

Worthing & Surrounding Area's Fibro/ME Support Group

January Edition 2014 Written by Nichola edited by Simon



Hello and happy new year to you all. This year we will be having a different selection of speakers on some very interesting subjects. We will be addressing CFS/ME with a program to follow. Creative hobbies that have given members a new thing to think about and having a lot of fun. We enjoyed a great xmas meal, pictures will be displayed at the January meeting.



January meeting Kicks off with John Ryan who is a Hypnotist and works on every level holistically. We have one of our members commenting on how Hypnosis has helped her FMS.

Fibromyalgia: How can Hypnosis help? John Ryan; MHS; BSc (Hons); Dip Hyp & CS; MHS; Dip Sys Prac. John has been working in the field of complimentary therapy since 2000. Firstly as a Reiki healer and then as a Hypnotherapist for the last two years. Although John originally comes from London he has lived in Sussex for the last forty years and in Worthing for the past twenty five years. Hypnosis has a well proven record in the reduction and management of a number of fibromyalgia symptoms. Pain (Joint pain, touch sensitivity, headaches). Improvement of sleeping patterns. Stress reduction. Depression. IBS

In the USA the American Psychological Association has endorsed hypnotherapy as an effective way to control pain and stress that can accompany fibromyalgia. As FM symptoms, especially their severity, differ from person to person the hypnotherapist will work with each client to produce a treatment plan tailored for their specific needs. At the first session the hypnotherapist will gather some personal information relevant to the situation. They will then explain the nature of hypnosis and undertake an induction with a general treatment script. This will take about ninety minutes to two hours. At the next session, which may take between sixty to ninety minutes. The therapist will discuss focus of the treatment plan and undertake a personalized induction and healing script. They also give the client a CD to take away which they will use on a daily basis to re-enforce the treatment. Depending on the severity of the client's symptoms they will normally require four to six sessions. Towards the end of the treatment the client will be taught to use self-hypnosis so that they can continue their course of treatments on their own without having to incur additional ongoing costs.

The Fibromyalgia Magazine Free to download. Fibromyalgia magazine deals with the areas that matter to our readers: Medical Research News. Campaigning. Lobbying. Awareness Raising. Legal Advice. Benefits Advice. Worldwide news. News from local support groups and charities. Treatment Advice. Pharmaceutical News. Alternative Therapies. Pain Management. On line directory of all support groups and phone friends. A nationwide directory of FM resources. Opinion and Entertainment from our unrivalled team of columnists. <http://www.ukfibromyalgia.com>

Sciatica contin.....What Your Body and a Automobile Have in Common...

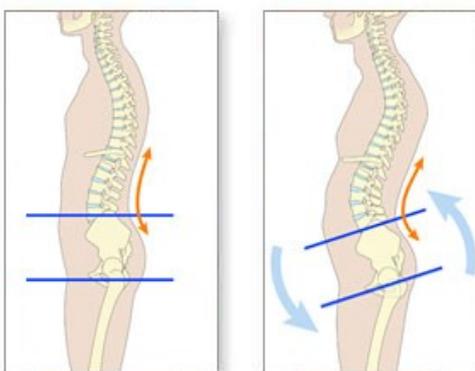
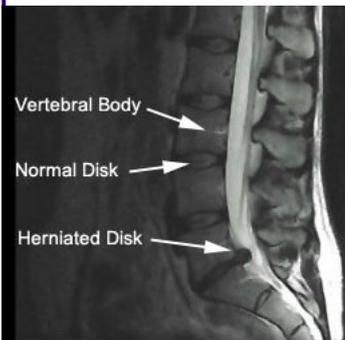
Here's a quick analogy that will show you how much alike the human body and an automobile are...What happens when you drive your car with unbalanced tires or your steering out of alignment? Your tyres will wear down unevenly and quicker than normal... and eventually you'll have a blowout... the same 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. This is often happens to the spine and the muscles that support it.

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 or by 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. 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've been diagnosed with a herniated or bulging disc, it may not be what's really causing your back pain! Even if you've had x-rays and MRI's done that show a herniated disc, chances are still very likely that it's 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'll likely struggle with back pain or sciatica for years. **Nearly every herniated disc is the result of muscle imbalances!** Here is a close up so you can see what happens to the

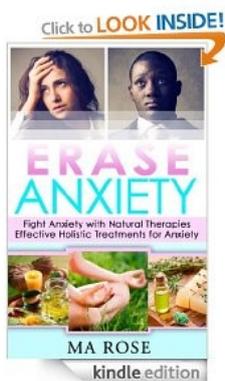
spine when it's being pulled out of place...When your muscles pull your spine out of alignment, the uneven pressure and compression on your vertebrae wear down your discs much faster than normal...And it's very important to note that your discs are NOT designed to be subjected to this constant, uneven stress and that's why sooner or later they will begin to bulge or herniate...



Normal

Imbalanced

[Nutrients And Natural Treatments For Anxiety](#) continued.....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-amino butyric 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 installed 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.

Website:

<http://www.losethebackpain.com> Sciatica care.

www.cfshealthcentre.com.au CFS/ME Support.

www.prohealth.com Vitamin D information

earthbalance-taichi.com/casual-study/ Free Tai Chi lessons

www.magnetsforall.com Magnetic therapy

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 Oracle Reading

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.