

Worthing & Surrounding Area's Fibro/ME Support Group



April Edition 2014 Written by Nichola edited by Simon

Hello to all our readers, The year started off very well and with the changes we have planned within the group, it can only get better. We hope you are enjoying the articles and that they are having a positive influence on you. When you finish reading your newsletter please could you pass it on, leave it at your doctors surgery or dentist, or community centre or any where you go.

March: The meeting went really well Luke Savage Cranial osteopath gave a really interesting talk that was enjoyed by all. He truly is a remarkable young man and his treatment definitely has helped me and others with FMS/CFS/ME, so thank you to Luke.

April 15th Meeting: We will be having a meal out to enjoy a social together.



Please let us know if you want to come as I will need to book a table. There will be a list for names at the March group. We will be going to the Toby Carvery at Goring for 7pm. The cost are reasonable and we know the food is good. If you want you can bring a family member or friend or carer. Please call Nichola on 07796653477 if you want

to come and didn't get to put your name down in March.

March 28th to 31st Fibro Conference: Another year has gone by and now we are weeks away from a great weekend of socialising and gaining more knowledge from specialists in their field from all over the world. You get to listen to a varied amount of talks and get to speak with them one to one. Meet people who are in the same boat as well as taking the opportunity of using the spa facilities of the hotel for free. What Joy!

Facebook for the group: 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.

facebook

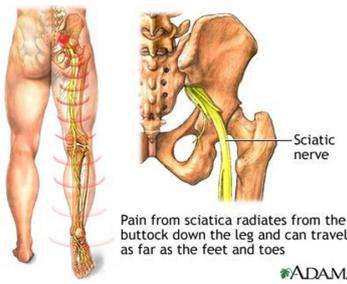
Day Time meets once a month details back page

Mini Massages, Reflexology & Healing available at each meeting. We are very lucky we have a Holistic Therapist (Ghennet) who attends the monthly meetings and sees 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.

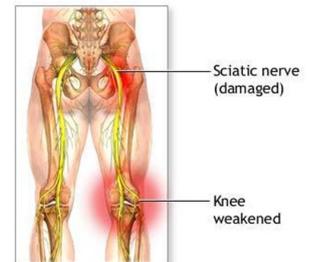
Some traditional back pain treatments have failed to give you lasting relief.



Physiotherapy, chiropractic care, orthopaedic therapy, massage therapy, surgery, cortisone and trigger point injections, anti-inflammatory drugs, ultrasound and electrical stimulation. Each person is different and sometimes one particular treatment doesn't help. However, in order for

exercises and stretches to be effective and give long-term pain relief. They must be targeted and specific to your imbalances, dysfunction and condition. Common causes of sciatica include: slipped disc, piriformis syndrome (a pain disorder involving the narrow muscle in the buttocks), pelvic injury or fracture and tumours.

Symptoms: Pain from sciatica can vary widely. It may feel like a mild tingling, dull ache, or a burning sensation. In some cases, the pain is severe enough to make a person unable to move. The pain most often occurs on one side. Some people have sharp pain in one part of the leg or hip and numbness in other parts. The pain or numbness may also be felt on the back of the calf or on the sole of the foot. The affected leg may feel weak. The pain often starts slowly. Sciatica pain may get worse, after standing or sitting, at night, when sneezing, coughing, or laughing. Also when bending backwards or walking more than a few yards, especially if caused by spinal stenosis. Signs and tests. Your GP or Hospital Consultant will perform a physical exam. This may show: - weakness of knee bending or foot movement. Difficulty bending the foot inward or down, abnormal or weak reflexes. It can also cause pain when lifting the leg straight up off the examining table. Tests are used to determine those suspected sciatica. They are often not needed unless pain is severe or long lasting. They may include: - Blood tests, X-rays, MRIs or other imaging tests.



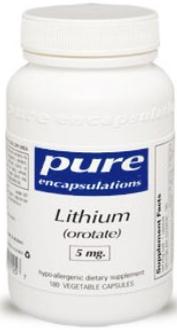
Sciatica can often be a symptom of another medical condition and therefore the underlying cause should be identified and treated.

In some cases, no treatment is required and recovery occurs on its own. Conservative treatment is best in many cases. Your doctor may recommend the following steps to calm your symptoms and reduce inflammation. Apply heat or ice to the painful area. Try ice for the first forty-eight to seventy two hours, then use heat after that.

Take over-the-counter pain relievers such as ibuprofen or acetaminophen (Tylenol).

Bed rest is not recommended. Reduce your activity for the first couple of days. Then, slowly start your usual activities after that. Avoid heavy lifting or twisting of your back for the first six weeks after the pain begins. You should start exercising again after two to three weeks. This should include exercises to strengthen your abdomen and improve flexibility of your spine. See a specialist for more advice and correct diagnosis.

Nutrients And Natural Products: Pure Bio, Pure Encapsulations



Since its discovery as a food ingredient and medicinal agent, lithium has intrigued scientists with its profound effects on the human mind. In modest concentrations, observational and interventional studies have positively associated dietary lithium with mental, emotional and behavioural health. Based on this research, a provisional daily requirement of 1,000 mcg has been suggested. Studies assessing municipal water supplies and institutional statistics have positively correlated lithium in drinking water with mental health. In one study participants with histories of aggression, impulsivity and social transgressions, a 4-week course of 400 mcg of lithium daily provided measurable support for incidences of happiness, friendliness, energy levels and other mood-related parameters. Studies evaluating memory and markers of neuronal health in aging humans have documented efficiency of doses ranging from 150-600 mcg over durations of six to twelve months. Systematic examinations of mental state before and after supplementation reveal significant support for functional and biochemical measurements of neurocognitive health. Lithium is highly bio available when bound to an organic acid such as orotate or citrate. While support for mood and emotional wellness may become apparent within one to four weeks, neuro protective benefits may require longer durations of daily use. For the foregoing applications, 500 mcg is within the clinically validated nutritional dose range, with strong evidence of efficacy and tolerability with versatile utility as a trace mineral for emotional wellness and neuro cognitive support.

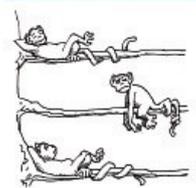
Nobody makes you
Angry
you decide
to use anger
as a response.

Positive Quotes: I do believe we're all connected. I do believe in positive energy. I do believe in the power of prayer. I do believe in putting good out into the world. And I believe in taking care of each other.

Once you replace negative thoughts with positive ones, you'll start having positive results.

Groups library: Book of the month: : If you suffer from irritable bowel syndrome, you'll know that stressful situations can make it a lot worse. If you find that your discomfort increases when you're nervous about an interview, or angry and tense after a row, or when your whole life is a frantic rush, then this is the book you need. This helpful book explains how stress can affect your digestion, and shows you how to combat it, both in tense situations and throughout the day.

The IRRITABLE BOWEL Stress Book



practical, draw-to-orth and easily readable advice
Education for Living Newsletter
ROSEMARY NICOL

Useful Website:

Happy Quotes: <http://www.brainyquote.com/quotes>

Harvard Health Medical School: www.health.harvard.edu

Fibromyalgia Magazine: <http://www.ukfibromyalgia.com>

Benefit website: <http://www.benefitsandwork.co.uk>

Give yourself a laugh.

A variety of information.

Up to date research.

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 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 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.

Day Time meets once a month

Feb 19th. March 26th. April 23rd. May 28th. June 25th. July 23rd. Aug 27th. Sept 24th. Oct 29th. Nov 26th.

No December meet.

12 Midday

At

Lime's cafe St Pauls Church nearly opposite the main
Worthing Post Office.

Do you want a Spiritual Oracle card 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.