

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



*March Edition 2014* Written by Nichola edited by Simon

Hello to all our readers, we hope that your year is a positive one and you are in control of your health. There is so much out there now for us to learn about our body and health challenges. We would like you to start emailing us with any stories and subjects you would like to see in your newsletter. Details on the back page. Don't be shy we won't bite.

## Facebook for the group:

facebook

We have a Facebook account for you to use to contact others in the same boat, just having some connections with others that understand what you are going through helps. It is also interesting if you have some information to pass on put it on our groups Facebook. Enjoy.

Raffle: We are running low on our raffle prizes and would very grateful for any unwanted gifts or new items donated to the group. We will be selling raffle tickets at the door when you arrive see Simon or Nichola, thank you.

## Next Meeting: March 18th.

We have a treat for you, last year Luke Savage our local Cranial Osteopath gave us a fantastic talk, since then several of us have been seeing him with great results. Because of many of you asking we have booked him to come and give us another talk related to FMS/ ME/CFS and back pain plus much more. So come and support this very interesting talented Osteopath who definitely is helping so many of us.



April 15th Meeting: This year we are having two meals out for enjoyment and laughter. It is good to enjoy being with others and talk about what ever you won't with added laughter. The place where we will meet will be in April edition of the newsletter which you will receive in the first week of the month so please look out for it. It will also be on facebook and our website. Please phone Nichola 07796653477 for more details.

## Mini Massages, Reflexology & Healing available at each meeting.



We are very lucky we have a Holistic Therapist ( Ghennet ) who attends the monthly meetings and see's anyone who wants a treatment. She just charges a donation of £5.00. £1.00 goes to the group. Everyone that comes out of her private room looks so much more relaxed and loves having the treatments. It's great to see and we are very grateful to her for giving her time to us. We are lucky to have such a talented and loving person come to help anyone that comes through the door. Please book on arrival.

## The secret to getting lasting relief: Contin Sciatica information.

In order to get long-term relief from back pain you have to start at the beginning, and that's In order to get long-term relief from back pain you have to start at the beginning, and that's with the muscle imbalances. This means you have to identify the



muscle imbalances that you have and then work towards correcting and improving them. While this may sound complicated, the good news is it isn't! Just by reading this advisory you should now have an understanding of how back pain develops and because of this your recovery will be much easier and faster than most other back pain sufferers. So how do you do find out which muscle imbalances you have? Three step formula to eliminate your sciatica.

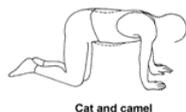
**Identify the Cause:** The first thing you need to do is identify the dysfunctions you have and the muscle imbalances that have created it. You can do this by performing a series of what we call "self assessments". We have found that there are four primary dysfunctions that are either directly responsible for, or contribute to, nearly every single case of back pain or sciatica. And you will be able to easily identify them using the simple tests we teach you in this system. Once you've identified your dysfunctions and imbalances, then it's time for step two.

**Treat the Symptoms:** You can't correct the problem if your pain is so severe you can't move. So in this step you'll implement various strategies to help reduce and manage your pain so you can focus on correcting the dysfunctions) that are responsible for your pain. Then you're on to step three, which is...

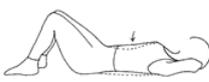
**Treat the Cause and Condition:** Remember, pain is just a warning signal from your body telling you that you need to fix a problem. So in this step you work on treating the cause, which is the dysfunctions and the muscle imbalances that created it and also implementing additional treatments and strategies that are specific to the



Standing hamstring stretch



Cat and camel



Pelvic tilt



Partial curl



Prone hip extension

condition you may have been diagnosed with. Beginning any treatment plan without first identifying all of the muscle imbalances is a recipe for failure and frustration. And unfortunately, that's what typically happens in today's medical community. Hopefully at this point you are saying to yourself, this makes so much sense...Here are some exercises for you to do each day. Once you have seen a specialist discipline yourself to put your exercises into a your daily routine. It will only help you if you can do the exercises every day. I have seen with my own eyes it works. We are responsible for our body to be healthy, which means working on our diet, inside and out.

## Nutrients And Natural Products: Pure Bio, Pure Encapsulations



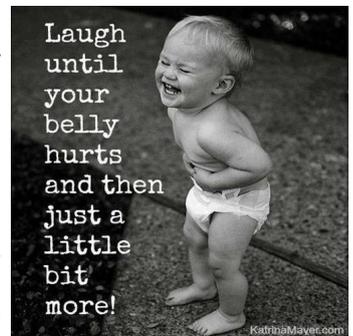
Pure Encapsulations is committed to producing the most complete line of science-based nutritional supplements. Products contain absolutely no hidden fillers, coatings, artificial colours or other excipients that would disrupt or diminish the bioavailability of the ingredients. Additionally, formulas are free of wheat, gluten, preservatives and hydrogenated oils. Hypo-allergenic plant fibre. Take 1 capsule daily with meals.

**Antioxidant CoQ10:** The essential nutrient Coenzyme Q10 is a necessary component of cellular energy production and respiration. It is a component of the mitochondrial electron transport system, which supplies the energy required for a variety of physiological functions. CoQ10 provides support to all cells of the body, and is especially supportive of tissues that require a lot of energy, such as the heart muscle, periodontal tissue, and the cells of the body's natural defence system. It is very good for our memory.

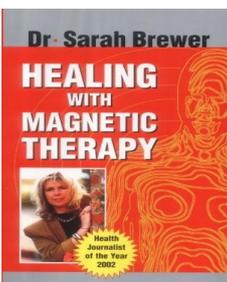
**Meditation:** Taking just 10 minutes out of your day to sit quietly breathing in and out slowly, allow yourself to let all the tension out of your body, clear your mind, put on a relaxing cd or music to really relax you. Allow yourself to be selfish with your time and look after your body, mind and spirit. Meditation takes time to perfect it is possible you need to do it every day. It will clear your brain so that you can see & feel things in a calmer way. Your idea's will flow, your life will become manageable and be able to cope better with anything in life. We will be experiencing meditation in the group sessions. Enjoy.

### Positive Quotes:

Once you replace negative thoughts with positive ones, you'll start having positive results. **Positive thinking will let you do everything better than negative thinking will. Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A 'you can do it' when things are tough.**



### **Groups library: Book of the month:** Healing with Magnetic Therapy:



By Doctor Sarah Brewer.

In her latest book, Healing with Magnetic Therapy, Dr Sarah Brewer, Health Journalist of the Year 2002, profiles the many uses of magnetic therapy in treating a broad range of common complaints. These include Arthritis. Menstrual pain. Jet lag. Travel sickness. Tension headaches. Sports injuries. Insomnia. RSI & many other health complaints.

### **Useful Website:**

Fibromyalgia Magazine: <http://www.ukfibromyalgia.com> Up to date research.

Benefit website: <http://www.benefitsandwork.co.uk> Lots of useful info.

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](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 card 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.