

# Worthing Area Fibro Group



May 2011 Author Nichola Bond & Editor Tony Ede

Royal Wedding: Happiness is a wonderful thing that we can safely say puts a smile on our faces and helps us feel better about life and the added bonus was the beautiful weather we have had over the last few weeks. So whether you are a royalist or not I hope the warm weather and cause to celebrate in it has helped your life.



Last meeting we spoke about E number additives added to our food. I have a book which I will bring to each meeting and if anyone wants' to look something up they can. Not all E's are bad and there are hundreds. Here is

a website for more details [www.ukfoodguide.net](http://www.ukfoodguide.net) **Next meeting is on Tuesday 17th May, 7pm start**

## How do we view Food:

I have been on a diet and have lost 11lb's over 10 weeks. I have been doing my exercises and changing the way I look at food. Nutrients are very important. To keep a balance the best way is to have 40% Protein, 40% Carbohydrates and 30% Fat. Have a good healthy breakfast, a piece of fruit and or nuts before lunch which should be your main meal, then a snack in the afternoon and a light dinner not too late. You shouldn't eat one and a half hours before you go to bed. Drink plenty of water. Avoid sugar, completed sugars, carbohydrates and fatty foods. Take away's have a lot of fat, sugar and salt in them, it's good to eat more protein so you don't put on too much weight. Try a three egg omelette with red peppers and tomatoes, one egg and two whites.



The more colourful your veg and fruit are the more nutrients you are taking in. Try Quorn products instead of meat. Avoid sugar, too much salt. If you look at food in a way of protein, Carbs and Fat it could give you a better understanding of what you are eating, not just for losing weight but for your health as well. Many years ago I asked several specialists if food plays apart in fibro and was told there had not been enough research to say. Now there is a lot that shows how important it is to avoid certain foods and to eat healthier.

## **Labelling rules:**

Falsely describing, advertising or presenting food is an offence, and there are a number of laws that help protect consumers against dishonest labelling and mis-description.

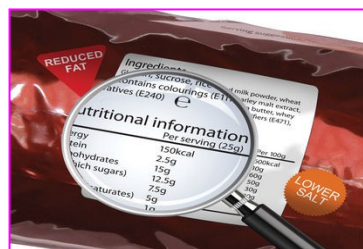
Consumers should be able to be confident with their choice of foods and be able to buy according to their particular requirements, be it for diet and health, personal taste and preferences, or cost. They want to be able to make comparisons with similar products, knowing the information on the label is correct. They have a right to expect that the food bought matches the description given on the label and that they get what they pay for. Part of the Food Standards Agency's role is to help prevent mislabelling or mis-description of foods. Mislabelling does not normally give rise to safety issues; nevertheless, when done deliberately it constitutes the crime of fraud.

In some cases, the names of foods we buy are protected by law, and must comply with certain compositional regulations. In other cases, such as fish fingers, there may be no such standards, but the food still needs to be described accurately and should not be misleading.

Food authenticity is all about whether a food matches its description. If food is mis-described, not only is the consumer being deceived, but it can also create unfair competition with the honest manufacturer or trader. The description of food refers to the information given as to its name, its ingredients, its origin or processes undergone. Mis-description in itself is nothing new. PTO.....

**Labelling Rules continued..** Food fraud has been around for a very long time – probably as long as food itself has been sold.

In the past, basic foods such as flour, spices and beer were adulterated with cheaper ingredients.



Nowadays mis-description can take many forms:

**Not having the necessary composition for a legal name** – in order to be called 'chocolate', for example, the food must have a certain amount of cocoa solids. Similarly, in order to be called a 'sausage', it must have certain amount of meat in it.

**Substitution with cheaper ingredients** – adding low cost ingredients to a more expensive product, such as diluting olive oil with vegetable oils.

**Extending a food** – perhaps with water or other fillers, such as adding water to orange juice, or offal to meat products and not declaring it.

**Incorrect origin** – incorrectly labelling the true origin of the food or ingredients in terms of:

**Animal species** – mis-describing the meat species in a product or not declaring other meat present

**Plant variety** – adding cheaper varieties to a premium rice such as Basmati

**Geographical origin or country** – giving the incorrect country or floral origin of a honey or region for a wine

**Incorrect or failure to describe a process or treatment** – not declaring if food has been irradiated or previously frozen, or the use of mechanically separated meat (MSM)

**Incorrect quantitative declaration** – giving the wrong amount of an ingredient e.g. declaring the wrong amount of meat in burger. Legally, there are a number of areas that regulate labelling:

## ● The Food Labelling Regulations 1996

This requires food to be marked or labelled with certain requirements such as: the name of the food., a list of ingredients (including food allergens), the amount of an ingredient which is named or associated with the food, an appropriate durability indication (e.g. 'best before' or 'use by'), any special storage conditions or instructions for use, the name and address of the manufacturer, packer or retailer, the place of origin (where failure to do so might mislead).

Then there is **The Legislation of Food Composition Labelling Rules**, which are the likes of detailed compositional and labelling rules for certain foods, which includes:

Bread and flour, cocoa and chocolate, soluble coffee, evaporated and dried milk, fruit juice, honey. Infant formula, jams, meat products such as sausages, burgers and pies, natural mineral waters, spreadable fats and sugar.

Then there are **European Marketing Standards**. These define what can be properly described as: canned sardines and tuna, olive oil, alcoholic spirit drinks- whisky, gin, and so on, even - eggs in shell, organic food and fresh fruits and vegetables.

## ● Surveillance and research

Occasionally, mis-description can affect your health or safety. People who cannot eat certain foods because they are intolerant or allergic to them may suffer severe or life threatening reactions. It makes it much more difficult to avoid these foods if they have incorrect or inaccurate labels. A contaminated product could also cause illness if it was deliberately being passed off as authentic. The FSA has a programme of surveillance specifically devoted to food authenticity where they carry out ad hoc checks on foods to identify adulteration and mis description.

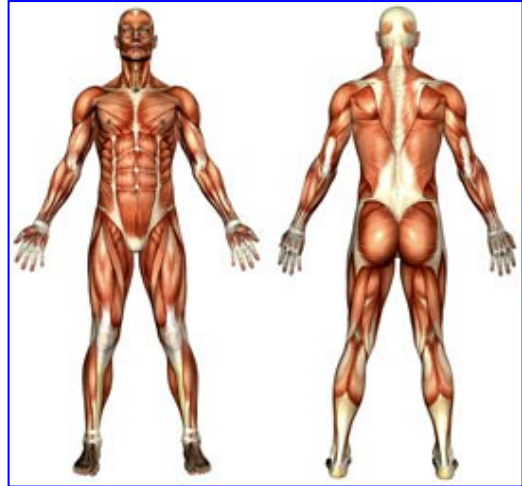
They also have a research programme devoted to developing new methods and techniques to support the surveillance programme.

**Enquiries about labelling:** If interested in more general labelling please go to enquiries, please contact Defra helpline on: 08459 33 55 77 or email: [helpline@defra.gsi.gov.uk](mailto:helpline@defra.gsi.gov.uk)



# Worthing & West Sussex Fibromyalgia Group

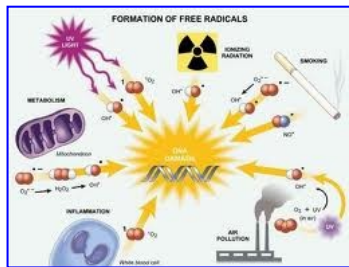
**Jobs of Muscles:** continued from April's Newsletter: You need to supply the right nutrients to the muscles. The individual muscle cells must produce energy, in order to move. Inside the cell, the mitochondria is the **furnace of the cell**. They combine the food and oxygen, producing energy plus waste. When the muscle cell breaks the bond of a carbon molecule at the end of a chain of carbon molecules (carbs), energy is released. A lack of oxygen will cause lack of energy.



(Remember the fuel has to combine with oxygen to create energy.) This can be from poor air quality or shallow breathing. But, lack of oxygen can also be from

a lack of haemoglobin, which carries the oxygen in your blood. **Vitamin B12 and Iron** are important for your blood to carry oxygen to your cells. When the brain realizes you need more energy, like when you're walking up the stairs, it tells the ATP inside the cell. The *ATP determines how much energy you need*. (ATP stands for a big long word that we really don't need to know, since we can't pronounce it anyway!) Inside the cell, enzymes and hormones get to work in order to create energy. Your fibromyalgia nutrition program supports these functions. Enzymes are **little munchers**. They take the fuel, bite it off and let it go free. Co-enzymes help the enzymes.

**Enzymes are made of:** 1) Vitamins that convert to co-enzymes. 2) Zinc, magnesium, and manganese. 3) Amino acids (protein). Without enzymes, you can't digest your food. A deficiency



of enzymes will lead to lack of energy. Every vitamin is necessary to make enzymes. **Hormones regulate** how much energy is to be created. A hot flash in menopausal women comes from the hormones telling the cells to make too much energy (heat). Hormones are made from amino acids, minerals, plus some enzymes. This process of producing energy also produces waste. In fibromyalgia nutrition, if we don't clean out the wastes, this will cause disease. We call these wastes free radicals.

**Free-radical protectors are called antioxidants.** When antioxidants see a free radical, they grab it, so that the free radical can't do damage to your other cells. Remember how you learned that Vitamin E takes food into the cell? Vitamin E is an antioxidant that also **takes waste out of the cell**. Then Vitamin C helps out by **grabbing the free radical** in the bloodstream and taking it out of the body, through the kidneys. This is the **process of detoxification**. A Vitamin C deficiency will cause toxicity problems. When the cell gets *congested with waste*, reactions (needed to produce energy) are unable to take place. An excess of chemicals creates too much waste and toxins in the cells. This makes the cells less *elastic*. This can cause pain when the cells lose elasticity; they can't move with you. There are numerous factors to fibromyalgia nutrition. The muscles of the **arteries are the most sensitive** to lack of minerals. Lack of trace minerals and of calcium will cause spasms in the arteries leading to the muscles. This is like a cramp. The artery will tighten up to the point of blocking blood flow to the muscle. This in turn **starves the muscle** of nutrients and oxygen. **This is how fibromyalgia can begin.** When the arteries to your heart, or the heart itself goes into spasm, this is when you experience **fibromyalgia chest pain** (angina). When the muscles don't get enough blood, they lack oxygen. The muscle cells call the brain when there is too much waste and not enough oxygen. This call for help, unanswered, becomes **your pain**. It's time to listen to your body, don't you think?

## Aspartame E951



Artificial sweeteners fall into two categories. The bulk sweeteners, such as Mannitol, Sorbitol, Xylitol and hydrogenated glucose syrup, have approximately the same calorific value as sugar and replace it in many processed foods, but they are not so readily absorbed. The sugar alcohols, hydrogenated glucose syrup and xylitol, actually help to prevent tooth decay. However, any of these bulk sweeteners can cause diarrhoea if consumed in quantity. Intense sweeteners, such as Aspartame, Acesulfame K and Saccharin, provide virtually no calories and are mainly used in diet products. It is these intense sweeteners that have produced worrying adverse reactions and are cause for concern. Aspartame sugar substitutes cause worrying symptoms from memory loss to brain tumours. But despite US FDA approval as a 'safe' additive, aspartame is one of the most dangerous substances ever to be foisted upon an unsuspecting public. Aspartame is an intense sweetener, approximately 200 times sweeter than sugar. It has been used throughout the world in soft drinks and other low-cal or sugar free foods since 1974.

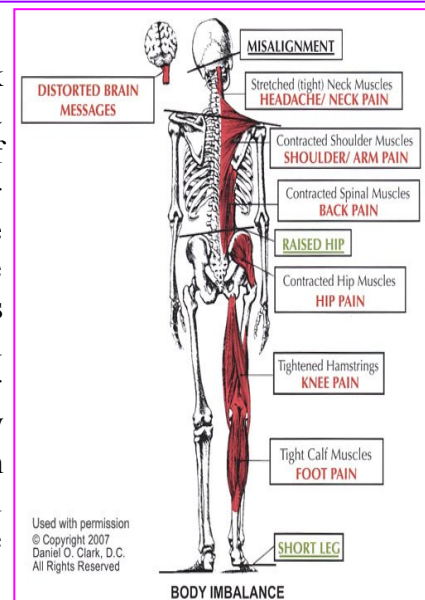
It was first approved for use in the UK in 1982. It is known by the name **NutraSweet, aspartame or E951**. The reactions have included: headaches/migraines, dizziness, seizures, nausea, muscle spasm, weight gain, rashes, depression, fatigue, irritability, tachycardia, vision problems, breathing difficulties, anxiety attacks, vertigo, tinnitus, memory loss and joint pain. **Sound familiar?** It is also believed that certain chronic illnesses can be triggered or worsened by ingesting aspartame. For example brain tumours, multiple sclerosis, epilepsy, Parkinson's disease, Alzheimer's, birth defects, diabetes, ME and Fibromyalgia Syndrome.

### **Vertigo and Fibromyalgia:**

This condition seems to be popping up the more sufferers I talk to. You can experience spinning or whirling sensations. Nausea which you can experience over several days, having a feeling of floating. The causes of vertigo may include problems with inner ear. It can be caused by illness or low blood pressure. Some people will experience some sort of dizziness in their life time but is it vertigo? In order to function normally, our body relies on an intricate system that is designed to keep us steady and balanced. Our brain combines messages received from our inner ear, eyes, skin, pressure receptors, muscle and joint sensory receptors. When combined, these parts of the body tell our brain exactly where we are in space and what direction we are headed in. Without this system, we would be falling down all over the place. This system is often referred to as our equilibrium.

**What Causes Dizziness?** You may find that you feel dizzy when you are riding in a car, on a boat, or in an airplane. Dizziness and motion sickness is particularly common and has to do with mixed messages that our brain is receiving from our equilibrium system. Sometimes our eyes, ears, skin, and muscles all sense different things. Our eyes may be focused on one spot, while our body is actually bouncing around all over the place. As a result, our brain isn't really sure where our body is in space. This can cause nausea and dizziness. **Causes of Dizziness in People with Fibromyalgia** The reasons for dizziness in fibromyalgia are probably problems with the body's ability to circulate blood. Referred to as neurally mediated hypotension, this disorder can cause dizziness, weakness, sweating, and light headedness. It can also lead to fainting spells and falls, so it is important to receive treatment if you notice a lot of dizziness with your fibromyalgia.

**What Happens in Neurally Mediated Hypotension?** Continued in June edition.



**Medical Box: Prochlorperazine Maleate (5mg tablets)** can vary according to the condition being treated and the particular preparation used. Prochlorperazine Maleate can be used to treat nausea, vomiting or vertigo. It is also used to treat a variety of mental health problems. It works by blocking the effect of a chemical in the brain which is thought to affect thinking, feelings and behaviour. It can help to treat the symptoms of schizophrenia or mania. Prochlorperazine Maleate may be used with other medicines to treat anxiety.



**Do not share your medicine with other people. It may not be suitable for them and may harm them. If you feel that the medicine is making you unwell or you do not think it is working, then talk to your doctor.** With every medication there are always risk factors that you should always read. As part of the process of assessing suitability to take this medicine a prescriber may also arrange tests: for some people, or they may become unsuitable for it. If at any time it appears that Prochlorperazine Maleate has become unsuitable, it is important that the prescriber is contacted immediately. **Alcohol** can interact with certain medicines. It may increase the effects of this medicine. When taking any medicine you should be aware that it might interfere with your ability to drive or operate machinery safely.

### Alternative medicine:

Fatty acids are very important. Super Omega 3 oil and Evening primrose oil taken with a protein. **Vitamin E** helps improve circulation to the brain. Many people who have been diagnosed with Vertigo also have Meniere's.



More people report improvement by taking Ginkgo and Hawthorn (20 a day).

### Herbs/Supplements

**Red Raspberry**

**Mistletoe**

**Ginger**

**Ginkgo & Hawthorn**

### Reasons

**High in Manganese, which deficiency can cause vertigo**

**To arrest dizziness especially if accompanied by headache.**

**This aromatic helps open up sinus.**

**To help improve circulation to the brain.**

It also seems to be helpful to avoid: **milk** products, **caffeine**, **salts**, **alcohol** and **Aspartame (Nutra-sweet)**. Vertigo has been associated with both high cholesterol and high blood sugar (diabetes). Diet - since atherosclerosis (hardening of the arteries) and high blood pressure can directly or indirectly be a cause of vertigo, make dietary changes. These include getting rid of junk foods, simple sugars, white bread, and switching to eating more fish, along with fresh fruits, vegetables and whole grains. Stop or reduce sugared drinks and switch to fresh vegetable juices and water. Another possible benefit of eating a healthy diet is that it reduces overall inflammation in the body, which could possibly reduce inflammatory problems within the inner ear. Smoking - If you are a smoker, do your best to reduce or quit. Smoking causes hardening of the arteries. Exercise - Try to take a half hour walk every day if you are able to. There is very little clinical research regarding the use of natural supplements for vertigo treatment. I will mention a few but in no way do I present them as proven to be helpful. It always takes time for supplements to have an effect. They don't work within hours like antihistamines. Some of these supplements include **Fish oil capsules** to increase omega-3 intake, reduce inflammation, improve circulation, and reduce blood pressure. **Ginkgo Biloba** to improve microcirculation and blood flow. **Vinpocetine** (a periwinkle extract that improves circulation to the brain). **Ginger** is a very healthy herb and can be use as a spice to your food, or taken as a supplement, would likely provide many health benefit.

# Important News

## Meetings

Ferring Baptist Church Hall  
Greystoke Road  
Ferring BN12 5JL  
Every third Tuesday of the Month.  
Doors open 6.30pm start 7pm to  
9.15pm

## 2011 Dates

18th January. Awareness meeting  
15th February  
15th March  
19th April  
17th May  
21st June  
19th July  
16th August  
20th September  
18th October  
15th November

Raising funds and  
awareness for your group:



We are looking for volunteers who will  
be happy to be involved with some  
fundraising for the group.

Group and Help Line No: 08448872394-  
Email: [beauty\\_within\\_15@hotmail.co.uk](mailto:beauty_within_15@hotmail.co.uk)

## Internet:

### Download Newsletter:

If you are on the internet you can  
download previous copies of the  
monthly  
newsletter via [www.fmswaws.org](http://www.fmswaws.org)  
Membership leaflets are available at  
each meeting.  
Please ask for information packs.

.....  
Our Main Charity email:  
Fibromyalgia

Sussex and Surrey Support  
[www.fms-sas.co.uk](http://www.fms-sas.co.uk)

## Advertise:

We are looking for anyone with a  
business or event who would like  
to advertise in our newsletter for a  
small charge.  
Please get in touch with Nichola

## Ideas.....

If you have anything you would like to see at our meetings please email-  
[Beauty\\_within\\_15@hotmail.co.uk](mailto:Beauty_within_15@hotmail.co.uk) We are always open to suggestions.

## Contacts:

**Organiser of our Group, Co Leader & Author of your Newsletter:**

Nichola Bond Tel No: 07796653477 Email: [beauty\\_within\\_15@hotmail.co.uk](mailto:beauty_within_15@hotmail.co.uk)

**Help and information Line. 08448872394**

**Co Leader & Game Master:** Simon Stuart: 07806 808862 Email: [simon10pq@sky.com](mailto:simon10pq@sky.com)

**Webmaster:** Pete MacKean 01903739596 Email: [petemackean@sky.com](mailto:petemackean@sky.com)

**Fundraiser:** Christine Brunton Tel No. 07905189163 Email: [fibroworthing.chris@hotmail.co.uk](mailto:fibroworthing.chris@hotmail.co.uk)

## Disclaimer:

Information in this newsletter does not necessarily infer endorsement by the Worthing & surrounding area West Sussex Fibromyalgia Support Group. Any advice or recommendation of a medical or legal nature must always be discussed with a qualified professional.