

Worthing & Surrounding Area's Fibro/ME Support Group

July Edition 2014 Written by Nichola edited by Simon



June meeting went very well, lots of laughter and great to learn how to draw. It has been proven that hobbies can take your mind off pain and they sure do. If you have any questions write them down and bring them along with you.

We will be giving questionnaires out these are very important as they will go towards the making decisions of the future of the group meetings.

Next Meeting 15th July: Energetix Magnetic Jewellery:

Back by popular demand. We welcome Tina back with information about how magnets 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.

I wear several and have taken them off for two days and got worse. So I didn't hang around and put them back on, I also wear them when I sleep.

Next Day time Coffee meet 25th July: Details back page.

Help Line & Information: 08448 872394

August 19th meeting

Talk on The Human Energy field and how that affects us.

With Meditation.

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

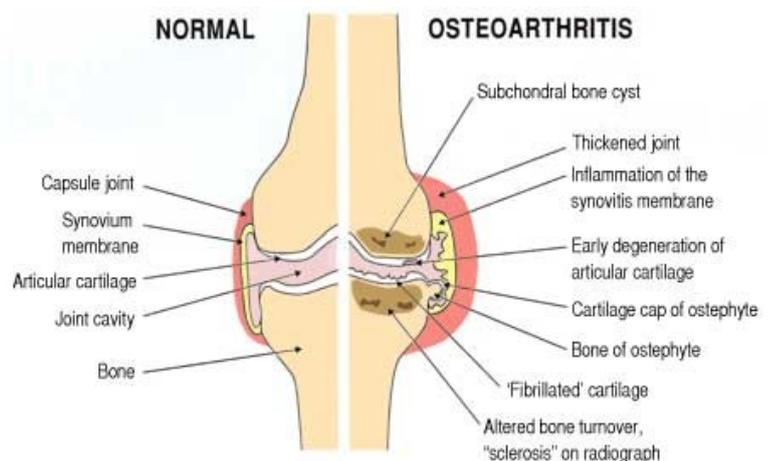
Mini Massages, Reflexology & Healing available at each meeting.

We are very lucky we have a Holistic Therapist (Ghennet) who attends the monthly meetings and 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! 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 ensure you book on arrival at the meeting.



5 ways to boost bone strength early.

The best prevention for bone-thinning osteoporosis begins early — during the first two decades of life, when you can most influence your peak bone mass by getting enough calcium and vitamin D and doing bone-strengthening exercise. If you are over age 20, there's no need to be discouraged. It's never too late to adopt bone-preserving habits.



If you are a man younger than 65 or a premenopausal woman, these five strategies can help you keep up bone strength and as a defence against developing osteoporosis.

1. **Monitor your diet.** Get enough calcium and vitamin D, ideally through the foods you eat. Although dairy products may be the richest sources of calcium, a growing number of foods, such as orange juice, are calcium-fortified. Fruits, vegetables, and grains provide other minerals crucial to bone health, such as magnesium and phosphorus.
2. **Maintain a reasonable weight.** This is particularly important for women. Menstrual periods often stop in women who are underweight — due to a poor diet or excessive exercise — and that usually means that oestrogen levels are too low to support bone growth.
3. **Don't smoke and limit alcohol intake.** Smoking and too much alcohol both decrease bone mass.
4. **Make sure your workouts include weight-bearing exercises.** Regular weight-bearing exercise like walking, dancing, or step aerobics can protect your bones. Also include strength training as part of your exercise routine.
5. **Talk with your doctor about your risk factors.** Certain medical conditions (like celiac disease) and some medications (steroids and others) can increase the chances that you will develop osteoporosis. It's important to talk with your doctor to develop a prevention strategy that accounts for these factors.

Nutrients And Natural Products: Pure Bio, Pure Encapsulations



This convenient formula combines two cartilage building blocks, glucosamine and chondroitin, with manganese which is a co-factor in the formation and repair of connective tissue. The trace mineral manganese plays a key role in supporting glycosaminoglycans and mucopolysaccharide production and is also an important co-factor for the antioxidant activity of superoxide dismutase. Ascorbate is a key nutrient in the formation of collagen.

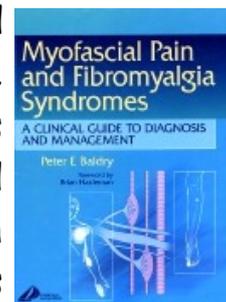
Recommended dosage: 3 capsules daily, in divided doses, with meals for 2-3 weeks.
Maintenance dosages: 2 capsules daily, in divided doses, with meals.

Contents: each vegetable capsules contains: Glucosamine HCl (crab, shrimp) 99% 500g
Chondroitin sulphate (bovine) 95% 400g
Manganese (ascorbate) 5mg
Vitamin C (as ascorbyl palmitate) 5mg

Positive Quotes:

Maybe you have to let go of who you were to become who you will be. Go 24 hours without complaining. (Not even once.) Then watch how your life starts changing!

Groups library: Book of the month: This book is a clear and comprehensive review of current knowledge concerning the myofascial trigger point pain syndrome and fibromyalgia. It covers the pathogenesis, pathophysiology, clinical manifestations and differential diagnosis of these two closely associated muscle pain disorders. A guide to specific treatment involving trigger points is outlined in detail and supported with clear illustrations.



Useful Website:

Happy Quotes: <http://www.brainyquote.com/quotes> Give yourself a laugh.

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

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

Fibromyalgia network: <http://www.fmnetnews.com/fibro-basics/research>



<http://www.nhs.uk/Conditions/Pages/hub.aspx>

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 With Meditation & Crafts | 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

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 Pauls Church, Chapel Road,
 Worthing nearly opposite the main
 Worthing Post Office

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.

Changes

You will be informed of any changes throughout the year

Facebook

Worthing & West Sussex
 Fibromyalgia Support Group

Website Telephone

www.fmswaws.org
 Helpline 08448 872394

Simon Stuart
 Co Leader

Tel: 07806 808862
 email:
simon10pq@sky.com

Nichola Bond
 Co Leader

Tel: Helpline Number
 08448 872394
 email:
fibromyalgiawaws@gmail.com

Christine Brunton
 Administrator

Tel: 07934 640814
 email: fibroworthing.chris@hotmail.co.uk

Pete MacKean
 Webmaster

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.