

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



**September Edition 2014** Written by Nichola edited by Simon

**Meetings:** August meeting went with a no hitch, interesting and loved the craft hour. We made lots of things and learnt a new craft. Thank you Kirsty. Christine gave us some interesting information and is available for one to one's, she is our mental health adviser. She has trained with MIND, so anyone need a little good advice and comfort book in with Christine at the meetings it's all free, place your name on the list at meetings.

**Next Meeting 16th September: Meal Out.**



Once again it's come to that time of the year where we go out for a social meal. This month it's at the North Star, Littlehampton road, Worthing, BN13 1QY. **7pm**. Please come 10 mins before.

**Please phone or text 07796653477 Nichola to book.**

**If your not sure until a few days before 16th book in to pub on Tel: 01903 247973.**

**Next Day time Coffee meet is 24th September:**

**Details on back page.**

**Help Line & Information: 08448 872394**

**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.



## **Causes of Fibromyalgia** It's not clear why some people develop fibromyalgia.

The exact cause is unknown, but it's likely a number of factors are involved.

### **Abnormal pain messages:**

One of the main theories is that people with fibromyalgia have developed changes in the way the central nervous system processes the pain messages carried around the body. This could be due to changes to chemicals in the nervous system. The central nervous system (brain, spinal cord and nerves) transmits information all over your body through a network of specialised cells. Changes in the way this system works may explain why fibromyalgia results in constant feelings of, and extreme sensitivity to, pain.

### **Chemical imbalances:**

Research has found that people with fibromyalgia have abnormally low levels of the hormones serotonin, noradrenaline and dopamine in their brains. Low levels of these hormones may be a key factor in the cause of fibromyalgia, as they are important in regulating things such as mood, appetite, sleep, behaviour and your response to stressful situations. These hormones also play a role in processing pain messages sent by the nerves. Increasing the hormone levels with medication can disrupt these signals. Some researchers have also suggested that changes in the levels of some other hormones may contribute to fibromyalgia, such as cortisol (a hormone released when the body is under stress).

### **Sleep problems:**

It's possible that disturbed sleep patterns may be a cause of fibromyalgia, rather than just a symptom.

Fibromyalgia can prevent you from sleeping deeply and cause fatigue (extreme tiredness). People with the condition who sleep badly can also have higher levels of pain, suggesting that these sleep problems contribute to the other symptoms of fibromyalgia.

### **Genetics:**

Research has suggested that genetics may play a small part in the development of fibromyalgia, with some people perhaps more likely than others to develop the condition because of their genes (the units of genetic material inherited from their parents).

If this is the case, a genetic predisposition (tendency) could explain why many people develop fibromyalgia after some sort of trigger.

**Possible triggers:** Fibromyalgia is often triggered by a stressful event, including physical stress or emotional (psychological) stress. Possible triggers for the condition include: an injury, a viral infection, giving birth, having an operation, the breakdown of a relationship, being in an abusive relationship, the death of a loved one

However, in some cases, fibromyalgia does not develop after any obvious trigger.

Continue next month.....

**Nutrients And Natural Products:** This synergistic proteolytic enzyme formula provides systemic support for muscle, joint and overall tissue health. Enzymes included in this formula have the potential to influence bradykinin formation, modulate the arachidonic cascade and prostaglandin E2 production, and provide fibrinolytic support. All of these actions contribute to the potential of proteolytic enzymes to maintain healthy immune mediator activity at the cellular level and overall tissue health. In addition, proteolytic enzymes have been found to support muscle comfort and recovery of contractile function, as indicated in one placebo controlled human study involving athletes.



Animal studies have indicated that some proteolytic enzymes may result in enhanced muscle recovery. Furthermore, proteolytic enzymes support joint and cartilage comfort. Rutin, a flavonol, was shown in several animal studies to promote joint health better than other flavonols and is included in this formula to complement both its musculoskeletal and tissue support potential. Boswellia serrata is an Ayurvedic herb that has a long history of use for connective tissue and joint support. Boswellic acids, the terpenoid constituents of boswellia, maintain healthy 5-lipoxygenase enzyme activity and healthy leukotriene metabolism. In addition, boswellic acids may maintain healthy human leukocyte elastase enzyme activity, preserving the integrity of healthy connective tissue. For systemic support, this formulation should be taken between meals. Serrazimes, a serrapeptidase-comparable enzyme blend, helps lessen minor pain and maintains a healthy inflammatory response.

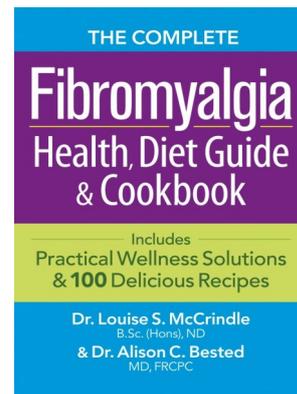
**Positive Quotes:**

**WHAT WE THINK, WE ARE..**



**You can't live a positive life with negative mind.**

**Recommended Book:**



£14.61 on Amazon Books

**Useful Website:**

- Fibromyalgia Magazine: <http://www.ukfibromyalgia.com> Up to date research
- Benefit website: <http://www.benefitsandwork.co.uk> Lots of useful info.
- The Human body: <http://health.howstuffworks.com> 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 <sup>th</sup>	March 18 <sup>th</sup>	April 15 <sup>th</sup>	May 20 <sup>th</sup>	June 17 <sup>th</sup>
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 <sup>th</sup>	August 19 <sup>th</sup>	September 16 <sup>th</sup>	October 21 <sup>st</sup>	November 18 <sup>th</sup>	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](http://www.fmswaws.org)

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

Helpline: 08448 872394

## Coffee Mornings once a month



Feb 19<sup>th</sup> - Mar 26<sup>th</sup>

Apr 23<sup>rd</sup> - May 28<sup>th</sup>

Jun 25<sup>th</sup> - July 23<sup>rd</sup>

Aug 27<sup>th</sup> - Sep 24<sup>th</sup>

Oct 29<sup>th</sup> - Nov 26<sup>th</sup>

We don't meet in December

12 Middy for approx. 2hrs at  
 Lime's Café. St Paul's 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	Facebook	Website Telephone	
You will be informed of any changes throughout the year	Worthing & West Sussex Fibromyalgia Support Group	<a href="http://www.fmswaws.org">www.fmswaws.org</a> Helpline 08448 872394	
Simon Stuart Co Leader	Nichola Bond Co Leader	Christine Brunton Administrator	Pete MacKean Webmaster
Tel: 07806 808862 email: <a href="mailto:simon10pq@sky.com">simon10pq@sky.com</a>	Tel: Helpline Number 08448 872394 email: <a href="mailto:fibromyalgiawaws@gmail.com">fibromyalgiawaws@gmail.com</a>	Tel: 07934 640814 email: <a href="mailto:fibroworthing.chris@hotmail.co.uk">fibroworthing.chris@hotmail.co.uk</a>	Tel: 01903 739596 email: <a href="mailto:petemackean@sky.com">petemackean@sky.com</a>

### 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.