

Worthing & Surrounding Area's Fibro/ME Support Group



December Edition 2013 *Written by Nichola edited by Simon*

No Meeting in December

Christmas Meal Tuesday 10th December 2013

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 by the November 19th 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.

Pure Encapsulation. I-Tyrosine: This has been proven that it can when taken when carrying out particular exercise will turn off our adrenaline switch which is also called the Moro Reflex, subsequently taking the stress and fatigue away. In the body phenylalanine is converted to tyrosine. The amino acid tyrosine is a precursor of catecholamine neurotransmitter, including I-dopa, dopamine, epinephrine and norepinephrine. These neurotransmitters are responsible for supporting emotional well-being and mental function. I-Tyrosine plays a role in promoting healthy neurotransmitter function in response to environmental and emotional stress. Research has indicated its potential to promote cognitive function and memory under stressful conditions in one study I-tyrosine enhanced mood and sleep in subjects with low dopamine levels.



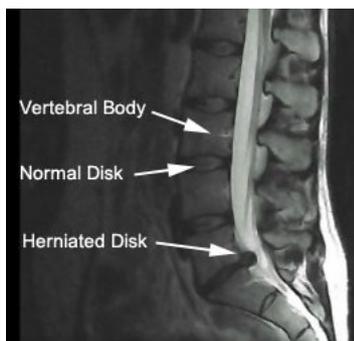
Luke Savage a respected Cranial Osteopath who has given a talk this year at our group can recommend this. He will be giving another talk next year.

I know someone that has gone through this process and has successfully sorted her Moro Reflex. Her ME has improved, the pain levels and stiffness from her FMS has reduced. She also has dealt with mental issues from her past and is free of the constraints that it brings. If you wish to know more then contact the help line on back page or directly make an appointment to see the osteopath Luke Savage on 07840678195.

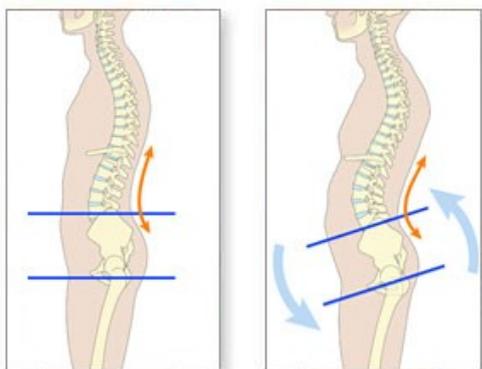
Sciatica contin.....What your body and a automobile have in common.

Here's a quick analogy that will show you how much alike the human body and an automobile are...What happens when you drive your car with unbalanced tyres or your steering out of alignment? Your tyres will wear down unevenly and quicker than normal... and eventually you'll have a blowout... the same is true for your body! It's critical for you to understand that your body alignment and mechanics are affected by your muscles and even the smallest muscle imbalance can, overtime, place tremendous amounts of uneven pressure and wear and tear on your body, especially the spine and it's supporting muscles.

Herniated Discs: Sciatica can also be caused by pressure on the nerve due to a herniated or bulging disc. A herniation is when a disc protrudes out from between the vertebrae and this can either be caused by an event like a car accident. It could also be months or years of uneven pressure due to muscle imbalances. **Here's An Example of a Herniated Disc.** Take a quick look at this MRI image... You should see the disc bulging out towards the right and pressing on the nerve...**This is the type of damage muscles imbalances can create when they are not addressed!** And, unfortunately, no amount of



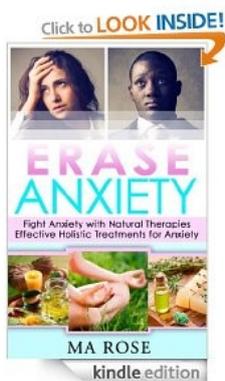
ultrasound, electrical stimulation, medications, cortisone injections, general exercises or chiropractic adjustments can correct the muscle imbalances that have created your back pain or sciatica. Herniated discs are probably one of the most common diagnosis's for sciatica out there and this diagnosis is often used when a doctor can't find an explanation for the person's pain. Similar to a doctor explaining away various aches and pains as arthritis. Plus, research has shown that in many cases, people live with herniated discs yet never have any back pain or symptoms. The point is, if you have been diagnosed with a herniated or bulging disc, it may not be what is really causing your back pain! Even if you have had x-rays and MRI's done that show a herniated disc, chances are still very good that it is not the problem. The problem is, even if you were diagnosed with a herniated disc, you have to understand that if you don't address what caused the disc to herniate in the first place, you will likely struggle with back pain or sciatica for years. Nearly every herniated disc is the result



of muscle imbalances! Here's a close up so you can see what happens to the spine when it's being pulled out of place. When your muscles pull your spine out of alignment, the uneven pressure and compression on your vertebrae wear down your discs much faster than normal. Finally it is very important to note that your discs are NOT designed to be subjected to this constant, uneven stress and that is why sooner or later they will begin to bulge or herniate.

Nutrients and natural treatments for anxiety contain.....The

Prescription Drugs . SSRI antidepressants (Lexapro, Paxil, Zoloft, etc.): These are usually a first choice by physicians because they are not sedating, but getting past the first few weeks of side effects is the challenge for many patients. They often require four weeks' of treatment until you see the desired effect. Side effects are less common after the first two weeks. When side effects occur, they commonly include insomnia, feeling "zoned out" emotionally (but less anxious), reduced sexual function and even weight gain. Almost all patients feel increased anxiety, confusion or dizziness if they go off the medication suddenly. (A two-week taper is best.) Children and adolescents using these reportedly have had



increased risk of suicidal ideation and suicide attempts, although the scientific literature indicates otherwise in recent studies.

- **GABA** (gamma-aminobutyric acid): The main neurotransmitter in the brain that blocks nerve excitability and therefore has anti-anxiety and nerve-calming effects. At 750 mg twice daily, it helps lower anxiety and can also help block nerve pain. There are many natural and prescription medications that have "GABA-like effects."

L-theanine An amino acid derived from green tea (*Camellia sinensis*) known to reduce the emotional and physical response to stress. The usual dose is 200 mg once or twice daily.

Ashwagandha (*Withania somnifera*): An antioxidant herb that can help reduce anxiety, panic attacks, phobia and depression. In one study, ashwagandha for five days had anxiety-relieving effects similar to the benzodiazepine medication lorazepam and antidepressant effects similar to the TCA antidepressant medication imipramine.

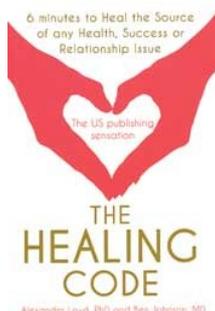
Useful information sites: There are apps that can be put on various phones for a variety of health conditions, which can be read when your in the car waiting for someone, waiting for an appointment, or just bored to get up to speed with your condition and gain knowledge, try a diet that will help your 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

Website:

<http://www.losethebackpain.com/media/DrugFreeBookPDF.pdf>

<http://www.trutester.com/tapping.htm>

<http://www.prohealth.com/me-cfs>



Book to read: ISBN 1-444-72771-5

This book is your healing kit for life-to heal the issues you know about, and the one's you don't.

This Book can change your life we recommend it to anyone.

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: 08448872394

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: 07934640814

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.