

Worthing & Surrounding Area's Fibro Support Group

August Edition 2013



What beautiful weather, I know for some it can be uncomfortable but for others it's fantastic, your pain is not so bad, you feel relaxed and just feel so much better in yourself.

Specialists are forever saying we should live in a hot country. Yes please.

Yoga was the title of July's meeting and we had a great time, a local yoga teacher Melanie who was very caring and informative talked us through some yoga positions while we all sat in our chairs and we all enjoyed it. Melanie has said that if we can get 6 to 8 people together she will start a yoga class just for us. I think that would be great, so please have a thing and get back to us at the group meeting if you would like to come to a regular class. Please look at June's edition of the newsletter as there is an article about chair yoga.



Holistic therapies at the meetings:

Please phone and book with Ghennet in advance for a mini treatment for August group meeting. Please Phone a few days before meeting .

Ring this number 01903 205699 to book.

Next meeting 20th August: We are trying something new.

Craft Hour: Come along and enjoy an hour of creation, taking your mind of your health challenges and having a good laugh.

Kirsty one of our members has created a craft hour for all to take part, she has lots of experience and has put her own time into this for all our old and new members. There will be lots to choose from and even therapeutic crafts for your hands as well as minds. Come and enjoy a great meeting. If it takes off Kirsty has agreed to continue through out the months to follow. Thank you.

September 17th Meeting *We have a treat in store. As most of us will be looking out for xmas presents in advance or birthday or just a treat. We will be opening the group up for all your family and friends to come along and enjoy a talk and demo about the benefits of magnetic jewellery. They are affordable and beautiful pieces with lots to choose from and a not just for the ladies for men and children even animals and your household. So please invite all along to what shall be a great evening and you sort all your presents out in one night.*

Relaxation to Stop Guilt When Not Busy. Many people find it difficult to relax because they feel guilty when they are not busy. The constant pressure to be productive and busy every moment leads to stress, but when trying to relax, guilt and restlessness interfere - making relaxation impossible. This guided meditation will help to change the perspective of needing to be busy all the time so that you can relax and reduce unreasonable demands on yourself. Before you get started, get a sheet of paper and a pen, in case you want to write anything down. You are doing a healthy, productive activity



Begin by getting into a comfortable position. Close your eyes, and take a few moments to just breathe. Breathe slowly and calmly. Focus on this single act of breathing. **(Pause)** Perhaps you have thoughts right now about other things you think you "should" be doing. Acknowledge these thoughts. Right them down if you want. **(Pause)** reflect upon the thoughts that have been coming up. Allow each thought to pass, without dwelling on any particular one. Let each thought come and go, and notice each thought as an observer. **(Pause)** As you meditate, what kind of thoughts and judgements have you had about yourself? Notice the "should" statements, the criticisms, the

judgemental thoughts that have told you, wrongly, that it is never okay to be not busy. How could such an expectation be fair or reasonable for any human? The expectation to be busy at every moment is not realistic or fair for anyone, including you. Now I would like you to challenge yourself, and spend the next two minutes being *not* busy. In a moment, I will begin timing so that you can have two minutes of silent reflection. During the next 2 minutes of silence, I want you to allow all thoughts to pass, and simply relax. Do nothing. There is nothing you need to do or to think about. Every time thoughts arise, just let the thoughts go, emptying your mind completely. **(Pause 2 minutes)** What was it like to spend two minutes not being busy? Reflect upon the last few moments, and acknowledge the thoughts and feelings that came up for you. **(Pause)** Take a deep breath in, and as you exhale, allow your body to begin to relax. Breathe slowly and naturally. Raise your shoulders toward your ears. Then, let your shoulders relax...dropping into a comfortable, loose position, and feel yourself sinking into the surface you are on. Allow your jaw to drop slightly, letting the muscles of your face and jaw become loose and relaxed. Wiggle your toes once or twice and feel your feet and legs relaxing. Gently open and close your hands once...and again...and then relax your hands and arms. Take a deep breath in, feeling the tension in your chest and stomach as you hold that breath...and allow your chest and stomach to relax as the breath escapes slowly. Allow the muscles of your back to relax...from your neck...to your upper back...middle back...lower back...feeling your whole body relaxing. (Notice any areas of tension in your body, and relax those areas now. Take a few moments just to enjoy feeling relaxed. **(Pause)** You do not need to be busy at every moment. You are not busy at every moment, and that is okay. You deserve time to relax. You deserve to be not busy. It is okay to relax. It is okay to be not busy. You are more productive when you take time for relaxation. You accomplish everything you need to. There is no need to push yourself to be superhuman. Just being is enough. It feels good to relax. You can enjoy time of relaxation. You can enjoy time of doing nothing, and feel good about taking a few moments to do nothing at all. It is okay to rest and relax. It is essential to rest and relax. **(Pause)** Keep with you this feeling of relaxation now as you reawaken your body to return to the day ahead. Wiggle your fingers and toes. Open your hands...then close them... and open them once again. Roll your shoulders forward...and back...feeling your muscles reawakening. Lean your left ear toward your left shoulder...return to centre...and move your right ear toward your right shoulder...then return to neutral. Stretch a bit, feeling the energy flowing through your body. Take a deep breath, reaching your arms up above your head as you inhale, and lowering your arms out to the sides and down as you exhale. Take one more deep breath in, feeling fully alert and awake as you exhale. Return to your usual activities feeling calm and refreshed.

Cushing's syndrome is a hormonal disorder caused by prolonged exposure of the body's tissues to high levels of the hormone cortisol. Sometimes called "hypercortisolism," it is relatively rare and most commonly affects adults aged 20 to 50. An estimated 10 to 15 of every million people are affected each year. What Are the Symptoms?

Symptoms vary, but most people have upper body obesity, rounded face, increased fat around the neck, and thinning arms and legs. Children tend to be obese with slowed growth. Other symptoms appear in the skin, which becomes fragile and thin. It bruises easily and heals poorly. Purplish pink stretch marks may appear on the abdomen, thighs, buttocks, arms and breasts. The bones are weakened, and routine activities such as bending, lifting or rising from a chair may lead to backaches, rib and spinal column fractures.

Most people have severe fatigue, weak muscles, high blood pressure and high blood sugar. Irritability, anxiety and depression are common.

Women usually have excess hair growth on their faces, necks, chests, abdomens, and thighs. Their menstrual periods may become irregular or stop. Men have decreased fertility with diminished or absent desire for sex. **What Causes Cushing's Syndrome?**

Cushing's syndrome occurs when the body's tissues are exposed to excessive levels of cortisol for long periods of time. Many people suffer the symptoms of Cushing's syndrome because they take glucocorticoid hormones such as prednisone for asthma, rheumatoid arthritis, lupus and other inflammatory diseases, or for immunosuppression transplantation. Others develop Cushing's syndrome because of overproduction of cortisol by the body. Normally, the production of cortisol follows a precise chain of events. First, the hypothalamus, a part of the brain which is about the size of a small sugar cube, sends corticotropin releasing hormone (CRH) to the pituitary gland. CRH causes the pituitary to secrete ACTH (adrenocorticotropin), a hormone that stimulates the adrenal glands.

If you have any concerns about your health go and speak with your doctor or holistic therapist. We recommend seeing Luke Savage Cranial Osteopath trained Kinesiologist, Acupuncturist. He gave a fantastic talk at the meeting and has treated all my family very knowledgeable and enthusiastic professional.

He has his treatment clinic in the Worthing sports centre. Tel 07840678195

Useful information sites: There are apps that can be put on various phones for a variety of health conditions, which can be read when your in the car waiting for someone, waiting for an appointment, or just bored to get up to speed with your condition and gain knowledge, try a diet that will help your pain, tiredness, flatulence, pain in your tummy & gut. Even apps about your body learn about who you are what your made up off, it's very interesting.

Free Books and useful site.

www.fibromyalgia-support.net/book

<http://www.fibrotalk.com>

Why are reflexes retained ?

<http://www.davidmulhall.co.uk>

We meet
every third Tuesday of the
month.

At

Ferring Baptist church Hall

Greystoke road Ferring

BN12 5JL

Dates for meetings

January 15th

February 19th

March 19th

April 16th

May 21st

June 18th

July 16th

August 20th

September 17th

October 15th

November 19th

No December

meeting.

Xmas Party to be

arranged.

Copies of the Newsletter's are available on our
website to download or and printing out.

www.fmswaws.org

Helpline: 08448872394

Help

We are a group run by volunteers most with FMS/CFS and other medical conditions. We are dedicated to give support to each person that comes through our doors.

We are always looking for volunteers to help with the running of the meetings once a month. Please speak to anyone at the meeting if you would like to help.

Fundraising

We are always grateful to all who raise much needed funds to keep the group going. If you want to do your bit to help here are some idea's: Coffee get together donations at the door, or a charge for coffee and a biscuit. Open your garden offer refreshments to go towards the group.

Garage sale. Darts match payment to be involved.

Raffle at any event. Run a marathon.

Cake competition. Cycling race.

Sponsored swim. Bungee jump.

Parachute jump. Sky dive.

Spiritual Readings and Healing available please call Helpline.

Bright Lights Circle

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Disclaimer: Information in this newsletter does not necessary infer endorsement by the Worthing and surrounding area fibromyalgia syndrome support group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.