

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



October Edition 2013 *Written by Nichola edited by Simon*

Next meeting 15th October 2013 Social Time, come and chat with people in the



same boat as you, enjoy laughter which will pick you up. We will be showing a film, Simon has chosen a surprise film with a difference, so if you need cheering up, come and have an evening of fun, friendly chatter with like minded people, come and enjoy our social evening.

Last month we had Energetix give us a talk on how the magnetic jewellery can benefit all who face health challenges. It was a fantastic evening, we will definitely have her back. Want to manage your pain tablet free or for some almost. I have been wearing a magnetic bracelet for 3 months now and what a difference it has made for me. So you don't miss out the website is [www.magneticgems.energetix.tv](http://www.magneticgems.energetix.tv) The pieces of jewellery are very well made, good quality and very reasonably priced. All of us bought something. There are pieces for all the family including your pet and fish. There are hundreds of pieces to choose from, great for presents for loved ones not forgetting yourself.

## Holistic therapies back at the meetings:

I am pleased to tell you Ghennet our therapist will be with us each month once again.

Please book to see her on arrival at the meeting.

For full treatment's please Ring Ghennet on 01903 205699 to book a time and date.

### Christmas Meal:

2 courses £8.99, 3 courses £11.99

Tuesday 9th December at 7.00pm at the Mulberry Pub, Goring-by-Sea BN12 4NX West Sussex. Deposit of £3.00 is essential when booking as the restaurant needs this to confirm booking. Details of your pre order and paid in full must be in latest November 19th at meeting. We will have details of menu's and price at the October 15th meeting please. Any questions please phone 07796653477. Menu will also be on website. [www.fmswaws.org](http://www.fmswaws.org) This meal is open to all so if you want to bring along your family or friends please do.

Secret Santa everyone please can you bring a gift so we all have a little something to open. Names will be pulled at Nov meeting. Please spend no more than £5.00. Bring them with you to the meal. Just there name put on present.

## Are You Too Acidic? Check Your Symptoms

A surprising number and variety of physical problems and diseases can be caused by acidity. Today, the vast majority of the populace in industrialized nations suffers from problems caused by acidification, because both modern lifestyle and diet promote acidification of the body's internal environment.

In general, the current standard diet is primarily composed of acidic or acidifying elements (proteins, cereals, sugars). Alkaline foods such as vegetables are eaten in much smaller quantities; their alkaline content is insufficient to neutralize surplus acids. Stimulants like tobacco, coffee, tea and alcohol are also extremely acidifying. Stress and physical activity (both insufficient or excessive amounts) also cause acidification.

Do you exhibit signs of acidification? Find out with this checklist of 30 symptoms.

1. Lack of energy, constant fatigue, loss of physical tone and psychic drive, sensation of heaviness in the limbs, feelings of inability to cope.
2. Lower body temperature; frequently feels cold.
3. Tendency to get infections.
4. Loss of drive, joy and enthusiasm.
5. Depressive tendencies.
6. Nervousness, agitation without cause, hyperactivity, sensitivity to high-pitched noises and easily stressed.
7. Very pale face.
8. Headaches.
9. Eyes tear easily.
10. Conjunctivitis.
11. Inflammation of the corneas and eyelids.
12. Acidic saliva.
13. Loose teeth.
14. Inflamed, sensitive gums.
15. Mouth ulcers.
16. Cracks at the corners of the lips.
17. Recurring infections of throat and tonsils.
18. Teeth are sensitive to hot, cold or acidic foods.
19. Teeth have a tendency to crack or chip.
20. Pain in the nerves of the teeth.
21. Excess stomach acid.
22. Acid regurgitation.
23. Gastritis.
24. Ulcers.
25. Nails are thin and split and break easily.
26. Hair looks dull, has split ends, and falls out.
27. Dry skin.
28. Skin tends to be irritated in regions where there are heavy concentrations of sweat.
29. Hives.
30. Leg cramps and spasms.

Choosing a healthier lifestyle can be as simple as alkalizing your body, which may sound complicated but it really isn't. Basically, acid and alkaline are opposite sides of the biochemical spectrum. Ideally, your body should be slightly alkaline, but most people's bodies are excessively acidic due to high stress levels, a diet high in meat, sugar consumption, and other acid-forming habits. While supplements are not a substitute for a healthy diet and lifestyle, they can assist you in making your body more alkaline.

Read more: <http://www.care2.com/greenliving/4-supplements-that-alkalize-your-body.html#ixzz2VKizb9Xb>

Last Meeting of the year. November 19th is our last meeting of the year we



decided Christmas crafts was the answer. So Kirsty will be back with some exciting crafts for you all to enjoy. Please can we ask everyone to bring a little something to eat as we will have a little music and snacks as it's the last meeting of the year. We have to get in the Christmas mood sometime.



**B Complex** As a complex, the B vitamins are essential for the proper functioning of the nervous system and are perhaps the most important nutritional factor for healthy nerve cells. The B vitamins also play a role in the conversion of carbohydrates into energy, in the metabolism of fats and protein and in the maintenance of muscle tone in the gastrointestinal tract. The B vitamins support the integrity of the skin, hair and liver. This balanced combination of functionally interrelated B vitamins provides wide ranging benefits, yet is specifically supportive of the nervous system. - See more at: [www.pureencapsulations.com](http://www.pureencapsulations.com)

**Fibromyalgia Support for Surrey and Sussex**, the Charity that we are affiliated with are continually looking for new members. If you or anyone you know 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 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). Also remember is you would like to book for the 2014 conference or want further information. Either email me at [fibcon2014bookings@gmail.com](mailto:fibcon2014bookings@gmail.com) or visit <http://fibromyalgiaconference.weebly.com/>

Thank you Simon

**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. Get up to speed with your condition and gain knowledge, try a diet that will help your pain, tiredness, flatulence, pain in your tummy and gut. Each week you will find a variety of web information below.

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)

Pain info on web <http://runningawaymembers.com/webinar/>

Fibromyalgia Magazine: <http://www.ukfibromyalgia.com/family-magazine/family-magazine.html>

**Book to read:** *Fibromyalgia: A Guide to Understanding the Journey*. By Shelly Bolton.

This is available in our groups library and also on Amazon at £3.28

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.