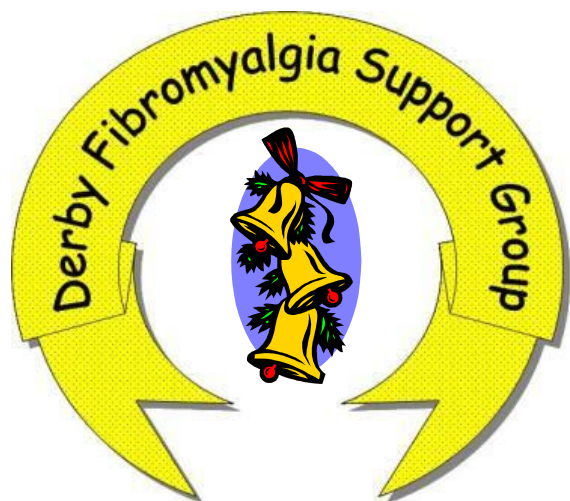
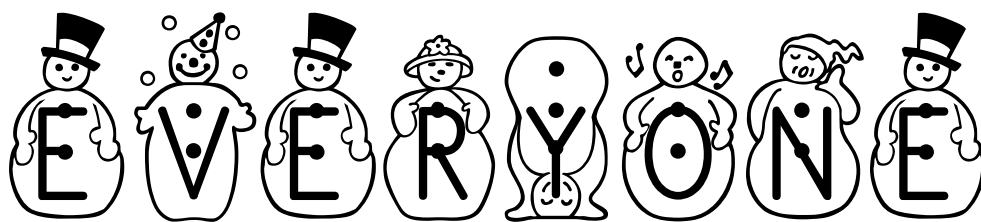
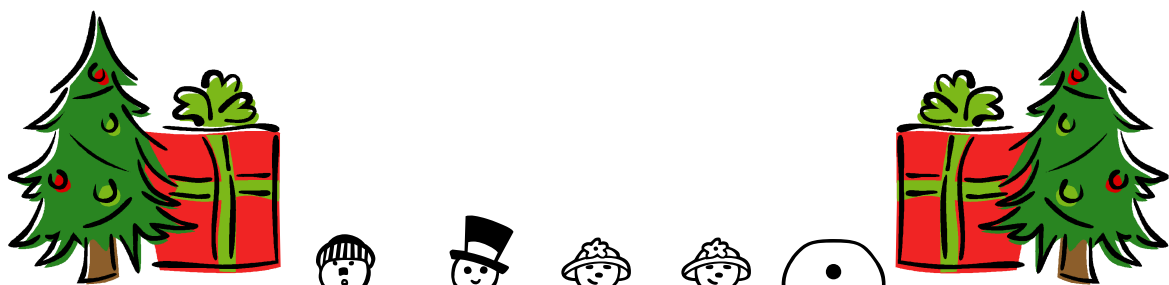


December 2007



DERBY FIBROMYALGIA SUPPORT GROUP

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Message from the Chair-Person

Hi folks, can you believe it's christmas already? We've come so far in such a short space of time.

How has your life changed in the last year? Why don't you write a short story to put in the newsletter for the new year? For me this year I have met some wonderful compassionate people, as poorly as they can be, have so much to give from the heart and a smile on their face, priceless!! How many of us are thinking of setting a new year's resolutions? I think we should keep it simple for us fibrites, maybe changing something in our diet, like bread, which can trigger off IBS, chocolate which can trigger a



migraine, these are the little changes to our lifestyle that could make coping with daily chores that little bit bearable, please let me know on your thoughts on this. Thank you to those who could make it to the christmas lunch at the Blue Peter, I had a lovely time, great atmosphere and food, for those who couldn't make it, we will organise a get together some time in the new year. From the New Year we will be introducing some changes to membership, for those choosing to become full members these will benefit from free newsletter, (if you can't make it to the meeting the newsletter will be posted to you.) reduced entry fee. We will let you know more in the new year.

Don't forget to bring your library books back so others can use them too, there's also the family magazines that have lots of information, advice and research.

The committee would like to say thank you to Brenda Gratton, for her loyalty and support and commitment on meeting days as she's always there on time to let us in and prepare for our meetings.

Hope you all welcome Anne to our committee as web designer, we all work hard to make the support group work for you, the members.

Anyway we would like to wish you all a happy christmas and a prosperous new year,
From Jackie Doug Paula Julia and Anne

Jackie

Forth Coming Events At The Charnwood Spiritualist Church

Saturday 15th December

Derby Charnwood Spiritualist Church

Invites Members & Non-Members To Our



7:00pm

**£4 Members £5 non-members Donation On The Door
To include Buffet Kareoke and Entertainment**

Healing

Every Tuesday 7pm - 8pm
Every Thursday 2pm -
3pm

All Welcome

**Last Healing Session
Thursday 20th December**

**New Year Sessions Start
Thursday 3rd January**

**See You Then
Happy New Year**

Join us at our New Year meeting

**Charnwood Spiritualist church
Charnwood St. Derby**

Thursday 10th January

**Guest Speaker
DIANA SCOTT from Disability Direct,
Advocacy**

£2-50 admission fee
Time 10.15am – 12.30pm

Car Park, off Melbourne St.

For enquiries:
Contact Jackie on: **0845 345 2319**
Or email: derby.fibro@btinternet.com
Website: derbyfibro.co.uk

Family and Friends welcome.
Refreshments and Tombola

CHRISTMAS MINI MUFFINS

By Sue Lawrence

From her Book of Baking

Makes 24

Suitable for vegetarians

Preparation time less than 30 mins

Cooking time 10 to 30 mins



Ingredients

- 🍳 200g/7oz self-raising flour, sifted
- 🍳 100g/3½oz golden caster sugar
- 🍳 100ml/3½fl oz sunflower oil
- 🍳 75ml/2½fl oz milk
- 🍳 1 large free-range egg
- 🍳 50g/1¾oz good quality dark chocolate, chopped
- 🍳 1 heaped tbsp high quality mincemeat
- 🍳 50g/1¾oz good quality white chocolate, chopped
- 🍳 50g/1¾oz dried (or fresh) cranberries

Method

1. Preheat the oven to 190C/375F/Gas 5 and put 24 mini-muffin cases inside a mini-muffin tin.
2. Mix the flour and sugar in a bowl, then make a well in the centre. Whisk together the oil, milk and egg and slowly pour into the bowl, stirring gently. Divide this mixture between two bowls. In one bowl add the dark chocolate and mincemeat. Add the white chocolate and cranberries to the other bowl. Stir very gently.
3. Divide the two mixtures among the 24 muffin cases and bake for 20 minutes or until golden brown and risen.
4. Remove the muffins to a wire rack and eat warm.

Gingerbread Decorations

Christmas recipe makes: 2 dozen
Calories per biscuit: 125
Preparation time: 30 minutes
Cooking time: 10 minutes
Suitable for freezing at end of step 5.

Christmas recipe ingredients:

- 🍳 flour, plain white 350 g (12 oz)
- 🍳 bicarbonate of soda, 5 ml (1 tsp)
- 🍳 ginger, ground 30 ml (2 tbsp)
- 🍳 cinnamon, ground 15 ml (1 tbsp)
- 🍳 cloves, ground 2.5 ml (0.5 tsp)
- 🍳 butter, 125 g (4 oz)
- 🍳 sugar, soft light brown 175 g (6 oz)
- 🍳 golden syrup 60 ml (4 tbsp)
- 🍳 egg, 1

Icing:

- 🍳 egg white, 1
- 🍳 icing sugar, sifted
- 🍳 food coloring

Christmas recipe instructions:

1. Blend the butter with a mixture of the spices, bicarbonate of soda and flour. Do this until it is breadcrumb like and then mix in the sugar.
2. Beat an egg into slightly warmed syrup and pour into the mixture from step 1, mixing till it becomes a soft dough. Then knead until smooth.
3. Make a 5mm (1/4 inch) thick dough layer on a floured surface and cut out biscuit shapes using various cutters. Pierce a hole in each one for putting ribbon through later on, for hanging.
4. Put two non-stick baking sheets on two baking trays.
5. Place the various shaped cut outs onto the baking sheets and bake at 190 degrees centigrade (375 F) until golden brown, about 10 minutes. Allow to cool and harden for about 10 minutes before placing on a wire rack till cold.
6. For the icing add sifted icing sugar to a beaten egg until stiff enough for piping. Add colorings if necessary to brighten up the decorations.
7. Put icing patterns of your choice on the biscuits. After allowing the biscuits to dry, put ribbons through the biscuit holes, ready for hanging on a christmas tree.



MY 50 RECOMMENDED SUPPLIMENTS AND GOOD FOODS TO SUCCESSFULLY TACKLE FIBROMYALGIA

FOR UNREFRESHED SLEEP

You need to totally stop all **alcohol and all caffeine** in coffee, tea, soft drinks, energy drinks, and chocolate and in some analgesic medication. This must be done very gradually to avoid caffeine withdrawal symptoms which can cause the king of headaches.

Instead try – dandelion coffee, Caro, Barleycup, herbal teas, rootbos tea or decaffeinated green teas. Try two or three drops of essential oil of lavender on your pillow at bedtime to have a relaxing and soporific affect. Lavender is great during the day to sniff at times of stress or anxiety.

Valerian nigh time is good to try if you are taking any prescribed sleeping medication. It is non addictive and will not leave you feeling drowsy the next morning. Valerian tea or camomile tea works well for some people to aid more restful sleep. After each meal try peppermint tea or oil of peppermint to aid digestion.

Other hints include making the bedroom as dark as possible by blackout linings or try an eye mask and a cool pillow con induce sleep so keep a cold water bottle on your pillow during the day.

A small snack consisting of one or two oatcakes with a thin topping of omega butter or almond butter or a very small bowl of porridge oats or natures path millet rice cereal bout one hour before bed will help to keep blood sugar levels stable over night and carbohydrates have a relaxing effect on the body. Am ideal bedtime drink is Thomson's slippery elm food as this acts as food and drink and is easy on the digestion.

FOR HORMAONAL PROBLEMS

For hot flushes try sage tea several times a day. Red clover is also worth trying. Flashfighters and Maca can help more severe menopausal symptoms. Dong Quai is also worth trying if other supplements do not help. For general health of the reproductive system then wild yam cream works very well.

For early menopause problems then Soya Isoflavones can help as too can other Soya based products if tolerated. It is best to introduce Soya products such as Tofu and Tofutu gradually into the diet.

Flaxseeds are great at stabilising hormones and can be used in the powdered form as in Linusprout or the grounded or milled form or as flax oil in a bottle. Golden flaxseeds sprinkled on porridge are great at regulating the bowels but should not be taken be people with Diverticular disease.

MULTIVITAMINS AND MINERALS

Natural liquid multivitamins like Floradix or Epresat are full of fruit and vegetable concentrates and re easily absorbed by the body so often are a better alternative to tablets and capsules which often have additives.

Spatone is a gentle way to take iron as a supplement if you are slightly anaemic and a good vitamin B complex can help the nervous system and is important for healthy functioning of the adrenal glands.

Supergreens such as wheatgrass, Barleygrass and Spirulina can increase magnesium levels and help maximise the amount of oxygen to each cell. Chinese Chorella is full of natural minerals.

To help Maintain and support energy metabolism try coenzyme Q10 and to help remove toxins naturally nettle or dandelion tea re gentle and safe.

OTHER SUPPLEMENTS

To help stabilise healthy blood sugar levels the mineral chromium is essential. Unfortunately vegetables of nowadays generally have less natural chromium due to extensive farming methods. One 200mcg daily of chromium Picolinate or Glucose Tolerance Factor can boost this essential mineral and can reduce food cravings and so help to control weight.

For low mood then al low dose of St Johns Wort is worth a try and to help with seasonal affected disorder try 5 HTP. This can also help lift mood as well as help to lower bad cholesterol levels and generally improve circulation and wellbeing.

For mild Candida problems taking Pau D 'Arco in tablet or made into tea can help. This is a natural fungicide.

Always take acidophilus after a course of antibiotics to replace the good bacteria.

Prebio 7 is worth a try for uncomfortable bloating and it contains natural fibres to help with constipation.

Hemp seeds are a power pack of protein and omega oils and are easy to add to meals and snacks.

Information About Our library

If anyone is interested in borrowing them please contact Jackie, Julia or Doug.
Please return them at the following meeting so that others can borrow them.

The books available at the moment are:-

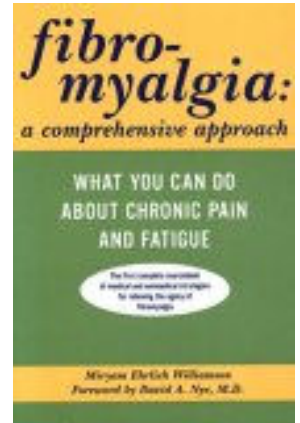
Living with Fibromyalgia

Christine Craggs-Hinton
Sheldon Press 2002
ISBN 0-85969-831-9



Fibromyalgia a comprehensive approach

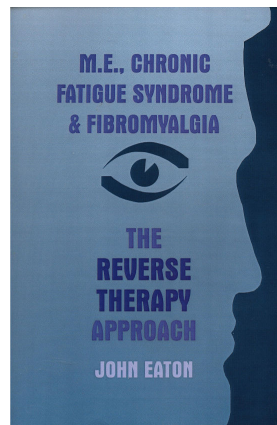
Miryam Ehrlich Williamson
Walker Publishing Co. Ltd.
1996
ISBN 0-8027-7484-9



Review on the next page

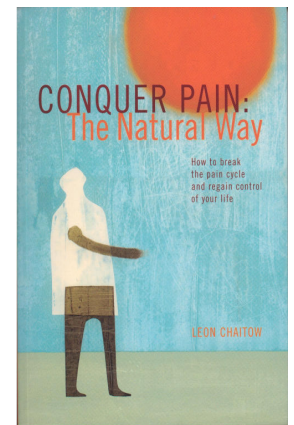
Conquer Pain: The Natural Way

Leon Chaitow
Duncan Baird Publishers Ltd 2002
ISBN1-903296-57-9



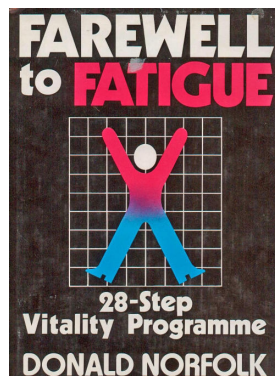
M.E., Chronic Fatigue Syndrome & Fibromyalgia The Reverse Therapy Approach.

Dr John Eaton
Authors OnLine Ltd 2006
ISBN 0-7552-0162-0



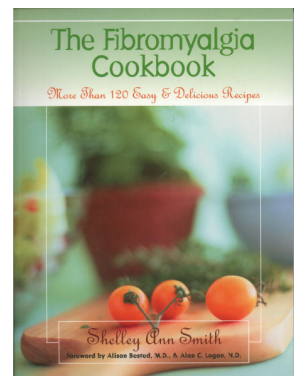
Revolutionary new strategies for maximum pain relief

Neal Barnard M.D.
Bantam Books 1999
ISBN 0-553-81237-8



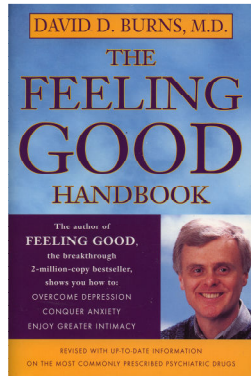
The Fibromyalgia Cookbook

Shelly Anne Smith
Cumberland House Publishing Ltd
2002
ISBN 1-58182-270-7



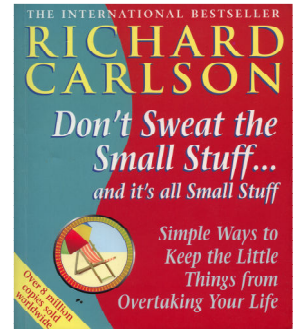
The Feeling Good Handbook

David D Burns M.D.
First Plume Printing 1999
ISBN 0-452-28132-6



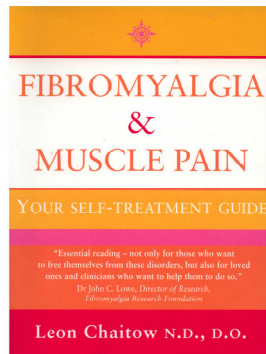
Don't Sweat The Small Stuff and its all Small Stuff

Richard Carlson
Mackays of Chatham PLC
1998
ISBN 0-340-70801-8



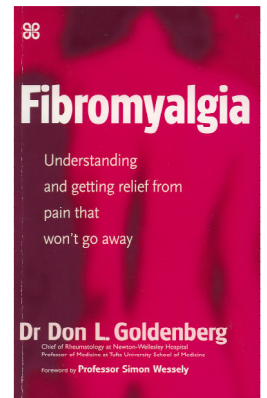
Fibromyalgia & Muscle Pain Your Self Help Guide

Leon Chaitow
Thorsons 2001
ISBN 0-00-711502-4



Fibromyalgia, Understanding And Getting Relief From Pain That Wont Go Away

Dr Don L Goldenberg
Piatkus Books Ltd 2004
ISBN 0-7499-2306-7



A small collection of family magazines

Compiled by Fibromyalgia UK

Back copies of our newsletter are also available on request.

As we get more books etc we will post them in the newsletter.

If you read, or have read, any of these books please write a review so we can put it into the news letter.

Reviews

Living with Fibromyalgia

Christine Craggs-Hinton
Sheldon Press 2002
ISBN 0-85969-831-9



I want to Highly Recommend Christine Craggs-Hinton, Living with Fibromyalgia. When I was first told I had Fibromyalgia I had never heard of the condition. I was extremely ill and recovering from months of serious illness and complex surgery - its a long story that I am working to put behind me!

I remember the day we left my GP surgery all Sean & I could remember was Fibr... something! At that time we were not on the Internet. At my next GP visit Sean made sure we got the exact name of this condition. My GP didn't explain anything to us only to say I could be unwell for many, many years but I wasn't going to die!!!! Great! At the time, we were already living a nightmare in the middle of a complex spiral of a variety of people with opinions, attitudes and boxes to tick! Most days I was barely able to function. Sean decided we went to Waterstones (a major undertaking) to see if there was a book on the condition, there were just three! One of them being Christine's. I know you shouldn't judge a book by its cover, but the cover of Christine's book looked friendly, and that's what I felt I needed! So we bought her book there and then!

I started to read it and immediately found myself saying 'yes that's me, that's how I feel'. I was spurred to read on and on and page after page were statements just as I had thought, felt and experienced them. I could have written this book! The other thing we realized was that I had struggled with fibromyalgia for many years undiagnosed.

My now 'dog eared' copy full of underlines, highlights, personal comments and post it notes became my new friend especially when I couldn't sleep a book that understood me!!

I still turn to it, especially on the days when I need a confidence boost that I am not mad! It's my fibro equivalent to that faithful falling apart cookbook or teddy bear!!

Joan Gilvary

This is a brilliant book to read, I am not very good at reading books due to migranes but found that I couldn't put this one down, it was very easy to read and has lots of information about our illness.

It was lovely to hear about somebody with fibro and seeing things from their point of view. It had a lot of handy tips on how to deal with all aspects of how this illness effects us.

It made me feel that I wasn't going mad and I could identify with this lady who didn't mince her words. As I read along I was feeling more and more positive and that I shouldn't feel guilty about being so ill.

I could say if I read the book again I would enjoy it just as much as the first time. I hope you get the chance to read it and find it as helpful to you as I did.

Love Paula

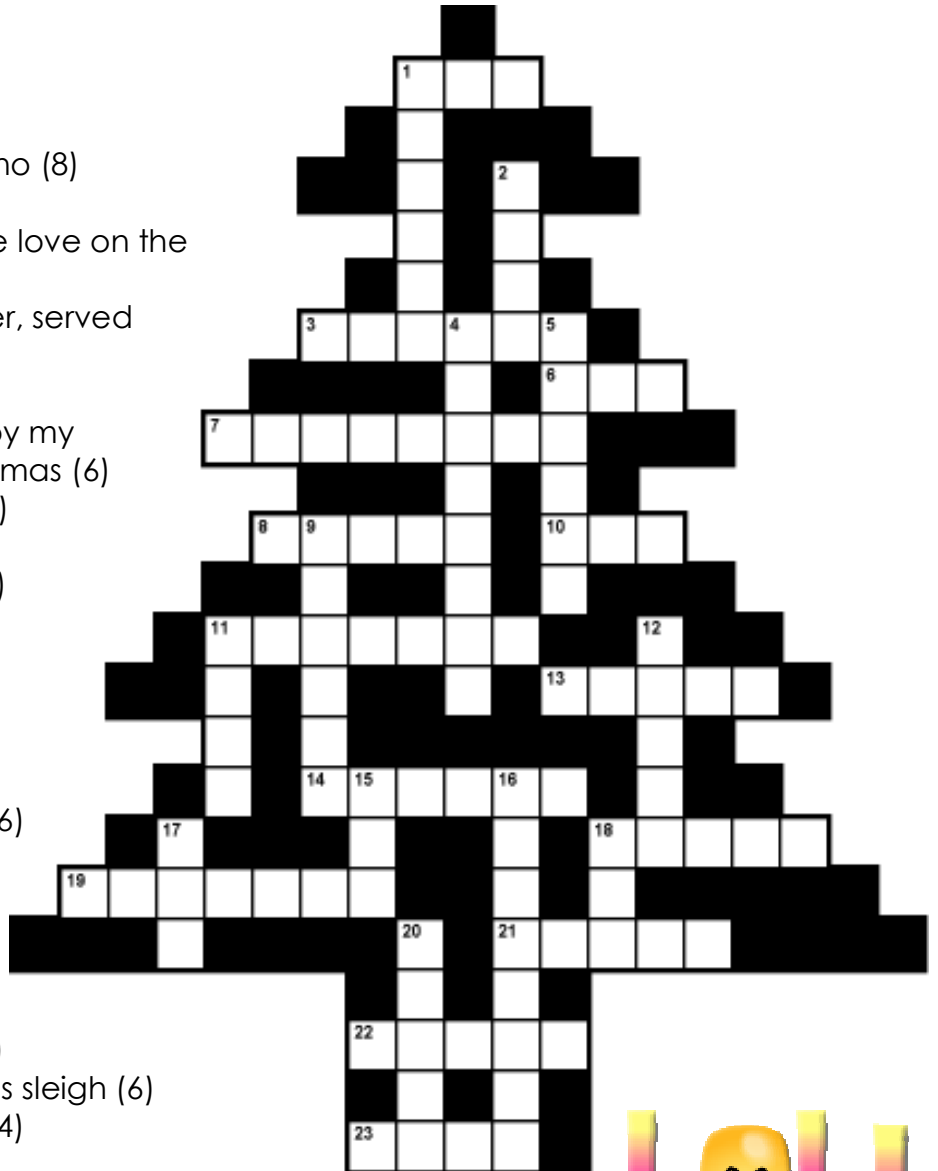
Jokes and Puzzles

Across

- 1 Participate in a winter sport (3)
- 3 Christmas tree decoration (6)
- 6 'No room at the ---' (3)
- 7 Family gathering around the piano (8)
- 8 See 17 down (5)
- 10 --- turtle doves, given by my true love on the second day of Christmas (3)
- 11 Essential part of Christmas dinner, served with brandy butter or cream (7)
- 13 See 12 down (5)
- 14 'Three ----- 23 across', brought by my true love on the third day of Christmas (6)
- 18 Traditionally sits atop the tree (5)
- 19 The best way to serve turkey (7)
- 21 Hymn sung at Christmas time (5)
- 22 One of these sang 'Hark' in the 21 across (5)
- 23 See 14 across (4)

Down

- 1 The Festive -----, Christmas time (6)
- 2 Served at tea time on Christmas day, covered with marzipan and icing (4)
- 4 What 12 down will fill with presents, if you've been good! (8)
- 5 Bright decorations for the tree (6)
- 9 One of the deer pulling 12 down's sleigh (6)
- 11 20 down ----, a Christmas treat (4)
- 12 and 13 across - brings children (and hopefully adults!) presents (5)
- 15 The colour of 9 down's nose (3)
- 16 Pulled during Christmas dinner (8)
- 17 ---, 8 across, and be merry! (3)
- 18 Popular choice for the Christmas tree (3)
- 20 See 11 down



What happened when the snowgirl fell out with the snowboy?

She gave him the cold shoulder!

What do snowmen wear on their heads?

Ice caps!

What do snowmen eat for lunch?

Icebergers!

Where do snowmen go to dance ?

Snowballs!

How do snowmen travel around?

By iceicle!

What sort of ball doesn't bounce?

A snowball!

Kid's Corner

*For kids of all
ages*

Did you hear about the
cracker's Christmas
party?

It went with a bang!

How do you make idiots
laugh on boxing day?

***Tell them a joke on
Christmas Eve!***

How does Good King
Wenceslas like his pizzas?

***Deep pan, crisp and
even!***

If athletes get athletes
foot, what do rocket
scientists get?

Missile-toe!

Mum, Can I have a dog
for Christmas?

***No, you can have turkey
like everyone else!***

Who beats his chest and
swings from Christmas
cake to Christmas cake?

Tarzipan!



Introduction to FMA UK



Fibromyalgia Association UK

raising awareness of FM in the UK

The Fibromyalgia Association UK (FMA UK) is a non-profit making organisation working towards raising awareness of fibromyalgia (FM) in the UK.

As FM is still a little known condition, our aim is to offer help and support to sufferers, the newly diagnosed and carers alike to ensure they do not have to struggle alone with this chronic, life-changing illness. Together we can make a difference but we have to work together to become a force to be recognised when dealing with the Government, Health Services, Employers and Insurers. In our numbers we will have strength. We need to ensure our medical professionals understand our condition and that we receive the best possible care and courtesy that is due to any individual. Because FM is an 'invisible' condition does not mean it is not very 'real' to us.

FMA UK neither sells, nor promotes any particular product or health regime

www.fibromyalgia-associationuk.org

although we do carry articles from medical professionals and individuals describing various self-management techniques. We will also carry advertisements and links from our sponsors and those we work closely with and who wish to help us. This does not imply endorsement by us and we always strongly recommend that the sufferer discusses any potential treatment, exercise regime or alternative treatment with their medical professionals.

There has been, and always will be, press coverage on Fibromyalgia treatment and trials which implies full knowledge and approval by FMA UK. We would like to take this opportunity of re-stating that because it appears in print does not make it true. Should we find that *miracle* cure, or treatment, you may be assured that we will publish the FACTS on our website.

Last months Solutions

4	3	7	5	6	1	2	9	8
1	8	5	9	2	3	4	6	7
6	9	2	7	8	4	1	3	5
3	7	6	4	9	5	8	1	2
9	4	1	8	3	2	5	7	6
2	5	8	1	7	6	9	4	3
5	2	3	6	1	9	7	8	4
7	1	4	3	5	8	6	2	9
8	6	9	2	4	7	3	5	1

M	I	G	R	A	T	E
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S	O	L	I	C	I	T
C		L		H		I
A	D	A	M	A	N	T
R		N		I		L
A	R	T	I	C	L	E