthing Area Fibro Group Newsletter



January 2012 Author Nichola Bond

January 2012: A New Year New year resolutions: It is said that people who make resolutions are more likely to fulfil them. So we all have new things given to us at Christmas, some of us will have new year resolutions and some will be on a diet. I know I want to lose a few pounds and get fitter. Ok at least I'm saying it in my head better than not at all. Make a list of all the changes you would like to see, pick out the realistic things then write them on a poster, put some colourful pictures on it and hang it on your bedroom wall or on the fridge and everyday read them. It will help you keep you on track. You are the only person that can change - think positive. Once you change the people around you will. It takes time and that's what you have. Good luck.



What have we planned for January 2012 meeting? The group has been running now for two years and we are looking forward to our third. Without our volunteers it wouldn't have happened. So I would like to say thank you to all that come regularly each month and play their important part in keeping your support group going. I do hope that you all can make the January evening meeting for our celebrations and of course our first talk and demo of the year.



Our Speaker and demonstrator will be from Vibrogym: David Willis. I can say from personal experience it works and it's great because you don't have to do a lot. So all stages of sufferers can use them. I have one at home and have used others. This will be a great talk and you can all have a go if you want. There is written information in the booklets that come with these machines about how it helps us, as well as other ailments. Men and woman can use it so all you men out there come a long and let David help you. You don't have to have FMS to come along; husbands and partners of sufferers will get a go and you will learn something new. It will improve pain and fatigue in women and men with FMS - The mechanical vibration of the Power Plate® platform stimulates the mechanoreceptors in the body and desensitizes pain receptors. This enables patients to experience decreased pain and allows their bodies to move more freely. Patients with FMS suffer from fatigue and multiple tender points. Power Plate® training has been shown to increase the production of anabolic hormones such as testosterone, HGH, and serotonin. These good hormones play an important role in fighting pain sensations, enhancing well-being and building a favourable environment for anabolic changes in the body. Muscle pain is often accompanied by stiffness. Flexibility and massage/relaxation modalities can be very helpful in restoring body mobility. Doors open 6.30pm. The talk will start at 7pm.



Foods that fight pain: While many foods taste great, they are also powerful healers in a vibrant multicolour disguise. The best healing remedies also taste fabulous (I can't say that about any prescription medications). Plus, foods won't cause the nasty common side effects that most drugs cause.



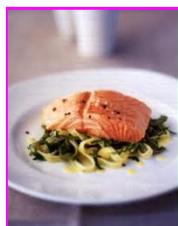
Cherries: M. Nair, PhD, professor of natural products and chemistry at Michigan State University, found that tart cherry extract is ten times more effective than aspirin at relieving inflammation. Only two tablespoons of the concentrated juice need to be taken daily for effective results. Sweet cherries have also been found to be effective. **2. Blackberries 3. Raspberries 4. Blueberries and 5. Strawberries** Dr. Nair later found the same anti-pain compound in these berries.

6. Celery and Celery Seeds: James Duke, Ph.D., author of *The Green Pharmacy*, found more than 20 anti-inflammatory compounds in celery and celery seeds, including a substance called Apigenin, which is powerful in its anti-inflammatory action. Add celery seeds to soups, stews or as a salt substitute in many recipes. **7. Ginger:** It reduces pain-causing prostaglandin levels in the body and has been widely used in India to treat pain and inflammation.



A study by Indian researchers found that when people who were suffering from muscular pain were given ginger, they all experienced improvement. The recommended dosage of ginger is between 500 and 1,000 milligrams per day. If you're taking medications, check with your health practitioner for possible herb-drug interactions. **8. Turmeric:** (*curcuma longa*) is the yellow spice commonly used in Indian curries. In research it has been shown to be a more effective anti-inflammatory than steroid medications when dealing with acute inflammation. Its main therapeutic ingredient is curcumin. Research shows that curcumin suppresses pain through a similar mechanism as drugs like COX-1 and COX-2 inhibitors (without the harmful side effects). Choose a standardized extract with 1500 mg of curcumin content per day.

9 . S a l m o n . 1 0 . M a c k e r e l . 1 1 . H e r r i n g .



Many fatty fish like salmon, mackerel and herring also contain these valuable oils. Omega-3s convert in the body into hormone-like substances that decrease inflammation and pain. According to Dr. Alfred D. Steinberg, an arthritis expert at the National Institute of Health, fish oil is an anti-inflammatory agent. Fish oil acts directly on the immune system by suppressing 40 to 55 percent of the release of cytokines, compounds known to destroy joints. Many other studies also

demonstrate that eating moderate amounts of fish or taking fish oil reduces pain and inflammation, particularly for arthritis sufferers. **12. Flax Seeds and Flax Oil.** Freshly-ground flax seeds and cold-pressed flax oil, contain plentiful amounts of fatty acids known as Omega-3s. Do not cook with flax oil otherwise it will have the opposite effect-irritating the body's tissues and causing pain. **13. Raw Walnuts and Walnut Oil.** Raw walnuts and walnut oil also contain the same powerful Omega-3 fatty acids that fight pain and inflammation in the body.

When it comes to pain, food really is the best medicine. Try them over a three month period, if they work carry on.

Working on What Causes Fibromyalgia in Group

Worthing and West Sussex Fibromyalgia Group

What is Costochondritis? It is an inflammation of the cartilage that connects the ribs to the breast bone. Depending on how much inflammation there is, it can range from a mild annoyance to extremely painful. The causes of costochondritis aren't clear, but may include: chest trauma, such as from a car accident; repetitive trauma or overuse; viral infections, especially upper respiratory infections. Some experts believe FMS may actually be a cause of costochondritis as well. Regardless of the cause, FMS generally makes costochondritis much more painful. People with costochondritis describe the chest pain as stabbing, aching or burning.



Why Do Fibromyalgia & Costochondritis Go Together?

Estimates are that 60% to 70% of us with FMS have symptoms very similar to costochondritis. No one is exactly sure whether it *is* costochondritis or why it occurs with FMS, especially since FMS doesn't cause inflammation. The fibro tender points just beneath the collar bone may play a role. Myofascial pain syndrome, which is common in people with FMS also could be a cause.

Costochondritis is typically a minor injury that heals within days. If costochondritis symptoms don't clear up, they could be a sign that something else, such as FMS, is going on.

The Symptoms of Costochondritis are; pain in the chest wall and ribcage is the chief symptom. Generally, it will get worse with activity or exercise. Taking a deep breath can also cause more pain, because it stretches the inflamed cartilage. Sneezing and coughing can increase pain as well. The pain can also radiate to your shoulder and arms as well, transferred there by the many nerves that branch away from the chest. (This is another way in which costochondritis mimics a heart attack.) Sometimes, the pain is accompanied by redness and/or swelling in the most painful areas. This is when it's called Tietze's Syndrome.

Diagnosing Costochondritis

Your doctor can diagnose costochondritis by pressing on the area where the ribs and breast bone come together. If it's tender and sore there, costochondritis is the most likely cause of pain. Doctors generally will perform other tests to rule out heart problems and other causes of pain before diagnosing costochondritis.

Costochondritis Treatment vs. Fibromyalgia Treatment

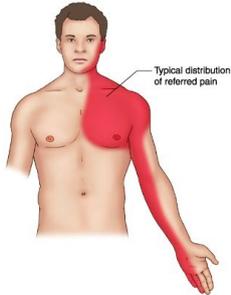
You can treat costochondritis the way you'd treat any inflammation -- ice and anti-inflammatory drugs, including naproxen and ibuprofen-based drugs. Be sure to check with your doctor or pharmacist about any possible interactions between anti-inflammatory and your other medications.

Living With Costochondritis & Fibromyalgia

It's bad enough to live with one source of chronic pain. The more you heap on, the more pain you'll have and the more it can impact your life.

Fortunately, costochondritis is fairly easy and inexpensive to treat, and managing it will keep it from exacerbating your fibromyalgia symptoms.

Medical Box: Costochondritis?



Treatment mostly consists of finding pain relief that works for you while waiting for the body to heal.

Start with simple analgesics such as paracetamol, which must be taken at regular intervals and not just when the pain is bothering you. Pain killers which also reduce inflammation such as ibuprofen (these are known as non-steroidal anti-inflammatory drugs or NSAIDs) may be particularly helpful. Local heat (such as from a warm pack) can also be soothing. If simple painkillers fail, sometimes an injection of cortisone, Triamcinolone, may be administered.

Vigorous exercise might not be a good idea. When you exercise, you need to increase your breathing depth and rate, increasing the movement of your ribs. This is more likely to aggravate any inflammation. Gentle exercise, however, is fine and some research suggests that gentle stretching of the pectoral muscles 2-3 times a day may help.

Although most people find that the pain soon settles, a significant number still have some discomfort and tenderness several months later. In persistent cases local injections of anaesthetic and steroids to the rib area may be recommended.

Alternatives: Serrapeptase, also known as SerraEzyme, is a bioactive

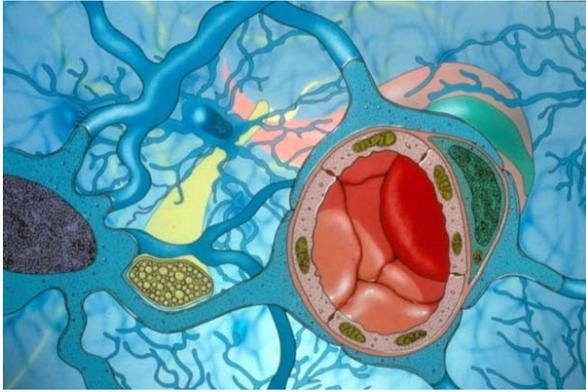


enzyme that can be taken in capsule or tablet form. It occurs by nature in the silkworm. It was discovered over 30 years ago. Much of the research with **Serrapeptase** was with clogged arteries. Since its discovery, scientists and technicians have investigated the numerous benefits that **Serrapeptase** can offer people suffering from various ailments. Nowadays it is obtained from plants and harvested in vats under clinical supervision. When part of the body is harmed, fluids develop around the injury. **Serrapeptase** dilutes that fluid, making it easier for the fluid to disperse. It can also stop the discharge of animes, which give rise to pain. **Serrapeptase** also has properties that allow it to consume dead or damaged tissue, but it doesn't harm any healthy tissue during this process. Clinics in Japan often use **Serrapeptase** and there are many testimonials to the effectiveness of **Serrapeptase** and its healing properties. It has been found that **Serrapeptase** can be used for **pain relief** by those experiencing sinusitis, as it breaks down nasal cavity mucus, making it thinner. Consequently, the mucus is easier to remove from the body. As well as breaking down mucus, **Serrapeptase** has been found to dispose of plaque in the arteries and to break down blood clots.

This is necessary for anything from reducing varicose veins to preventing strokes.

Doctors say medical conditions are difficult to treat, but **Serrapeptase** is able to resolve such ailments. This is also closely linked to eating a healthy diet. It follows that if you eat lots of junk food you will have junk health. Try to have a good diet by reading labels, avoiding E numbers and foods with too many additives and chemicals, including artificial sweeteners.

The Brain: continued Protein Connects the Developing Brain



Protein's networking role is even more dramatic and direct in the developing brain, when nerve cells are migrating from their birthplace. One particular protein acts as a molecular guide, somewhat like a dog herding a flock of sheep. It directs migrating nerve cells to their correct locations, where they link up with each other as they settle in. This protein guides the cell bodies themselves, as well as the growth of the long axons that extend from nerve cell bodies toward other nerve cells.

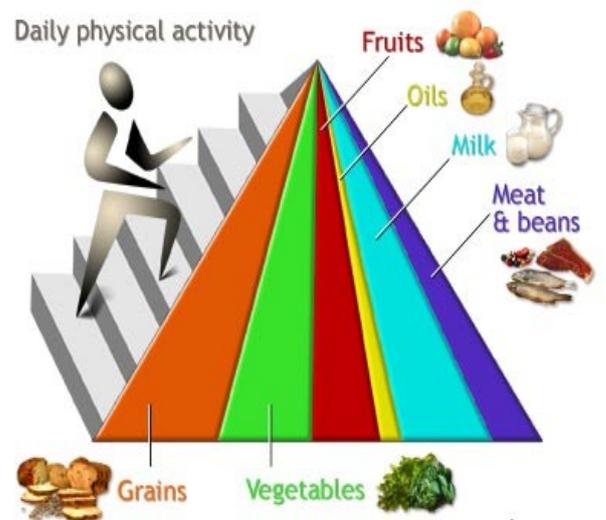
Nourish Your Brain with Amino Acids Even in the best of times your brain is often malnourished, which is then reflected in your emotions and behaviour. Fortunately, your brain can quickly respond to proper nutrition – even from a single meal. Amino acids are the building blocks of proteins. Your body breaks down dietary protein into the amino acids it uses to assemble the 50,000 different proteins it needs to function – including neurotransmitters and chromosomes, hormones and enzymes. Dietary proteins fall into two groups. Complete proteins contain ample amounts of all eight essential amino acids. Fish and meat, fowl and eggs, cheese and yogurt are complete proteins. On the other hand, grains and legumes, seeds and nuts, and a variety of other foods are incomplete proteins, because they provide only some of the essential amino acids.

You can, however, combine different incomplete proteins to obtain all necessary amino acids. Such complementary proteins have been known for centuries and are part of traditional diets around the world. For example, rice and beans combine to make a complete protein.

Dietary Sources of Amino Acids Food is your best source of amino acids. Be cautious about trying to manipulate your intake with individual amino acid supplements. These potent metabolic factors have many functions in the body that we are only beginning to understand. They are not to be taken lightly.

As always, it's a matter of balance. Eat foods that provide the full spectrum of amino acids your brain needs for an appropriate harmony of energizing and calming neurotransmitters. Pay attention to what you eat and how you feel afterward. Learn what works best for you, according to

your daily activities and need for rest. Ensuring adequate neurotransmitter levels is crucial for optimal brain health and fitness, however, poor nutrition is not the only obstacle. Stress, infection, and drugs tend to diminish neurotransmitter levels, as does impaired digestion and circulation.



ADAM

Worthing and West Sussex Fibromyalgia Support Group

Meetings

Ferring Baptist Church Hall
Greystoke Road
Ferring BN12 5JL
Every third Tuesday of the Month.
Doors open 6.30pm start 7pm to 9.00pm
2012 Dates

17th January 21th February
20th March 17th April
15th May 19th June
17th July 21st Aug 19th September
16th October 20th November No Dec meeting
Christmas Meal

Raising funds and awareness for yur 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
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

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:

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