

Worthing Area Fibro Group Newsletter.



April 2012 Author Nichola Bond & Editor Tony Ede

What a wonderful meeting we had in March. Jordon our speaker has extensive knowledge in nutrition and will be back later in the year. He is very keen to be involved in our quest with FMS and will be writing an article in our newsletter each month.



Our sociable time in the second part of our meeting is very popular and a very important part of support. FMS can be a lonely condition to deal with and talking to others in the same boat can open doors to improvement in your body, mind and spirit. Listening to how others deal with their symptoms and being able to ask questions and share your experiences creates that understanding and support we all need.

Our Facebook account is a popular way to communicate with others too, asking questions or suggesting things that you have tried and had positive results with. Just knowing there are so many people from different walks of life has a comforting feel. .

April Meeting cancelled Due to unforeseen circumstances. If anyone wants to arrange a get together please let me know by email.

Next meeting is 15th May.

Christine's a good friend of mine and specialises in many complementary treatments and has extensive knowledge which she has gained over 25 years. She will be giving us a talk and demo on the **Scenar (Self-Controlled Energo Neuro Adaptive Regulation).**

Originally developed for the Russian space programme, the Scenar device uses biofeedback, stimulating the body's nervous system to generate neuropeptides, key biochemical's needed by the body to heal itself. Plus more.....Also



Magnetic Resonance Analysis:

A revolutionary rapid, accurate and non invasive spectral testing method provides a 25 point health report in minutes with practical advice on diet and preventative action to maintain homeostasis.



I had a reading from Magnetic Resonance Analysis not that long ago from Christine and I was amazed. It has helped me be more aware of what's going on in my body. At the moment Christine is offering a introductory session for only £20.00 which I think is

absolutely fantastic for what you get to know.

What Is Joint Hypermobility Syndrome?



Hypermobility syndrome.

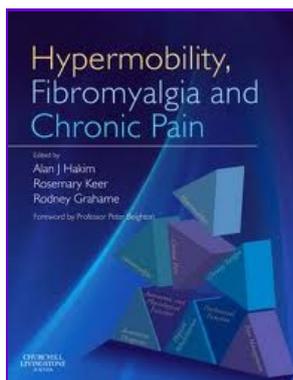
Hypermobility means that you can move some or all your joints more than most people can. It's often known as being double-jointed and doctors sometimes refer to it as joint hyperlaxity. For some, like dancers and musicians, having a wide range of movement can have its advantages. However, a minority of people with hypermobile joints experience pain or other symptoms, and this is called joint

What causes joint Hypermobility? The shape of the bones – e.g. shallow hip or shoulder sockets. Weak or stretched ligaments. Your muscle tone (stiffness) – the more relaxed your muscles are, the greater the range of movement. A poor sense of joint movement (proprioception) – some people struggle to sense the position of a joint without being able to see it, which may lead to over-stretching. Inheriting the condition from a parent – about a three-quarters of people affected by joint hypermobility have a previous family history of it



What are the symptoms? Joint hypermobility is very common and most people won't have any symptoms. For those who do, symptoms may include: Muscle strain/pain. Joint stiffness. Foot pain. Backache. Injured or dislocated joints. Weakened collagen fibres can cause other symptoms, such as hernias or varicose veins. If the above symptoms occur, then this is known as joint hypermobility syndrome. It may help to think of the difference like this: Joint hypermobility + symptoms = Joint hypermobility syndrome.

What treatments is there on offer? If you have symptoms then a combination of rest, exercise and physiotherapy will often help, but drug treatments are also available if needed, including: Painkillers (analgesics) example-Paracetamol and codeine. Non-steroidal anti-inflammatory drugs (NSAIDs) example-Ibuprofen. Sprays or creams and surgery is generally not recommended unless you rupture a tendon.



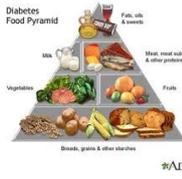
Self help for your daily living: Exercise (although you may want to be careful what types of sports or exercises you do to avoid overstretching your joints – swimming and cycling are recommended). Physiotherapy. Occupational therapy. Special insoles in the shoes (orthoses).

It's important to remember that it's very common to have hyper mobile joints and most people won't have any problems. However, some people will find that their symptoms are so severe they have an effect on everyday life.

Worthing Mobile hairdresser details on back page.

Worthing & West Sussex Fibromyalgia Group

Nutrition:



So where do we start? Our speaker Jordon gave us a very interesting talk at our March meeting. Looking at eating healthily and creating a healthy body mind and spirit. To achieve your goals nutrition is 80% to exercise at 20%. What are your goals? Buy managing my eating habits and lifestyle I can manage my Fibro/ME & allergies plus much more.**Let's look at carbohydrates.** Carbohydrates are an ideal

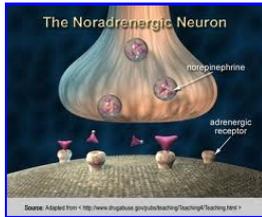
source of energy for the body. This is because they can be converted more readily into glucose, the form of sugar that's transported and used by the body, than proteins or fats. Even so, a life style choice of too high in carbohydrates can upset the delicate balance of your body's blood sugar level, resulting in fluctuations in energy and mood which leave you feeling irritated and tired. It is better to balance your intake of carbohydrates with protein, a little fat and fibre. There are two types of carbohydrate: complex and simple.—Complex carbohydrates: these are often referred to as starch or starchy foods. They are found naturally in foods and also refined in processed foods. Like natural starches - Bananas, barley, beans, brown rice, chickpeas, lentils, nuts, oats, parsnips, potatoes, root vegetables, sweet corn, whole grain cereals, (wholemeal breads, cereals, flours, pasta), yams.—Refined starches— Biscuits, pastries, and cakes, pizzas, sugary processed breakfast cereals, white flour, white pasta, white rice.

The difference between complex and simple carbohydrates: All carbohydrates form glucose when digested. Glucose is transported around the body via blood and taken into cells to be converted into energy. The pancreas gland in your abdomen secretes the hormone insulin, which controls the uptake of glucose by your cells. If you have any excess glucose, this is converted into glycogen, which is stored in fat around the body and the liver. The pancreas will secrete a second hormone called glucagon when your body needs more energy. This converts the glycogen back into glucose, which is then released into your bloodstream for your cells to use. This means the body's glucose (sugar) metabolism is a cycle of glucose, insulin and glucagon reactions. The slower the release of glucose and hormones, the more stable and sustainable the energy levels of the body. The more refined the carbohydrate, the faster the glucose is released into your blood. This can cause peaks and drops in your blood sugar level and less stable energy levels in the body. Complex carbohydrates provide a slower and more sustained release of energy than simple carbohydrates. As a natural form they contribute to long-term good health, appetite control and sustained energy levels. Eating too much will lead to weight gain.

.....**Sugar and starch** are found in both healthy and 'unhealthy' foods, so the type of carbohydrates you eat is important for your wellbeing. Many foods high in sugar (cakes, pastries, chocolate) are also high in fat or prepared with fat (chips, roast potatoes, sandwiches). Starchy foods, such as wholegrain bread, pasta etc, are rich in fibre, which is essential for digestive health and helps control appetite so you don't feel hungry. Many have allergies from wheat or sugar or dairy or yeast or all. There are products out there that you can use to make all the familiar dishes.

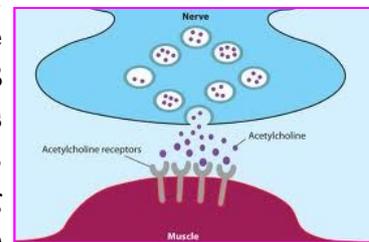
Physical Symptoms of FMS and Carbohydrate Intolerance-Weakness / Fatigue, Ringing In Ears, Irritability/Anxiety, Impaired Concentration, IBS / Weight Gain, Headaches / Blurred Vision, Legs & Abdominal Cramps : Gas Bloating, Muscles Stiffness,, Insomnia, Impaired Memory, Depression, Numbness, Dizziness, Sweating, Nasal Congestion.

Brain: Norepinephrine - Norepinephrine, also called noradrenalin, is the



primary excitatory neurotransmitter needed for motivation, alertness, and concentration. Like a hormone, it travels in the bloodstream to arouse brain activity with its adrenalin-like effects. Your brain requires norepinephrine to form new memories and to transfer them to long-term storage. This neurotransmitter also influences your metabolic rate. Both norepinephrine and dopamine are manufactured from the amino acids tyrosine or phenylalanine in the presence of adequate oxygen, vitamins B3, B6, and C, folic acid, iron, and copper. Food sources of tyrosine include almonds, avocados, bananas, dairy products, lima beans, pumpkin seeds, and sesame seeds.

Acetylcholine— is the primary chemical carrier of thought and memory. This excitatory neurotransmitter is essential for both the storage and recall of memory, and partly responsible for concentration and focus. It also plays a significant role in muscular coordination . A deficit in acetylcholine is directly related to memory decline and reduced cognitive capacity. Unlike other key neurotransmitters, acetylcholine is not made from amino acids. Its primary building block is choline, which doesn't have to compete for entry into your brain. Therefore, the more choline you consume, the more acetylcholine you can produce. Choline belongs to the B family of vitamins and is a fat-like substance that's necessary to metabolize fats. It is found in lecithin as phosphatidyl choline. Foods high in lecithin include egg yolks, wheat germ, soybeans, organ meats, and whole wheat products. You can boost your acetylcholine levels by taking supplements of phosphatidyl choline, which is also the form of choline most important to the structure of your neural membranes. Vitamin C and B5 are needed for your brain to synthesize acetylcholine, in the presence of choline acetyltransferase, a key brain enzyme. Acetylcholine levels tend to decline with age, in part because of a decreased ability to synthesize this enzyme. There also may be an increase in acetylcholinesterase, the enzyme that breaks down acetylcholine.



Serotonin: is the calming neurotransmitter important to the maintenance of good mood. It promotes contentment and is responsible for normal sleep. In addition to the central nervous system, serotonin is also found in the walls of the intestine (the enteric nervous system) and in platelet cells that promote blood clotting.



Serotonin plays an important role in regulating memory, learning, and blood pressure, as well as appetite and body temperature. Low serotonin levels produce insomnia and depression, aggressive behaviour, increased sensitivity to pain, and is associated with obsessive-compulsive eating disorders. Serotonin is synthesized from tryptophan in the presence of adequate vitamins B1, B3, B6, and folic acid. The best food sources of tryptophan include brown rice, cottage cheese, meat, peanuts, and sesame seeds.

Medical Box: Arcoxia also known as Etoricoxib: A selective inhibitor of cyclo-oxygenase-2 non-steroidal anti-inflammatory drug (NSAID). It is used to relieve pain and inflammation in Arthritic conditions, hypermobility, Ankylosing Spondylitis or Gout. Etoricoxib is a member of a group of medicines called non-steroidal anti-inflammatory drugs. This is abbreviated to NSAID. Etoricoxib is also known as a cyclo-oxygenase-2 inhibitor because it works by



blocking a substance in the body called cyclo-oxygenase-2 (COX-2) which is involved in the production of irritant chemicals in response to disease. By blocking the action of COX-2, Etoricoxib reduces the symptoms of pain and inflammation. Before taking Etoricoxib: make sure your doctor or pharmacist knows. If you are pregnant, trying for a baby or breast-feeding. If you are under 16 or over 65 years of age. If you think you may be dehydrated, for example if you have recently suffered from diarrhoea or vomiting. If you have liver or kidney problems. If you have asthma or any other allergic disorder. If you have ever had a stomach or duodenal ulcer. If you have a heart condition, or a problem with your blood vessels or circulation. If you have high blood pressure or swollen ankles. If you have ever had blood clotting problems. If you have inflammatory bowel disease, such as Crohn's Disease, or ulcerative colitis. If you have *systemic lupus erythematosus* (an inflammatory condition also called lupus or SLE). If you are taking other medicines, including those available to buy without a prescription, herbal and complementary medicines. If you have ever had an allergic or unusual reaction to any other NSAID (this includes aspirin, ibuprofen, diclofenac and indometacin) or to any other medicine.

Alternative medication: Why Frankincense Is Better for Joint Pain Relief: The action of chemicals in frankincense that stop and relieve pain and swelling



in arthritic joints is about as effective as aspirin, Tylenol, Advil, and ibuprofen. Most people who take *Boswellia* preparations for joint pain continue to take other pain relievers. They just don't take as much. The big advantage of Boswellin (the primary pain relief chemical in frankincense) over the standard pain relievers is that the other pain relievers destroy joint tissue at the same time they relieve pain. Non-steroidal anti-inflammatory drugs (NSAIDs) interfere with a joint's ability to make glycosaminoglycans. These are the protein fibres the joints make from chondroitin and glucosamine. If you take a large amount of aspirin, Tylenol, and similar pain relievers, you will get pain relief as long as you are taking the drug, but your underlying joint problem will just get worse and worse. Boswellin won't break down joint tissue. It won't cause stomach upset. In fact, it may heal stomach upset caused by prolonged use of other pain relievers. Combined with curcumin, zinc, and/or ashwagandha, Boswellin usually offers far better relief than standard pain relievers taken alone. You will also experience less pain and more flexibility if you take the herbal preparation by itself, without any other pain relief products. An optimal daily dose of boswellic acids is between 100g and 250 mg a day. It takes about a week to start feeling results, and in the meantime, there is no reason not to continue taking your other pain relief medications. You will probably need them less and less as time goes on. Clinical studies have not found any side effects or drug interactions related to this herb.

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. **April Cancelled**
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

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

Spiritual Readings

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

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

Worthing Mobile hairdresser & bridal hair and make-up specialist. I can recommend Laney as she does my hair, she has a specific hair washing tool that is wonderful, no bending over the sink or bath or arching backwards. **She is offering a discount to Fibro members.** Here is her website contact details www.kasal.co.uk/mobilehairdressing

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.