

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



February Edition 2014 Written by Nichola edited by Simon

Hi all. This year is the year of love, forgiving, caring and sharing. We will be taking a look at a programme that can help your health, stabilize it and help all the symptoms we have a challenge with. It looks at how to start a routine, diet, filling your own charts in to help take control of your own health. To be kinder to ourselves, educate ourselves and family and to help put balance back in to our lives'.

**January Meeting** was very interesting and enjoyed by all. John Ryan Hypnotherapist made some cd's to help with pain and sleep. He also is only charging an amazing £10.00 for a treatment.

**Next Meeting:** 18th February we will have a talk on ME/CFS and we also have Kirsty who will be giving us some crafts to learn and take part in. It is proven that putting your energies into hobbies will take your mind off pain, plus enjoying time together with others in the same boat, sharing experiences and lots of laughter help's to aid your daily life. Many members requested some self help information and meditation, so we will be putting them into our meetings.



**Therapist:** Ghennet our therapist will be available to give you wonderful treatments please put your name down on her list at the door when arrival.



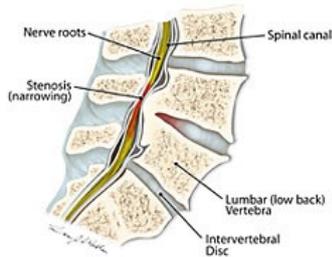
**Raffle:** We will be selling Raffle tickets at the door. We are asking for any unwanted new gifts to please be donated to our groups raffle.

If you have any questions put your name down at the door for a one to one, everything is confidential. This year we will be putting some times to meet during the day, there are many that can not get out in the evening. Keep looking for the details of our first day time meet.

We are always looking for ideas, that you want to see within your support group. Please don't be shy let us know. You become a member simply by coming alone to a meeting. You will receive a monthly newsletter like this and any extras on the way. We encourage family members and friends to come along to educate themselves in your health challenges so that they can give you the right support at home.

**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>

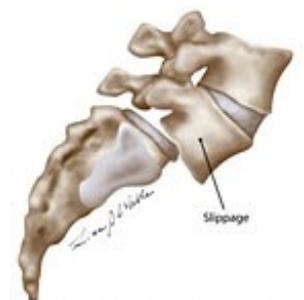
**Sciatica contin.....Condition #3 - Spinal Stenosis:** Sciatica can also be caused by pressure on the nerve due to a narrowing of the spinal canal. There are several possible conditions that lead to spinal stenosis: Ageing - with age, the



body's ligaments (tough connective tissues between the bones in the spine) can thicken. Spurs (small Growths) may develop on the bones and into the spinal canal. The facet joints (flat surfaces on each vertebrae that forms the spinal column) also may begin to thicken. Trauma - accidents and injuries may either dislocate the spine and the spinal canal or cause burst fractures that produce fragments of bone that penetrate the

canal. Hereditary - if the spinal canal is too small at birth, symptoms of spinal stenosis may show up in a relatively young person. Structural deformities of the involved vertebrae can cause narrowing of the spinal canal. Fluorosis - is an excessive level of fluoride in the body. It may result from chronic inhalation of industrial dusts or gases contaminated with fluorides. Prolonged ingestion of water containing large amounts of fluorides or accidental ingestion of fluoride containing insecticides. The condition may lead to calcified spinal ligaments or softened bones and to degenerative conditions like spinal stenosis. The most important thing you can do if you are certain you have spinal stenosis is to ensure that you maintain as close to normal curvature in the spine. The more your spine is pulled out of place the tighter the space gets in the spinal canal...**Identifying and addressing muscle imbalances is crucial!**

**Condition #4 - Isthmic Spondylolisthesis:** Sciatica can also be caused by Isthmic spondylolisthesis, yet is much less common. Spondylolisthesis occurs when one vertebrae slips forward and places pressure on the adjacent vertebrae. This condition will produce both a gradual deterioration of the vertebrae in the lower spine and can also cause a narrowing of the spinal canal. If abnormal motion allows this vertebrae to move back and forth nerves in the spinal canal may be affected causing pain, numbness, tingling or weakness in the legs. Many individuals who have this condition may not have symptoms while others may experience long term back pain and or sciatica. Spondylolisthesis is most common in the lower spine. The most common cause is degenerative disease (like arthritis) and the slip usually occurs between the fourth and fifth lumbar vertebrae where there is the most curvature in the spine. Muscle imbalances play a major role in two ways. Degenerative diseases like arthritis are much more common in areas of the body where there is uneven pressure and wear and tear. Muscle imbalances can increase the amount of curvature in the lower spine increasing the risk of developing this condition.



Spondylolisthesis is the forward slippage of a vertebra.

Other causes of spondylolisthesis include stress fractures (which are often caused by repetitive hyper-extension of the back, commonly seen in gymnasts), and traumatic fractures. Spondylolisthesis may also occasionally be associated with bone diseases. As with the other three conditions, muscle imbalances have a lot to do with spondylolisthesis.

## [Nutrients And Natural Treatments For Anxiety](#) contin.....The

### **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.

**Kava kava** (*Piper methysticum*), **valerian root** (*Valeriana officinalis*), and **passionflower** (*Passiflora incarnate*): Herbs that are relaxing and sedating. They have GABA-like effects. They are used to treat both insomnia and anxiety.

**Lemon balm** (*Melissa officinalis*): At 600 mg daily, lemon balm has been shown to improve mood and calmness in one 2004 study. In another study, it lowered anxiety when combined with valerian root.

**Brahmi** (*Bacopa monnieri*): An herb that supports your ability to handle stress. A study using 300 mg daily for 12 weeks in elderly patients without dementia reduced anxiety and improved cognition.

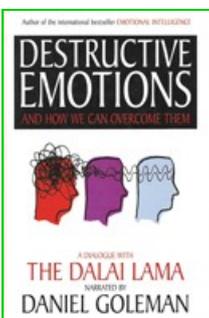
If you choose to try these natural ingredience, please let me know how you got on.

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**Upliftment:** You are the only one that can help yourself: Listen to your body and if you truly want to change, do it. Determination, education, faith in yourself, routine, pacing and believing there is a better future for yourself are important. It may take time but you can do it. Support is here for you. Forgive and free yourself of anger and negatives, put love in your heart and lift yourself up, you deserve to be happy, make it happen.

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**Groups library:** **Book of the month:** 001 Destructive Emotions and how we can



overcome them Dalai Lama +Daniel Goleman - 2003. A common challenge for humanity lies at the heart of this book, which documents a collaboration between the Dalai Lama and a group of scientists centering on understanding and countering destructive emotions. These meetings of the mind occurred *many* months before the cataclysmic events of September 11th, 2001. But by virtue of its relevance to the dark passions unleashed in those acts, this collaboration has taken on unexpected timeliness.

### **Useful information sites:**

Anxiety self help info: <http://www.moodjuice.scot.nhs.uk/anxiety.asp>



How music helps emotions: <http://musicsormoney.blogspot.co.uk>

Learn more about your health conditions: <http://vitality101.com>

National Fibromyalgia Association: <http://www.fmaware.org>

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 Meal Out

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](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.

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](http://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](mailto:simon10pq@sky.com)

Nichola Co Leader Tel: Helpline number 08448 872394

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

Christine Administrator Tel: 07934640814

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.