

Worthing & Surrounding Area's Fibro/ME Support Group



November Edition 2013 *Written by Nichola edited by Simon*

Next meeting 19th November: Last meeting was all about laughter and raising our endorphins to make us feel better about ourselves. Socialising with friends and people that understand how they feel helps our mental state and contributes to creating a better life for ourselves. Learning different ways to cope during our day to day life, just from talking to others about how they cope or what they take like complimentary medicines and diets.

This is the last meeting of the month so Happy Christmas and Happy New Year.

Christmas Meal: 2 courses £8.99, 3 courses £11.99



Tuesday 10th December at 7.00pm at the Mulberry Pub, Goring-by-Sea BN12 4NX **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. Any questions please phone 07796653477. Menu will also be on website. www.fmswaws.org This meal

is open to all so if you want to bring along your family or friends please do.

We will be doing the Secret Santa this year again so No more than £5.00 please can you bring a gift so we all have a little something to open. Names will be pulled at Nov meeting. Bring them with you to the meal.

Holistic therapies at the meetings:

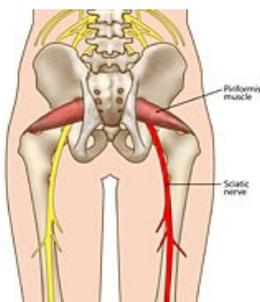
Ghennet our therapist will be returning every month. Just to remind you please book a Mini treatment with her on arrival to the group from 6.45pm or give her a call beforehand and book in advance. Ghennet gives up her time to support the group. She is aware how much pain we go through and how the treatments help each individual. She is a great therapist who is gentle and knowledgeable in many health conditions especially FMS, ME, Arthritis, Autoimmune conditions plus much more.

If you want to buy a present for a loved one Ghennet sells vouchers for therapies just give her a call on 01903 205699.



Be apart of Research: Dr Julius Bourke, Principal Investigator for The Brain in Pain Study at Barts and The London School of Medicine is conducting research into how the nerves and the brain feel and detect pain. Also how they respond to pain, which parts of the brain are involved and which chemicals are used by the brain to communicate between these areas. People with fibromyalgia and healthy controls are needed. The research involves quite lengthy appointments but I am assured that breaks can be taken as necessary. Please read the attached information and consider taking part in this important research. Contact Dr Bourke directly to register your interest. This research cannot happen without your help. Full information is available at : <http://goo.gl/IqOC3J>

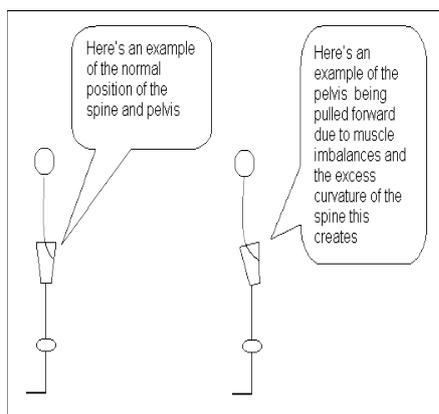
Four Sciatic Pain: Piriformis Syndrome This is the most common cause of



sciatic pain and is created when pressure is placed on the sciatic nerve by the Piriformis muscle. Muscle imbalances pull the hip joints and pelvis out of place and this change of position typically shortens and tightens the Piriformis muscle, which then places pressure on the sciatic nerve. As you can see in example A, the sciatic nerve runs under the Piriformis muscle the majority of the time... however, it occasionally will run thru or around the Piriformis muscle as shown in the other examples. Whatever the case, muscle imbalances will cause major problems and are the underlying cause of Piriformis syndrome. When a muscle overpowers the opposing muscle, you have a muscle imbalance... Think tug-of-war...

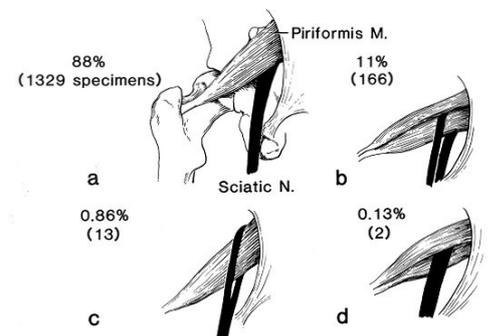
When your muscles are out of balance they pull your bones and joints out of their normal position and this places your muscles, bones and joints under constant stress and uneven pressure...

For example, the position and curvature of your spine is determined by numerous muscles and whether they are balanced or not... **There are over 640 muscles in the human body!** Nearly every muscle in the body affects your spine and if just one of these muscles are out of balance you're in



trouble..

Relation of Sciatic Nerve to Piriformis Muscle In 1510 Extremities Studied



Here's An Example Of Excessive Curvature In The Lower Spine Due To Muscle Imbalances...

This is just one of the many problems that can be created by undetected and untreated muscle imbalances...

The Prescription Drugs: Doctors frequently hear complaints about anxiety. Most sufferers of anxiety come in seeking fast relief of their symptoms without regard for what has caused it. What can a doctor do for a patient with such a request within just a 10 to 15 minute appointment time slot? Prescribe a drug, of course! Like any medication, these are best used to reduce symptoms while you address the underlying causes. I'll explain the main prescription drug options along with their pros and cons.

Benzodiazepines (Xanax, Klonopin, Valium): These are the classic sedating anxiolytic drugs that will surely make you feel good, relaxed, happy and care-free. However, these are quite common drugs of abuse because they are very effective and addictive. They easily cause drowsiness similar to drunkenness. If combined with alcohol, they are potentially lethal. (You may stop breathing.) The withdrawal symptoms are terrible; severe anxiety (the opposite of its treatment effect) can always be expected when discontinuing them abruptly after one month or longer of consistent use, even to the point of seizures.

Interactions All of these drugs will potentially (and do) interact with other prescription medications. That's because these are all unnatural to your body and they go through your liver's detoxification system, creating more unnatural metabolites. Who really knows how much unnatural metabolites stay in your body tissues (mostly fat) and how much you eliminate? Patients are known to release unnatural chemicals during deep-cleanse sauna treatments, indicating that most all of us are still holding unnatural chemicals in the body known as xenobiotics, which are likely major causes for chronic inflammation that goes largely unrecognized.

Nutrient And Herbal Supplements Now that you know the pros and cons of prescription medications used for anxiety, you should know the safe and effective nutrient and herbal options that are available. Remember that nutrients and herbal supplements have natural metabolites in your body that pose little if any long-term health risk. They can decrease or increase prescription medication effects.

[More in Next Newsletter.](#)

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

Want to know more: www.arthritisresearchuk.org

Autoimmunity research foundation: www.autoimmunityresearch.org

More on Fibro and ME/CFS: 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.

6.30pm to 9pm

At

Ferring Baptist church Hall

Greystoke road Ferring

BN12 5JL

Dates for meetings

21st January

18th February

18th March

15th April

20th May

17th June

15th July

19th August

16th September

21st October

18th November

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 Email: 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.

We are open to new ideas so please come forward and let us know what you want to see in your group.

Any fundraising events coffee mornings, cake baking competitions. Let us know so we can advertise it for you.

Check out our website

www.fmswaws.org

If you have any information you think others should know about get in touch with our web master details below.

Do you want a Spiritual Reading and or Healing

Call Tel: 07796653477

Simon Co Leader Tel: 07806 808862

Email: simon10pq@sky.com

Nichola Co Leader Tel: Helpline number 08448 872394

email fibromyalgiawaws@gmail.com

Christine Administrator Tel: 07905189163

email fibroworthing.chris@hotmail.co.uk

Pete MacKean Webmaster: 01903739596 Email: 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.