

Worthing & Surrounding Area's Fibro/ME Support Group

June Edition 2014 Written by Nichola edited by Simon



June 17th Meeting: This month we have been asked for more crafts that we can participate in, so one of our members and a distinguished artist in her own right is happy to show us some basic beginners art tips. Most of us just dream about drawing or painting a fantastic picture, now is the time to have a go. Any hobby is recommended when you are living with pain as it will help to take your mind off your health and you can achieve wonders with lots of fun thrown in. Come and enjoy and support your group and the artist Pip.

After the refreshment break we will have one of Simons Quiz's which is sure to give you some laughter which we all need. We go home feeling good which is always so nice.



Day time Coffee meet 25th June : Details back page.

July 15th meeting: Energetix Magnetic Jewellery: Back by popular demand. Tina is back with information about how magnets and how they can help our health. She will have a wonderful display of a variety of pieces and more new research information on the connection of Fibromyalgia Syndrome & ME/CFS and magnetic. Will have a catalogue at July meeting for pre ordering.

Help Line & Information: 08448 872394

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 please put it on our groups Facebook. Enjoy.

facebook

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.



Gut and Psychology Syndrome (GAPS™) - Natural treatment for autism, ADHD/ADD, dyslexia, dyspraxia, depression and schizophrenia



Did your child have normal development in the first year of life and then in the second year became autistic, hyperactive, defiant, oppositional, aggressive, obsessive, compulsive or developed other abnormal behaviours? Did your baby suffer from colic, loose stools, constipation, eczema, asthma, ear infections or chest infections treated with antibiotics? Did you or your child have digestive problems and allergies, was a fussy eater, then in late teens become anorexic or bulimic? Did you or your child suffer from tummy aches, dyslexia, dyspraxia, was anaemic or vegetarian, and then developed psychotic episodes and was diagnosed with schizophrenia? Did you or your child have urinary infections or acne, treated with numerous courses of antibiotics, and then developed bloating, abdominal pain and was diagnosed with IBS (Irritable Bowel Syndrome)? Has your baby been diagnosed with Failure To Thrive? Were you not breast fed as a baby and were prone to colds and infections, and then developed an OCD (Obsessive-Compulsive Disorder)? Did you have food allergies / intolerances, painful or irregular menstruations accompanied by migraines, and then developed depression? Do you suffer from chronic cystitis, mood swings, anxiety, poor memory, difficulties to concentrate, narcolepsy, are underweight and just cannot put any weight on? Do you suffer from Crohn's disease, ulcerative colitis or any other digestive disorder? If any of these situations apply to you or your family then you have come to the right place! You need to learn about GUT AND PSYCHOLOGY SYNDROME.

Gut and Psychology Syndrome (GAP Syndrome or GAPS)™ is a condition which establishes a connection between the functions of the digestive system and the brain. This term was created by Dr Natasha Campbell-McBride, MD, MMedSci (neurology), MMedSci (human nutrition) in 2004 after working with hundreds of children and adults with neurological and psychiatric conditions, such as autistic spectrum disorders, attention deficit hyperactivity disorder (ADHD/ADD), schizophrenia, dyslexia, dyspraxia, depression, obsessive-compulsive disorder, bi-polar disorder and other neuro-psychological and psychiatric problems. To learn about Gut and Psychology Syndrome, how it develops and how to treat it effectively with a sound nutritional protocol please read Dr Campbell-McBride's book "Gut and Psychology Syndrome. Natural treatment for autism, ADHD/ADD, dyslexia, dyspraxia, depression and schizophrenia". To gain an initial understanding on GAPS, please read the article What is Gaps by Dr Campbell-McBride. Find out more about Dr Campbell-McBride at www.doctor-natasha.com GAPS™ and Gut and Psychology Syndrome™ are the trademark and copyright of Dr. Natasha Campbell-McBride. The right of Dr. Natasha Campbell-McBride to be identified as the author of this work has been asserted by her in accordance with the Copyright, Patent and Designs Act 1988.

Nutrients And Natural Products: Pure Bio, Pure Encapsulations



Amino acids are organic compounds that combine to form proteins. The human body needs a number of amino acids to:

- break down food
- grow all body tissue
- repair body tissue

Essential amino acids cannot be made by the body. As a result they must come from food. Essential Amino's from Pure Encapsulations contains seven of these essential amino acids in supplemental form.

1-3 capsules daily, in divided doses, between meals. Contains 180 capsules.

Contents of each capsule: Vegetable capsules. I-istadine (free form) — I - isoleucine - I-leucine— I lysine (HCl) - I- methionine— I phenylalanine— I threonine— I valine— vitamin C.

Positive Quotes: Progress is about change.

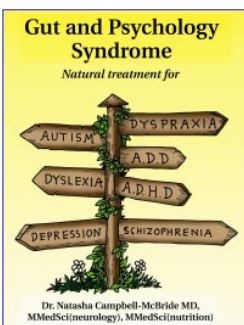
To be free of all pain emotional and physical one must learn to forgive everything and everyone.

Groups library:

Book of the month:

Forgiveness

The Key to Freedom



This is a new book to us and will be available to you in our library shortly. We met the Author at our Fibro conference this year. It is full of amazing researched facts and will be a mammoth positive in your life if you choose to read it and follow it's findings. Especially useful for those of you who have children or grandchildren with a childhood condition like, ADHD, Depression, Autism, Dyspraxia, ME, Lupus and Fibromyalgia many more.

Useful Website:

Dr Natasha Campbell-McBride—<http://www.doctor-natasha.com>

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 at 6.30pm to 9pm:
 Ferring Baptist Church Hall, Greystoke Road, Ferring, West Sussex. BN12 5JL

2014 Calendar - Evening Meets

| January 21st | February 18 th | March 18 th | April 15 th | May 20 th | June 17 th |
|---|--|----------------------------------|---|--|---|
| John Ryon Hypnotherapy Very Popular Excellent evening CD's £1.00 Sleep & Pain | Talk on ME/CFS & Crafts | Luke Savage Cranial Osteopath | Meal Out Tel: 07796653477 Toby Carvery Goring, 7pm Please let us know in advance for booking | Ann Lawder Colour Analysis Create an uplifting you in mood and appearance Enjoy the laughter feel good factor | Pip local Artist Drawing Therapy 07728291858 plus Simons great Fun Quiz |
| July 15 th | August 19 th | September 16 th | October 21 st | November 18 th | December |
| Tina is back with information about how magnets can help our health. Energetix Magnetic Jewellery | Talk on The Human Energy field and how that affects us. Plus a Meditation | Meal Out | Laser Light treatment Mary@laserlightenergy.com 07771664880 | TBA | Xmas Meal To be arranged |

Copies of the Newsletter are available on our website to download, emailed or pick up a hard copy at our meetings.

www.fmswaws.org

email: fibromyalgiawaws@gmail.com

Helpline: 08448 872394

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.

Coffee Mornings once a month



Feb 19th - Mar 26th

Apr 23rd - May 28th

Jun 25th - July 23rd

Aug 27th - Sep 24th

Oct 29th - Nov 26th

We don't meet in December

12 Midday for approx. 2hrs at
 Lime's Café, St Paul's Church, Chapel Road,
 Worthing nearly opposite the main
 Worthing Post Office

| Changes | Facebook | Website Telephone | |
|---|--|---|--|
| You will be informed of any changes throughout the year | Worthing & West Sussex Fibromyalgia Support Group | www.fmswaws.org Helpline 08448 872394 | |
| Simon Stuart Co Leader | Nichola Bond Co Leader | Christine Brunton Administrator | Pete MacKean Webmaster |
| Tel: 07806 808862 email: simon10pq@sky.com | Tel: Helpline Number 08448 872394 email: fibromyalgiawaws@gmail.com | Tel: 07934 640814 email: fi- broworthing.chris@hotmail.co.uk | Tel: 01903 739596 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.