

Worthing Area Fibro Group Newsletter

November Edition 2012



It is time for our

Christmas meal

we will be meeting at the

Toby Carvery

Brighton Road Lyons Farm BN14 9JN.

On

Tuesday 11th December,

at

5.30pm

Please arrive earlier so we can start on time.

There will be a three course meal at **£10.99 each person** a Non refundable deposit of **£5.00** is needed to confirm the booking **ASAP.**

Please contact Contact Debbie on Tel: 07590993928

To book and pre order. Or details will be at our October and November meetings. The group will be paying £0.99p, Plus bunting for the table as a thank you for supporting your group. All you will need to pay is £5.00 deposit and £5.00 on the day plus any drinks paid at the bar. **Family members are welcome.**

We will need to take a pre order which you can do at the October and November group meetings.

Every year we have a great time and am looking forward to doing the same this year.

Many people ask me about getting a diagnosis and it is apparent that there are people not aware of there rights as an individual, things have changed in the procedure when seeing your doctor, it is law you can go to your doctor and tell him who you want to see and it can be any where in England; they have to refer you. Some people need a diagnosis and some feel they need a second opinion. Always write a list of questions when going to see your doctor, if you find that you forget the info given write it down. The doctor may be busy and have a short window for you (an appointment is usually around 10 minutes) he or she is there for you and no matter how long you need they need to listen and help you. They do recommend booking a double appointment if you have more than one complaint. It is important you read up on your rights and about your health conditions so you understand what is said to you. See a Rheumatologist for a diagnosis, you need this if you are applying for benefits.



Worthing & West Sussex Fibromyalgia Group

MUSCLE TESTING CAN
SHOW THE NEED FOR
VITAMINS OR
MINERALS



How do we take charge of our health as individuals? When it comes to taking care of our own health and being proactive, where do we start?

For many, it is a trip to the doctor or obtaining advice and information from websites, specialist groups, media and

magazines.

Getting advice and choosing the best route to take, can be a very confusing business and often what works for one person doesn't always work for another. Why?

Because we are all different. Illness can be expressed as a myriad of symptoms and although we may share the symptoms with another person, this doesn't necessarily mean they originate from the same source or require the same approach when dealing with them.

For example indigestion, which can be due to our stomach not producing enough Hydrochloric acid or even producing too much. Many doctors prescribe Omeprazole, a Proton pump inhibitor, which stops cells in the lining of the stomach from producing too much acid. But what if you are one of those people who doesn't have enough acid in your stomach to digest food properly, or kill off bacteria effectively? Could the use of this drug lead to further weakening of your digestive system?

Ok, so lets take the 'natural remedy' route and try out some Peppermint which is commonly used to soothe the gastrointestinal tract, by relaxing the muscles in the intestinal wall. For some this may work well, but what if you are someone that has a sensitivity to the salicylate content in Peppermint? In this case, it may not be appropriate.

This is where Kinesiology comes into its own. It is a natural, non-intrusive, drug-free holistic therapy, which uses muscle testing to identify imbalances within our system. What we eat, the chemicals influencing our systems, electromagnetic disturbances and stress all affect our general balance. Often it can be a combination of these factors.

Kinesiologists work with you as an individual! They use muscle testing to identify imbalances. Each time a relevant factor or substance is introduced, the muscle's response changes. It is how your muscles react to these stimuli which gives the Kinesiologist an indication how to proceed. Good health relies on a combination of structural, biochemical, emotional and electromagnetic balance. So what's your unique combination?

Janet Nethercott-Cable IIHHT.Dip (MIGHT) Member of Federation of holistic Therapists. **Kinesiology • Primitive Reflex Therapy • Reflexology • Indian Head**

Worthing and West Sussex Fibromyalgia Group

Zinc Deficiency: Since the deficiency is predictable but hard to measure, researchers at Linus Pauling Institute recommend that all older adults take zinc. A new study has described for the first time a biological mechanism by which zinc deficiency can develop with age, leading to:

per 9	Zinc 30	Gall 3
u 55	Zn 65.39	G 69
1.9	1.6	

- A decline of the immune system
- And the increased inflammation associated with many health problems, including cancer, heart disease, autoimmune disease and diabetes.

The research - done at Oregon State University's Linus Pauling Institute and College of Public Health & Human Sciences - suggests it is especially important for older people to get adequate dietary intake of zinc, since they may need more of this essential element as their ability to absorb it declines. Although zinc is often underappreciated, it is very important for health, and second only to iron in concentration in the body. Most people around the world have diets that are deficient in this essential micronutrient.

Poor Diet & Poor Absorption = DNA Damage and Inflammation. According to nutritional biologist principal investigator of the study:

"The elderly are highly vulnerable to zinc deficiency. They don't consume enough of this nutrient and don't absorb it very well. We've previously shown in both animal and human studies that zinc deficiency can cause DNA damage, and this new work shows how it can help lead to systemic inflammation.

"Some inflammation is normal, a part of immune defence, wound healing and other functions. But in excess, it's been associated with almost every degenerative disease you can think of, including cancer and heart disease. It appears to be a significant factor in the diseases that most people die from."

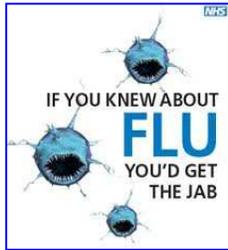
Diet-wise, high protein is synonymous with higher amounts of zinc. Meats are good sources of zinc, and though it is also obtained from nuts, whole grains, and legumes, the zinc in these vegetable sources is not as bio available, so low-protein & vegetarian diets tend to be zinc-poor.

Some foods rich in zinc:

Oysters, Toasted Wheat Germ, Veal Liver.
Low Fat Roast Beef, Roasted Pumpkin and Squash Seeds, Dried Watermelon Seeds, Dark Chocolate and Cocoa Powder, Lamb (Mutton) Peanuts and Crab.



Flu Jab: It's time to think of having or not the flu jab.



Flu clinics are going on, and it's time again for those of us with [fbromyalgia](#) (FMS) and [chronic fatigue syndrome](#) (CFS or [ME/CFS](#)) to decide whether to get vaccinated.

The issue is that some FMS & ME/CFS experts say they frequently see relapses or flares in their patients who do get a shot. On the other hand, some doctors point out that when we do get the flu, we tend to get it worse - we're sicker, and for longer.

If you've had flu shots before and have done OK with them, or if you have another serious illness (especially heart disease, emphysema or diabetes), experts say you should go ahead and get one. If not, however, you've got some things to consider.

1. Do you tend to be prone to the flu?
2. What's your exposure risk, and the exposure risk of your family or others you see often
3. Which risk is greater to you - a vaccination-related flare, or the possibility of getting the flu?

Think about this issue, and take it up with your doctor, so you can make the decision that's right for you. And if you even *think* you're coming down with the flu, get into your doctor ASAP to get an antiviral medication - they can cut the length and severity of the flu, but only if you take them within 72 hours of getting sick.

[Neck Pain, Numbness and Tingling in the Arms](#) : Numbness and tingling in the arms often go together and may be the result of a pinched nerve in the neck due to a herniated disc, cervical spinal arthritis, or other condition causing inflammation and spinal stenosis.. Oftentimes, those with neck pain who also have weakness, numbness and tingling in the arms and hands do not connect the symptoms but such signs need early attention in order to address cervical spinal problems as soon as possible.



Neck Pain and Tingling in the Arms - What's the Connection? Neck pain, numbness and tingling in the arms may sometimes simply be due to acute nerve compression from sitting, standing or lying in the same position for a protracted period of time. These abnormal sensations may be described as pins and needles or paraesthesia and are normally short-lived as the compressed nerve 'wakes up.' However, where the symptoms become chronic and weakness and atrophy of the muscles occurs over time it signifies a more serious neurological issue that may be connected to a spinal abnormality.

Medical Box: Zinc is an essential mineral that is important for wound healing, and the senses of taste and smell. However, if it is taken in large quantities, it can lead to toxicity. Because of this, zinc supplements should only be taken by people with conditions causing a loss of zinc, or where there is evidence of a deficiency. Such conditions include skin burns, following an injury, and in some metabolic diseases where there is a reduced absorption of zinc from food.



Another form of zinc called zinc acetate (or Wilzin®) is used in a completely different condition known as Wilson's disease. This is a genetic disorder where there is a build-up of copper which causes serious symptoms because the body is not able to get rid of it. Treatment with zinc helps to remove the excess copper and/or prevent a further build-up. This is a specialist treatment and no further information about this brand of zinc is included in this medicine leaflet.

Before taking zinc sulphate tablets make sure this is the right treatment for you, before you start taking zinc sulphate it is important that your doctor or pharmacist knows: If you are pregnant or breast-feeding. If you have kidney problems. If you are taking or using any other medicines. This includes any medicines you are taking which are available to buy without a prescription, such as herbal and complementary medicines.

If you have ever had an allergic reaction to any medicine.

How to take zinc sulphate tablets

- Before you start this treatment, read the manufacturer's printed information leaflet from inside your pack. The leaflet will give you more information about zinc sulphate tablets and a full list of possible side-effects from taking them.
- Your doctor or pharmacist will tell you how many tablets to take and when to take them. The dose will also be on the label of the pack to remind you. Take the tablets exactly as you have been told.
- Solvazinc® tablets are effervescent, which means that you should dissolve them in water before you take them. The dose for an adult or a child over 30 kg (approximately 10 years old) is one tablet, taken 1-3 times a day. If you are giving these tablets to a younger child, check the label carefully to make sure you are giving the correct dose for the weight of your child.
- Take each dose with a snack or just after eating a meal.

If you forget to take a dose, do not worry, just take the next dose when it is due and then carry on as normal. Do not take two doses together to make up for a forgotten dose. **Side-effects of zinc sulphate: What can I do if I experience this?** Stomach pain or discomfort, indigestion, feeling or being sick. Stick to simple meals - avoid rich or spicy foods, Diarrhoea, Drink plenty of water to replace any lost fluids, and Headache. Ask your pharmacist to recommend a suitable painkiller.

Worthing and West Sussex Fibromyalgia 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**

Xmas Meal 11th December

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

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:

Nichola Bond Tel No: 07796653477 Email: beauty_within_15@hotmail.co.uk

Help and information Line. 08448872394

Co Leader & Game Master: Simon Stuart: 07806 808862 Email:
simon10pq@sky.com

Webmaster: Pete MacKean 01903739596 Email: petemackean@sky.com

Administrator: Christine Brunton Tel No. 07905189163 Email:
fibroworthing.chris@hotmail.co.uk

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or recommendation of a medical or legal nature must always be discussed with a
qualified professional.