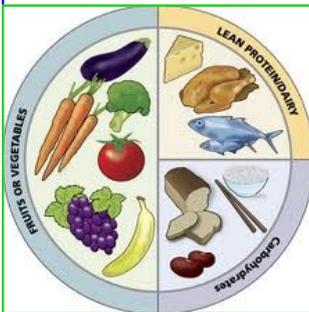


Worthing Area Fibro Group Newsletter.



March 2012 Author Nichola Bond & Editor Tony Ede

This month we have a talk on nutrition: Back in early 2000 when I was diagnosed and I'm sure many can relate that nutrition was not even considered to have any effect on FMS sufferers. Today we are so lucky to have research and the dedication to research is amazing. What we put in our mouth is what you are today. What you eat and drink has an effect on your body and if you're eating the wrong food you soon feel it. Have you ever wondered why you have heart burn or headaches, bloating and pain, sore tongue and mouth, it's most probably the food and drink you are having. Once you have FMS you will experience changes occurring one of them will be



looking at your diet. There are chemicals in our foods that do affect our pain receptors, cells and the way our body is controlled. These change due to the contribution of foods and mood, it can heighten the pain receptors so we feel more pain. There are many FMS sufferers that have to deal with allergies which is another challenge to overcome. So nutrition is a big part of managing your fibro. You can see there is a lot to think about when making your choices of foods and drinks.

20th March Jordon our speaker is going to talk about nutrition and how that can help FMS. He has extensive knowledge in this area and is keen to give us support. He will also be writing a regular article in the newsletter in the future.

Research has shown how the right foods will help to improve your FMS and all over wellbeing. We encourage family members and friends to come and learn more about your syndrome and by doing so they can give you the support you need to improve and manage FMS.

After the talk we have refreshments and an opportunity to talk with others in the same boat.

April Meeting cancelled

Due to unforeseen circumstances.

Sorry for any inconvenience. If anyone wants to arrange a get together please let me know by email.

April Speaker will be on 15th May.

Please read the information and if you are interested get in touch as soon as possible. I need to get in touch with them so they can give us a talk and you will be able to try it out for yourself.

<http://cyclo-ssagetrials.com/#/trial-updates-blog/4557486397>

If you decide to get in touch with them please tell them you are a member of Worthing and Surrounding areas in West Sussex Fibromyalgia Support Group.

Volunteers required for Fibromyalgia trials

I have recently come across a company called Cyclo-ssage Ltd and more importantly one of their products, The Pro Personal Therapy System. This System has been designed to specifically alleviate the secondary symptoms associated with chronic and disabling conditions and to do so within the comfort and privacy of the sufferer's home environment.

The Pro Personal Therapy System offers a Full Body Treatment that is very comfortable, incredibly pleasant and simple to use. It incorporates a combination of far infra-red heat in 6 different areas of the body with 9 Therapy motors creating a medical oscillation that jointly give relief of secondary symptoms associated with many and varied conditions.

Cyclo-ssage have designed The System with home use in mind. The infrared heat areas have 3 temperature adjustments and the Therapy motors are also adjustable in intensity for comfort. The System has 5 Manual Therapy Settings and 9 Medical Programs. One of the medical settings (medical program 4) has been developed to benefit the sufferers of Fibromyalgia and M.E, by relaxing the muscle spasm commonly experienced and thus alleviating the all over ache that plagues most people. At the same time it will also stimulate both Blood and Lymphatic circulation and bearing in mind that 80% of all ailments affect the circulatory system, you should automatically feel a physical benefit, whilst enjoying vastly increased energy levels!



With regular twice-daily use of the System it would

appear that one's quality of life can be greatly improved. Being a natural born sceptic even after having read the many impressive testimonials praising the benefits, I was very interested to hear that Cyclo-ssage wish to conduct a medical trial to prove the many benefits their System has to offer.

Cyclo-ssage are asking for volunteers to take part in separate 7-day trials. The trial would be conducted in the privacy of the volunteer's home and would be completely free of charge and information would be compiled on a daily basis. The object of the trial would be to monitor any and all improvement experienced.



The trial will take place over a 3-month period and all the findings good, bad or indifferent will be published in the Fibromyalgia Magazine once the trial has been completed.

Anyone wishing to participate in the trial should contact; Mr. Mark Stephenson (Trial coordinator) by emailing him with their details at admin@cyclo-ssagetrials.com or go to www.cyclo-ssagetrials.com alternately he can be contacted on his mobile 07919 146239. Please CC me at the same time on office@ukfibromyalgia.com

I look forward to lots of you taking part in the trial. I hope that the trial will lead to more detailed information on how Fibromyalgia Sufferers may be able to gain continuous and on-going relief, from many of the secondary symptoms, experienced by FM sufferers with the aim of reducing your overall personal medication.

Martin Westby Managing Editor

Worthing & West Sussex Fibromyalgia Group

Benefit changes at present: Information from our February meeting on Benefits.

Benefits are changing

From 1st April 2013, the Welfare Benefits System is changing. How does this affect your Housing Benefit and Council Tax Benefit?



Universal Credit Due to start for new claimants 2013. Will replace the following benefits:- child tax Credit. Housing benefit. Interest on home loans. Income related employment and support allowance. Income based jobseekers allowance. Income support. Social. fund budgeting loans. Working tax credit.

Existing claimants will be transferred No details of how this transfer will be achieved, have yet been announced. There will need to be “mass transfers” as local councils will stop dealing with benefits altogether (HB). So will HMRC lose CTC, WTC & CB. Based on past mass transfers it will be a difficult time...

Universal Credit is Unique When benefits are changed there are always people who might lose money as the benefit rates change. This is always covered by “transitional rates”. Uniquely with Universal Credit these transitional rates will only last until the first change of circumstances. With all the benefits involved, the changes will come fast!

INCOME SUPPORT To get Income Support you must be. A single parent of a child under 5 years, People receiving IB or SDA A carer

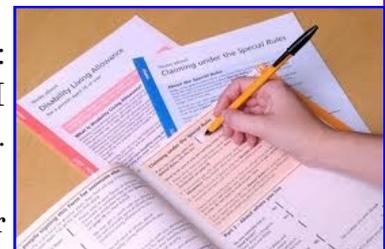
CHANGES People in receipt of IB & SDA are being reassessed and moved onto ESA or JSA From 2013 Income Support will be replaced by Universal Credit

JOB SEEKERS ALLOWANCE To get JSA you must be available to work. Actively seeking work. Aged 18 or over & Working less than 16 hours. Be capable of work. Be genuinely seeking work.

CHANGES Means tested JSA will become part of the new Universal Credit in 2013. Mortgage interest is capped at £200K and will only be paid for 2 years

ESA part one Employment & Support Allowance consists of two stages. The assessment stage lasts 13 weeks & includes a “work focused interview”. The main phase sees three results. 1. Application turned down, go onto JSA. 2. Work related group. 3. Support Group

ESA part two There are two types of ESA:
1. Contribution based ESA, if claimant has paid enough NI contributions, they can receive “Contribution Based ESA”.
Otherwise claimants receive Means Tested ESA.



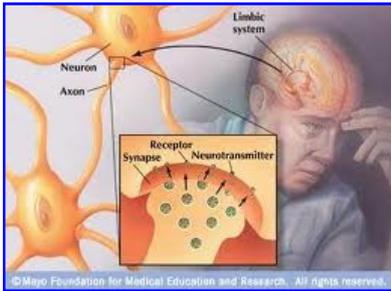
CHANGES Everyone receiving IB, SDA & NI credits for IB will be reassessed and go onto ESA or JSA. From April 2012 Contributory ESA will only be paid for one year, then benefit will only be paid if means tested ESA can be paid. Once again, Means Tested ESA will be replaced by Universal credit in 2013

There is an order of Migration 11,000 people are being reassessed each month. The first group (& the biggest) will be assessed first, that is claimants with date limited entitlement to IB. Then people with “lifelong” rights to IB & SDA. Finally the group of people who only receive NI contributions though IB.

As there is a lot of information I will attach the info with the news letter.

Inside the network of the Brain:

Neurotransmitters – Chemical Transmission: Within the cell body of a neuron, many different types of chemical neurotransmitters are manufactured and shipped out to the end terminals of the axon. Here they're stored in bubble-like structures (vesicles), where they wait to cross over the space between neurons, called the synapse (from the Greek word for "junction"). The bioelectric impulse signals the vesicles to burst and the neurotransmitters to spill out across the synapse, where they're caught by receptor molecules on the membrane of the target neuron's dendrites.



Find out more about the types of neurotransmitters and what they do.

Dopamine:

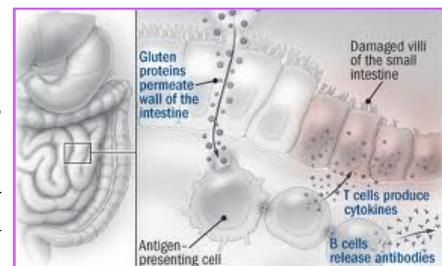
Dopamine is the neurotransmitter needed for healthy assertiveness and sexual arousal, proper immune and autonomic nervous system function. Dopamine is important for motivation and a sense of readiness to meet life's challenges.

One of the most vulnerable key neurotransmitters, dopamine levels are depleted by stress or poor sleep. Alcohol, caffeine, and sugar all seem to diminish dopamine activity in the brain. It's also easily oxidized, therefore eat plenty of fruits and vegetables whose antioxidants help protect dopamine-using neurons from free radical damage. More and more healthcare professionals recommend supplementing with vitamins C and E and other antioxidants.

- Age-related cognitive decline is associated with dopamine changes in the brain.
- People whose hands tremble from Parkinson's disease have a diminished ability to synthesize dopamine, which is crucial to fine muscle coordination. Attention deficits are also connected to dopamine.

Coeliac Disease: in other countries it's smelt Celiac. Is an auto-immune disease that is, the body mistakenly attacks its own tissues seeing them as a foreign substance. When a person with Coeliac Disease eats any food containing gluten (the protein found in Wheat, Rye, Oats and Barley), the body reacts to those proteins found in the gluten and attacks the small finger like projections in the small intestine called villi, thus preventing absorption of food. This leads to major digestive disorders, stomach ailments, fatigue, anaemia, headaches, exhaustion, and pain and fatigue.

At least 1 in 100 people have Coeliac Disease but it is often missed. It is not commonly something that is checked for when someone has all the fibromyalgia symptoms, but it is worth ruling out and investigating. It is diagnosed by a blood test and by a



biopsy of the small intestine during a gastroscopy. The simple treatment of it is a complete gluten free diet. Most often people with Fibromyalgia have digestive disorder complaints, most commonly they are told that it is caused by Irritable Bowel Syndrome (IBS). The symptoms of this are alternating diarrhea and constipation, nausea, bloating and wind and constant fatigue. Coeliac symptoms are the same. Usually when you see your rheumatologist he will do blood tests and one will or should be for Coeliac.

Prozac / Fluoxetine: Prozac capsules and liquid contain the active ingredient Fluoxetine, which is a type of antidepressant known as a selective serotonin reup-



take inhibitor (SSRI). Fluoxetine is also available without a brand name, ie as the generic medicine.) Antidepressant medicines act on nerve cells in the brain. In the brain there are numerous different chemical compounds called neurotransmitters. These act as chemical messengers between the nerve cells. Serotonin is one such neurotransmitter and has various functions that we know of.

When serotonin is released from nerve cells in the brain it acts to lighten mood. When it is reabsorbed into the nerve cells, it no longer has an effect on mood. It is thought that when depression occurs, there may be a decreased amount of serotonin released from nerve cells in the brain. SSRIs work by preventing serotonin from being reabsorbed back into the nerve cells in the brain. This helps prolong the mood lightening effect of any released serotonin. In this way, Fluoxetine helps relieve depression. Fluoxetine may also be used in the treatment of bulimia nervosa and obsessive compulsive disorder in adults. It is not fully understood how Fluoxetine works in these illnesses. It may take between two to four weeks for the benefits of this medicine to appear, so it is very important that you keep taking it, even if it doesn't seem to make much difference at first.

Natural alternatives: 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.

Fortunately, nutritionally oriented doctors and herbalists have researched a number of "natural" therapeutic approaches to depression which include herbs, vitamins and exercise. There has been positive feedback.

Natural alternatives can produce strong reactions in sensitive individuals, anyone taking these remedies should do so under the supervision of a nutritionally oriented physician (psychiatrist, family doctor, chiropractor, naturopath, etc.). 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.

St. John's Wort St. John's Wort (*Hypericum perforatum*) is the star attraction in the field of natural alternatives to Prozac. The yellow flowering tops of St. John's Wort have been consumed for centuries in tea or olive oil extract for a variety of "nervous conditions." In 1994, physicians in Germany prescribed 66 million daily doses of St. John's Wort, making it the country's medication of choice for the treatment of mild to moderate depression. Patients who respond to St. John's Wort show an improvement in mood and ability to carry out their daily routine. Symptoms such as sadness, hopelessness, feelings of worthlessness, exhaustion, and poor sleep also decrease.

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

2012 Dates

21st February

20th March. 17th April

15th May. 19th June

17th July. 21st August

18th September

16th October

20th November

No Meeting in December

Christmas Meal

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.

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Our Main Charity email:

Fibromyalgia

Sussex and Surrey Support

www.fms-sas.co.uk

Advertise:

We are looking for anyone with a busi-
ness or event who would like to adver-
tise in our newsletter for a small charge.

Please get in touch with Nichola

Tel: 08448872394

Spiritual Readings

Available at reduced price for fibro
members. Please speak to Nichola

Contacts: Help and information Line. 08448872394

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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.