

Worthing Area Fibro Group Newsletter.

May 2012 Author Nichola Bond & Editor Tony Ede



Where have the weeks gone, we are in May 2012 amazing. At least we are having April weather in April this year hopefully that is a good sign summer will happen in the summer months. Warmth has a massive affect on our Fibro so the more we get the better.

May meeting: is going to be exciting and fun and I recommend not to miss it.

Christine our speaker will be talking about the

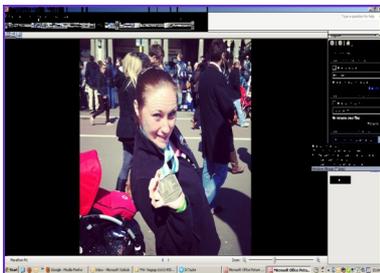
[Scenar a Self-Controlled Energo Neuro Adaptive Regulation](#). This stimulates the body's nervous system to generate balance and help to put us back to a healthier body .

Plus [Magnetic Resonance Analysis](#): which will take a reading of your whole health as it stands in a non invasive way giving you revolutionary rapid, accurate way. This will provide you with a 25 point health report in minutes with practical advice on diet and preventative action to maintain homeostasis. Christine will be giving members on the evening a very generous discount never to be seen anywhere else in Britain. So don't miss this opportunity.



As FMS can be a lonely condition being around others with the same condition can have such a positive effect. This is why support groups are created to help others to learn more and to be able to socialise and gain new friends. The speakers are told that we are a group that wants to gain new knowledge and ideas, they are not invited to give us a hard sale. Luckily most are personal friends of mine and have a good idea what we have to live with and they truly want to help. Looking forward to seeing you all on Tuesday 15th May

Brighton Marathon: Sarah Jane a friend of Allan and Linda that help at the monthly meetings with the library and refreshments, ran the marathon for two charities one of was for our group. She will be coming on the 15th May to present us with a cheque and to meet us and learn more about FMS. I do not have the amount raised at present but would like to say a big thank you to her on all our behalf. I also hope that we all can be at the next meeting to give our support to her. I emailed a sponsor sheet out to you all and would



like those sheets with the amount raised to be bought in to our next group please which is the 15th May please. If you have forgotten to print it out I have enclosed another one. It is always great when a healthy friend or family member will do an event for any charity or support group and we are all grateful to them and for the awareness created and much needed funds to keep our group going. FMS can be a lonely condition for some and it's not until you come a long to a meeting you realise you are not alone, we are a very friendly bunch and want to continue to give the support that you need.

What would you say about some mountain climbing?

Most of us would never be able to do this but a good friend of mine and our groups administrator's husband Ray will be.

Ray will be climbing on the 31st July 2012 Ben Nevis—1344 metres.
On 1st August
Pike—978
August 2012
1085metres.
2012 Scafell
metres and 2nd
Snowdon-

To raise much and funds for not surrounding area but for FMS UK.



needed awareness only Worthing & FMS support group.

So donate at <http://www.justgiving.com/Ray-Brunton> and keep your support coming. Send to all your contacts, family and friends and let the general public know about this invisible painful and debilitating syndrome and what you go through every day of your lives.

Our group was put together to support everyone in a wide area so please donate and keep your group going.

There will be a Brighton/Hove FMS support group starting on



Wednesday 9th May from 2pm to 4pm.

Venue: St Luke's Prestonville Church
64 Old Shoreham Road

Brighton.

Helpline:08448872376 BN1 5DD

Busses from Brighton Station 14c, 27c, 27b. Get off at Bhasvic college 5 to 10 minutes walk to Main old Shoreham road

Holistic Therapist with FMS Experience: available for treatments every month at our meetings. Private room. Offering mini treatments for a very small fee. Book on arrival at meeting with Ghennet. Please ask at desk.

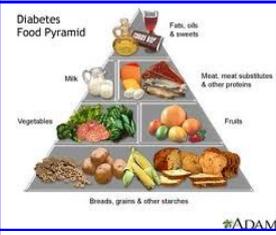
Hosepipe ban for some:

If you live by yourself and have a blue badge, phone the council to see if you can be considered to use your hosepipe. The council will allow you to use the hose in the evening. Disabled concessions re—hose pipe ban call Tel: 08452780845



Worthing & West Sussex Fibromyalgia Group

Nutrition: Protein: Protein is the building block of all life and is essential for the growth of cells and tissue repair. All proteins are made up of different combinations of 20 compounds called amino acids. Depending on which amino acids link together, protein molecules form enzymes, hormones, muscles, organs and many other tissues in the body. There are two types of amino acids: **non-essential amino acids** can be made by the body. **Essential amino acids** cannot be made by the body and must be got from food. There are eight essential amino acids for adults and a further seven that children need.



Types of protein **Animal protein:** Animal proteins contain all the essential amino acids. This type of protein is found in: meat, poultry, fish, eggs and dairy products. Oily fish (salmon, sardines, trout, tuna). Oily fish contain up to eight times as much omega-3 and omega-6 fatty acids as lean fish (cod, haddock, skate).

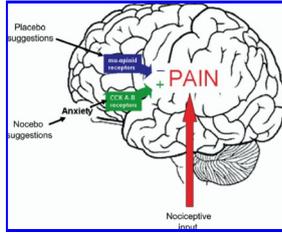
Plant protein: Plant protein contains many amino acids, but no single source contains all of the essential amino acids. This type of protein is found in: legumes (peas, green beans) cereals beans pulses grains nuts seeds soya products vegetable protein foods, such as Quorn or veggie mince. You need to combine different plant proteins to make up the complete range of amino acids needed by your body. You should aim to eat a diet with a higher proportion of plant proteins than animal ones.

Processed foods: Sausages and burgers may be the obvious culprits. But so are smoked foods, which are also high in salt. Try to keep foods, such as smoked bacon and salmon, to occasional treats. Cooking meat, poultry and fish at high temperatures creates chemicals called heterocyclic amines (HAs) and polycyclic aromatic hydrocarbons (PAHs). It's thought HAs and PAHs may increase our risk of cancer, but more research is needed. PAHs are also found in the exhaust fumes and tobacco smoke. Plant-based proteins are low in fat and high in fibre. Plant proteins contain phytochemicals that contribute towards health and disease prevention. For example, isoflavones found in soya beans have antioxidants properties, thought to be important in the prevention of cancer and menopausal symptoms.

How much do I need? Energy and protein 55g for men and 45g for women. Most of us eat more than this. Around two thirds of the protein we eat is from animal sources. We get a quarter of our protein from cereal products (wheat, bread, oats). Nuts and pulses make up most of the final twelfth.

Tips for healthy living: Include oily fish in your diet at least twice a week. Try using soya products. Snack on seeds and unsalted nuts. Look at using pulses as an alternative source of protein. They include chickpeas, a wide range of lentils, split peas and beans. Have one vegetarian meal each week. Use lean cuts of meat and poultry. Trim off any fat, Choose smaller portions. Reduce the frequency of meat-based meals Pay particular attention to how you cook meat. Temperature is the most important factor in the production of heterocyclic amines (HAs). Frying, char grilling, and barbecuing produce the largest amounts of HAs when the cooking temperature is increased from 200°C to 250°C. Oven roasting and baking use lower temperatures and so produce lower levels of HAs. Stewing, boiling and poaching all use temperatures below 100°C and so produce very few HAs. Avoid gravy made from dripping because it contains substantial amounts of HAs. Microwaving meat for two minutes before cooking reduces the HA content by about 90 per cent. Cooking meat for a long time produces more of these chemicals. Protein from milk, eggs, tofu and organ meats, such as liver, have very little or no HA content, even when cooked.

Brain: Receptors-Open the Doors.



A receptor is essentially a geomagnetic lock designed to accept only the right key – the neurotransmitter whose molecular shape and polarity are a precise fit. "The typical receptor is a large molecule, consisting of hundreds of thousands of atoms. The exposed section, the 'lily pad,' floats on the surface of the cell membrane, while the 'roots' extend deep into the cell. "The exposed end of the receptor, the lily pad, is in

truth not so much a pad as a cup, the mirror image (both in geometry and in magnetic properties)" of the molecule it is designed to receive. "The final critical aspect of the receptor is that it is spring-loaded. When a [neurotransmitter] molecule settles into it, it suddenly and forcefully changes shape. Inside the cell, the roots move. The movement triggers a recon formation in another

Tinkertoy molecule, which in turn disturbs another, which in turn disturbs still another. The reaction travels, domino fashion" until it reaches the cell body where it initiates some sort of specific activity. **Receptors Can be Fooled:** There are as many kinds of receptors as there are neurotransmitters – hundreds of types – with numerous subtypes of receptor for any given neurotransmitter. Although each receptor is supposed to recognize and accept only a particular neurotransmitter molecule, certain medicines and plant compounds are also able to mate with some receptors. The neurological effects of many natural and pharmaceutical drugs are due to this tendency of receptors to accept molecules that resemble their corresponding neurotransmitter. These substitute molecules can either imitate a neurotransmitter and create a similar response, or they could simply occupy and block the receptor, making it unavailable to neurotransmitters. Addictive substance interacts with the brain's receptors in this manner.

Receptors Decline with Age-Study The neurotransmitter serotonin interacts with at least 15 different receptors in the body. After age 20, one of serotonin's most common receptors starts to decline in the human brain. Known as 5-HT_{2A}, it was shown in one study to vanish at about 15% per decade, which may be why depression commonly appears in middle-age. When scientists scanned the brains of 21 healthy men and women, 20 to 70 years old, they observed dramatic age-related drops in the density of 5-HT_{2A} receptors in the brain – particularly in the prefrontal cortex and hippocampus – even though none of the participants were suffering from depression. Receptors for the neurotransmitter dopamine also decline with age. When dopamine and glucose metabolism were measured in the brains of 37 healthy subjects, researchers saw a 6% per decade decline in dopamine D₂ receptors, after age 20. This decrease in receptors and in glucose metabolism translates into decreased brain activity and deterioration of cognitive function.

For those who love gardening but no longer can do it: Create a window box garden in your kitchen. You can plant flowers, herbs, fruit and veg.



Herbs: Chamomile helps to clear the blood and create a calmer you. It also has a relaxing effect on the mind, stomach and bowels, plus it is a handy natural sleep aid. Peppermint, Rosemary, Sage, Oregano and Parsley all help to combat body odour.

These are easy to grow on your window seal or amongst your flowers. Pick the leaves of the stalks then wash them in a sieve. Place them in a clean kitchen towel not paper, twist the cloth to dry them, chop the leaves up on your board, place them on your dish before serving. This will bring out the flavour and the healthy properties they have can be absorbed into the body faster.

Medical Box: CFS?ME:



Most encouraging drug result so far in the history of the disease. Chronic fatigue syndrome, which affects one in 250 Britons, may be caused by a faulty immune system attacking the body. The controversial condition causes persistent exhaustion that affects everyday life and doesn't go away with sleep or rest. It can last from a matter of weeks to several years. Doctors, while agreeing that the syndrome does exist, have been perplexed as to what causes it. Now researchers from Haukeland University Hospital in Norway, believe they have discovered a possible cause after treating a patient who had both cancer and chronic fatigue. The man, who had Hodgkin's lymphoma, showed a marked recovery from his CFS symptoms after receiving chemotherapy. The scientists, led by Dr Oystein Fluge and Dr Olav Mella, then decided to test an anti-lymphoma drug in a trial of 30 patients with chronic fatigue. They found that symptoms of the disease eased in two-thirds of the patients given Rituximab. Two of the patients were completely cured after receiving the drug three years ago and have since returned to work.

Rituximab works by destroying a protein found on the surface of white blood cells that make antibodies, called B cells. The scientists said the findings suggested that: 'CFS/ME, which is often preceded by an infection, may be a form of autoimmune disease in which B-cells are important'. The team treated 30 CFS patients, giving half two doses of Rituximab and the other half a fake treatment. In the patients receiving the drug, 67 per cent reported an improvement of symptoms, while just 13 per cent showed any improvement in the sham group. 'It's the most encouraging drug result so far in the history of the disease,' said Charles Shepherd, medical adviser to the UK ME Association. 'Although it's a small trial, it's produce dramatic results.' Around 250,000 people in the UK have CFS. This information is for information only.

Alternative medication



Boosting Your Immunity. Chronic and recurring infections are also a major problem in CFS and fibromyalgia because of the immune dysfunction associated with these illnesses. Boosting our body's defence system can also be helpful for anyone who wants to fight an acute infection (e.g., a spring time cold) or prevent one. There are many simple yet powerful things you can do to enhance your immune function.

Immune disorders are rapidly becoming a part of modern life. Our immune systems are being weakened by poor sleep, awful nutrition and chronic infections. At the same time our defences are going haywire trying to defend against the over 80,000 chemicals in our environment. This over-reactivity not only results in an exhausted immune system, but also in the skyrocketing epidemic of autoimmune diseases. Whether you want to fight off a cold, prevent catching the flu, or have chronic infections you want to eliminate, you don't need the Avian flu vaccine (which to me simply seems another way for some politicians to get richer). Instead, keep your own immune/defence systems optimized by:

-Sleep-get 8 hrs a night.Optimize adrenal-(gland function (stress handler)
- Improve digestion.....Optimize your nutritional support.
- ...Eliminate chronic infections (especially Yeast/Candida, Lyme and Viral Infections).

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.