

Worthing Area Fibro Group



July 2010 Issue 8 Written and Produced by Nichola Bond, Simon Stuart and Kelly Thompson

Hello to you all

Once again we find ourselves moving too fast for our liking. I can't believe we are already in July. As you know I was away for the June meeting in Turkey. I do hope everyone got something from our June meeting where one of our DVD's on Fibro was shown. I must admit looking again at the DVD on occasions has helped me.

My husband Peter and I had a wonderful holiday. My journey once again went very well with the help of the airlines was great as usual. For the first time we booked everything on the internet. I make sure when I book they are aware I need a wheel chair at both ends of the journey. I then phone closer to the date to confirm they have the right details. On arriving at the airport I ask when we check our bags in that they have my wheelchair booked in. If you get to check in early they will put you in a seat with more leg room without paying if your lucky. On the way home we were put in 1st class. You are put on the plane before the rest of the passengers and usually you are the last to leave the plane, the bonus in that once you get to the area to pick up the suit cases they are there waiting for you. Once on the flight I confirm with the staff about the wheel chair at the other end. You are always pushed by a member of staff and go through the passport control and customs without waiting or cuing with the other passengers. So never think you cannot go on holiday because you can and it is easier than you think. We have an insurance through Barclays Bank we get a bundle of things for a small fee when you upgrade your account. There are insurance companies out there that you will have no trouble getting. Look on the internet, go through each process so you are sure you know what you're getting. Fibro is not life threatening. The airlines may ask for a letter

from your doctor giving you the all clear to travel, it is only about £5.00.

What wonderful weather we came back to. It is proven that warm weather helps to alleviate a lot of things and this will make us feel happier in ourselves thus helping our fibro. Of course there is a limit to the heat for each of us. I have also lost weight due to the heat and eating less and all fresh, that's having 1 ice cream a day, it has to be done, right!

As we suffer with depression due to the pain mentioning one thing. Gardening in any respect is very therapeutic and has been recommended as a therapy for depression. It takes your mind of daily things and it is always wonderful to see your flowers growing from seed, if you cannot move around nor do not have a garden create one using pots. You can create a herb garden on your window seal.

It's like cooking; you can get a lot of pleasure from it. Having a hobby be it art and crafts, knitting, they all can be enjoyable, it all depends on you. While we have a boost of warmth and light, think of something you enjoy that you can do even if it's for a short time. Afterwards take some time to see how that made you feel. If it helps you not thinking about your pain then that's great.



Useful information from last month.

Please let me know if you choose to do something and how it made you feel. Then try and do it a few more times and see the progress you can make. My email address is: youandme1@sky.com Think positive and put a smile on your face. Living with Fibro can consume your life, it can eat all your thoughts and things you love doing. Stop for a moment and remember there are plenty of other things you can do. There are people in your life that need you and want you to feel some happiness, by trying out those things you love will not only bring a smile to your face but to there's too. It is easy to think if you're no longer that person you were when you were healthy then the people around you no longer need us but that's not true when you love someone it is for the person inside and for better and for worse. You may not be able to see the light at the end of the tunnel right now, it will come along when i don't know but it will come along, I've been there waiting for several years but it did appear eventually. Confidence in yourself breeds confidence in your life.

This month I want to give you information on foods. Here are some useful hints to help your body, will help towards losing some weight and in turn start to rekindle your confidence.



Sugar: Fibromyalgia sufferers can benefit from eliminating sugar from the diet.

Glucose is the sugar that our bodies use for fuel and must be maintained at specific Level's. Normally, we convert carbohydrates into glucose and additional glucose is stored in the liver. The liver can quickly

convert compounds into proper glucose for energy as needed. Today, refined carbohydrates are a normal part of the "Western diet." Carbohydrates are stripped of their natural packaging so that the resultant, unnatural sugar hits our bloodstreams like a bomb. This sugar overload affects the pancreas and adrenal glands, slows digestion and taxes the liver. It robs us of vital nutrients, ends up as fatty deposits in the organs and compromises the immune system. Candida Albicans is a microbe present in all of us.

The overabundance of sugar in our diets has contributed to its overgrowth. The yeast colonies or fungal branches reach through the digestive lining to rob us of nutrients and contribute to leaky gut syndrome. This will give you cystitis and Thrush, using Caniston and antibiotics creates a vicious circle with these two conditions. Drink plenty of water every day if you are prone to either. Keep on a pacific food regime to help to alleviate or get rid of Candida Albicans, there is a natural produce that will help to kill of the overgrowth it is very hard to get and you can only get it through the internet or the Eagle clinic in London. It's called 'Horopeto' it originates in New Zealand.

Yeast thrives on sugar and many sugar cravings are really those of the yeast itself! Artificial Sweeteners, Monosodium Glutamate (MSG), Aspartame, Saccharine and Sucralose are food additives that generate Free Radicals and worsen fibromyalgia symptoms. These artificial sweeteners might not add calories (directly,) but they keep our sugar addiction alive and heighten pain. They damage nerve cells and hypersensitize pain receptors and pathways.

Fibromyalgia group, Surrey and Sussex

Many people have now become aware of the dangers of MSG and try to avoid ingesting it. FDA regulations, however, allow MSG to be used in the processing of other ingredients (present in autolyzed yeast, hydrolyzed protein and whey protein) and to be listed under the “natural flavouring” caption. To avoid health issues associated with sugar:

- Replace refined sugar, artificial sweeteners, dextrose, fructose, sucrose and corn syrup with raw honey, molasses, and Rapadura, Stevia and malted grain syrups.
- Substitute whole fruit for fruit juice, lemon water for sugary sodas, whole grain and fresh vegetables for processed carbohydrates, white flour, white rice, and processed pastas.

The sugar habit may be a hard habit to break but becoming sugar-free is well worth your while. Focus on *adding* a healthy choice everyday rather than “losing” a sugar choice and you will gradually and naturally purge your body of sugar. You will see improvement in a whole host of symptoms.



It may be food related. Making a food diary will help you on your way to finding out what foods are giving you ill health. It is known that some foods do not help fibromyalgia syndrome. You can also create a section for what you do in your day to see how that affects your fibro. Some points to look at: Are you taking medication? This could contribute to symptoms. Have you been sleeping properly? Are your hair and skin in good condition? Diet is crucial for these. Are you having an emotional problem? This could affect your eating habits. For women, do you have problems with premenstrual syndrome? The symptoms of PMS could be improved with dietary changes. Dairy, wheat, yeast, sugar produces can have a profound effect on your body if you have an intolerance or allergy. It is known now that Fibro sufferers suffer with these foods. This is why it is a good idea for you to start a diary and keep it up as it is not a diet it is a change of life because Fibro is not curable and isn't it better to be able to manage fibro with everything you can, than suffer every day. I know it is hard I have been there and everyone has lapses but you have to get up again and get on the straight and narrow.



Allergies: An allergic reaction is an extreme or unusually severe reaction of the immune system to a substance that is usually harmless. When the body comes into contact with such a substance, or antigen, the immune system misidentifies the antigen and attempts to destroy it by producing antibodies and releasing chemicals that detect and attack the ‘harmless’ substance. One of the chemicals, histamines, causes muscle spasm (sneezing in hay fever and wheezing in asthma) and fluid to leak into tissues (rashes or itchy swellings) For example you can also suffer with Headaches, sinus problems, respiratory problems such as rhinitis, nausea, diarrhoea, celiac symptoms, bedwetting in children and eczema.



Manganese is a mineral element that is nutritionally essential. The derivation of its name is a Greek word for magic remains appropriate because scientists are still working to understand the diverse effects of manganese deficiency. It is an antioxidant nutrient that is important in the breakdown of amino acids and the production of energy. It is necessary for the metabolism of vitamin B1 and E and it activates various enzymes which are important for proper digestion & utilization of food. It is also a catalyst in the breakdown of fats and cholesterol. It helps nourish the nerves and brain, is necessary for normal skeletal development, and helps to maintain sex hormone production and to regulate blood sugar levels. It plays an important role in a number of physiologic processes as a constituent of some enzymes and an activator of other enzymes. Some good sources of manganese are: nuts, avocado, eggs, brown rice, spices, and whole grain. Deficiency of manganese may cause: Paralysis, convulsions, dizziness, ataxia, loss of hearing, digestive problems, blindness and deafness in infants.

What the body needs to run 100%.

Our body needs to have the right amounts of minerals, vitamins & nutrients to run 100% here is a list for you to peruse. Remember Fibro zaps our vitamins, minerals & nutrients this is one of the reasons why we are deficient. Calories, fat, carbohydrates, high protein foods, high fibre foods, low carbs, calcium, iron, magnesium, chromium, phosphorus, chloride, potassium, sodium, fluoride, iodine, zinc, copper, manganese,

Thiamin, B2 Riboflavin, B3 Niacin, B59 Pantothenic acid, B6 Biotin, B7 Folic Acid, B9, B12, B13, B15, B17, K, Tryptophan, Threonine, Isoleucine, Leucine, Lysine, Methionine, Cysteine, Phenylalanine, Tyrosine, Valine, Arginine, Histidine, Alanine, Aspartic acid, Glutamic acid, Glycine, Proline, Serine, Cholesterol, Essential Fatty acids, Trans Fat & Saturated Fat.

You can find all the above in the Library or Internet if you are interested in finding out more. Happy reading. If there is something you would like to know in more depth and feel it useful to go into the news letter please contact me on 'youandme@sky.com



Would anyone like to get involved with a fundraiser event. Maybe a coffee morning in your home for your friends and family. Get your church involved or local pub. To raise awareness the funds.

I have a fundraising pack if you need help. Our group is for you and future sufferers and so we want to be able to offer what you are looking for in a support group.



Thank you for reading this months newsletter.

I hope you get something from our news letters and they are beneficial

We haven't had anyone offering to be involved with the cake competition over the last 2 months however I will be asking for 2 people to cook something when we meet on the 20th July our next meeting for our August meeting. So get your thinking caps on to what you would like to make I think it has to be scones.

Our next meeting is **Tuesday 17th August 2010**. Look forward to seeing you then. Ferring Baptist Church, Greystoke Road, Ferring, West Sussex, BN12 5JL. Our group co-ordinator is Nichola Delnivo her email address is youandme1@sky.com or phone 07796653477. Pick up a full Brochure at our meetings. If you feel you need some support please do not hesitate to call **Nichola Bond**.

Disclaimer: Information on this website does not necessarily infer endorsement by the Fibromyalgia Support Group for Surrey & Sussex. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.

**Future dates for our meetings:
17th August, 21st September,
19th October, 16th November, December
to be arranged.**

It would be nice to get some feedback from you about our meetings and our newsletter. If you would like to air your views and I hope they are good we welcome new ideas, please email me on youandme1@sky.com or call 07796653477 or Simon on simon10pq@sky.com or 07806 808862. We will Endeavour to reply to as many as I can.



Internet

If you are on the internet you are able to download previous copies of the monthly newsletter (also more copies of this newsletter) via www.fms-sas.co.uk and go to "meetings"

If you wish to join the Fibromyalgia Surrey and Sussex Group email which is sent out weekly please send an email to webmistress@fms-sas.co.uk

If you have any messages for the newsletter please let Simon know either via email at simon10pq@sky.com or 07806 808862 by the first Tuesday of the month, for the current months issue.