

# Worthing & Surrounding Area's Fibro/ME Support Group



September Edition 2013 *Written by Nichola edited by Simon*

## Next meeting September 17th:

You are all invited to a special September meeting, invite your family and friends because we are having a talk on magnetic jewellery. You will have the chance to see their collection and listen to the lady who has fibromyalgia syndrome and how magnet jewellery has helped her condition. It is an opportunity to order and buy some beautiful pieces as Christmas is coming up. It is a perfect gift for ladies, gents, children and animals. Also a magnet can be put into our water. This is a great opportunity to listen to the amazing results that magnets have on our body, and we have opened the meeting to all. So please ask your friends and family to come along. Prices are affordable and the quality is excellent.

Please have a look at there website and Martina will be bringing along brochures and jewellery for us to look at. [www.magneticgems.energetix.tv](http://www.magneticgems.energetix.tv) Here are some examples.

Collar acc/animals    Pendants for men.    Rings for women.    Magnets for your body.    Charms for children



There are hundreds of pieces to choose from, so come along and enjoy the talk and take the opportunity to purchase some really nice pieces of jewellery for loved ones and 'not forgetting yourself'.

## Holistic therapies at the meetings:

All bookings have to be made by phone in advance. Next meeting 18th June

Ring Ghennet our therapist 01903 205699 to book. Otherwise you will be disappointed.

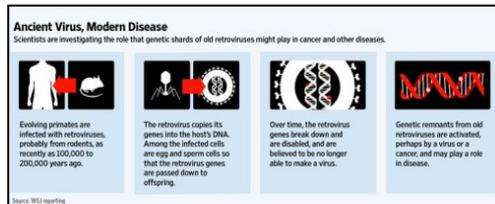


Our Hobby Craft evening in August was a great success, everyone enjoyed it and so Kirsty is happy to continue to show us a variety of crafts in the future meetings. We are always happy to listen to your ideas so please let us know them.

**Need Help:** All those budding people out there that would love to write something for your groups newsletter. We are in need of more input. Any story you feel other fibromites need to know about please send it to [fibromyalgiawaws@gmail.com](mailto:fibromyalgiawaws@gmail.com) we like your fibro story too please.

**Relaxation to Deal with Loneliness:** I have sent an extra attachment because it is too long to put in the newsletter. We do hope you read it and enjoy it and it helps you in your quest to understanding and dealing with your health issues, I know it has helped me.

## **How Old Viruses May Haunt Us** Scientists Study Interplay Between Retroviral Genes and Cancer & Other Diseases By AMY DOCKSER MARCUS



The human genome is littered with the genetic remains of ancient viruses that once infected people but now lie dormant. Until recently, scientists didn't believe they played a role in modern disease.

New research is causing many scientists to think again. Recent studies suggest that old virus shards may play a role in Hodgkin's lymphoma, multiple sclerosis, rheumatoid arthritis and other diseases. The ancient viruses scientists are most interested in date from waves of infections that took place as recently as 100,000 to 200,000 years ago. In modern humans, the genes were most likely inherited from a common ancestor infected with retroviruses, probably from rodents. Unlike other kinds of viruses, retroviruses copy their own genes into a host's DNA. Some of the retroviruses are believed to have infected sperm cells and eggs, ensuring the virus would be passed from generation to generation in the genome. Researchers estimate that 8% of the human genome consists of virus genes and their remains, translating into approximately 80,000 genes scattered in an individual's DNA. That's about twice as many as the number of genes that determine a person's height, eye colour, hair colour and other characteristics, says John M. Coffin, a retro virologist at Tufts University, who is studying these ancient virus genes. "There is more virus in us than there is us in us," he says. [www.meassociation.org.uk](http://www.meassociation.org.uk)

### **New website for charity**

Fibromyalgia Support for Surrey and Sussex, the Charity that we are affiliated with, have a new website [www.fms-sas.org.uk](http://www.fms-sas.org.uk). This is a web link which was set up a few months ago. If you know of anyone who would like to join the Charity as a member. Please advise them to email me at [membership@fms-sas.co.uk](mailto:membership@fms-sas.co.uk). Membership will enable them to receive emailed newsletters and other useful information.

For people who are already members or those who join. FMSSAS is holding a Autumn Networking and Seminar Day at Haskins Roundstone Garden Centre on Saturday October 26th. If you would like to be part of this event, please email Jeanne Hambleton FMSSAS Chair at [chair@fms-sas.co.uk](mailto:chair@fms-sas.co.uk).

Also, the Follys Pogs research charity who run the annual conference in Chichester are holding a murder mystery fundraiser on the 22nd November 2013. If anyone is interested in attending this event please email [murdermystery@follypogsfibro.org](mailto:murdermystery@follypogsfibro.org)

Thank you Simon

**Christmas Meal 2013...** As much as I do not want to think about Christmas we as a group need to decide and book somewhere.



Do you want to go back to the Toby Carvery or have a change of venue? Upper Brighton Road, Worthing, BN14 9JN Tel: 01903 234085 They have two menus one at £10.99 and the other at £13.49 there website is [www.tobycarvery.co.uk](http://www.tobycarvery.co.uk) have a look at the menus. One of our members gave in a menu and venue with more choice on the menu £18.50 at the Bowling club in Worthing. Please can you give me your ideas as we need to decide and book very soon, please send me menus and venues you think would be affordable and we can all enjoy, wheel chair access is very important. Thank you and looking forward to lots of replies.

**Milk Thistle or Mary Thistle:** A Weed that Boosts GSH: Milk Thistle, Mary Thistle and Wild Artichoke, promotes glutathione production, prevents lipid pre-oxidation and helps maintain GSH levels. It has been used by herbalists and complimentary medicine practitioners for detoxification and liver disease. It is very effective at savaging free radicals and protects liver from toxins and pollutants. It is used for hepatitis, alcoholic cirrhosis, gallbladder disease, jaundice and for a type of mushroom poisoning. It also promotes production of new cells in the liver. It is also good for kidney protection, adrenal disorders, gallbladder, inflammatory bowel disorders, psoriasis, and weakened immune systems. It has anti cancer prostate properties for prostate and breast cancer. In practice when combined with NAC, in some GSH depleted states it can increase glutathione levels by 35 percent. Dietary Source: The scientific name is silybum marianum. The parts used are the Milk Thistle Fruit, leaves and seeds. Because of poor water solubility it is not effective in tea form. If you feel you need to know more speak to your nutritionalist or pop into a health shop near you. Worthing has a great shop who are very helpful.



**Simpsons Health Foods Ltd.** 11 The Royal Arcade, Worthing, West Sussex, BN11 3AY. Tel: 01903 210666. [www.simpsonshealthfoods.co.uk](http://www.simpsonshealthfoods.co.uk) ...

**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.

Welcome to Your Happiness Toolkit! [www.startofhappiness.com/happinesstoolkit](http://www.startofhappiness.com/happinesstoolkit)

Want to know more: [www.arthritisresearchuk.org](http://www.arthritisresearchuk.org)

Autoimmunity research foundation: [www.autoimmunityresearch.org](http://www.autoimmunityresearch.org)

More on Fibro and ME/CFS: [www.chronicfatigue.about.com](http://www.chronicfatigue.about.com)

**Book to read:** [Battle for Grace](#): A Memoir of Pain, Redemption and Impossible Love  
By Cynthia Toussaint.

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, emailed or pick up a copy at our meetings.

[www.fmswaws.org](http://www.fmswaws.org) Email: [fibromyalgiawaws@gmail.com](mailto:fibromyalgiawaws@gmail.com)

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.

Do you want a Spiritual Reading and or Healing

Call Tel: 08448872394

Simon Co Leader Tel: 07806 808862

Email: [simon10pq@sky.com](mailto:simon10pq@sky.com)

Nichola Co Leader Tel: Helpline number 08448 872394

email [fibromyalgiawaws@gmail.com](mailto:fibromyalgiawaws@gmail.com)

Christine Administrator Tel: 07905189163

email [fibroworthing.chris@hotmail.co.uk](mailto:fibroworthing.chris@hotmail.co.uk)

Pete MacKean Webmaster: 01903739596 Email: [petemackean@sky.com](mailto:petemackean@sky.com)

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.