

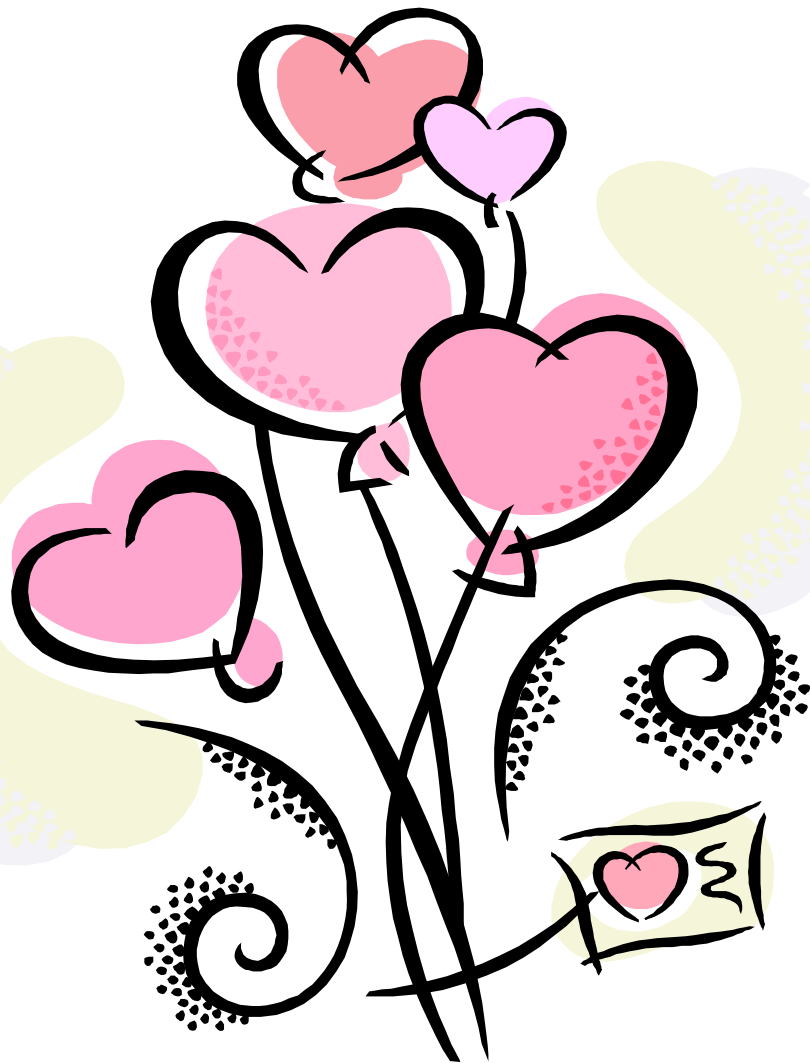
February 2008

Derby Fibromyalgia Support Group



NEWSLETTER

Happy Valentine's Day



Message from the Chair-Person



Jackie

Forth Coming Events At The Charnwood Spiritualist Church

For A Full List Of Forth
Coming Events Why
Not Pick Up A Leaflet
In The Foyer Of The
Church

Healing

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

All Welcome

Saturday 16th February
2008

**Reading and Healing
Day**

10am – 4pm
All Welcome

Join us at our Next meeting

**Charnwood Spiritualist church
Charnwood St. Derby**

Thursday 13th March

Guest Speaker T.B.C.

£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: www.derbyfibro.co.uk

Family and Friends welcome.
Refreshments and Tombola

Bill's Scrambled Eggs

By **Bill Granger**

From **Good Food Live**

Bill Granger stirs up a speedy treat of creamy scrambled eggs for a brilliant breakfast or an 'anytime' snack



Servings: 1

Level of difficulty: Easy

Preparation Time: 5 minutes

Cooking Time: 1 minutes

Ingredients

- 🍳 2 Eggs
- 🍳 80ml Cream
- 🍳 1 pinch Salt
- 🍳 10g butter

Method

1. Place eggs, cream and salt in a bowl and whisk together.
2. Melt butter in a non-stick frying pan over high heat, taking care not to burn the butter. Pour in egg mixture and cook for 20 seconds, or until gently set around the edge. Stir the eggs with a wooden spoon, gently bringing the egg mixture on the outside of the pan to the centre. The idea is to fold the eggs rather than to scramble them.
3. Leave to cook for 20 seconds longer and repeat the folding process. When the eggs are just set (remembering that they will continue cooking as they rest), turn out onto a plate and serve with hot toast.

Taken From uktv.co.uk/food

Baked Apples with Raspberries recipe



Preparation time: 5 minutes

Cooking time: 35 minutes

Serves: 2

Nutritional information

Calories per portion: 154Kcals

Fat content per portion: 0.6g

Ingredients:

- 🍷 2 apples, such as Discovery
- 🍷 175g raspberries
- 🍷 2.5ml ground cinnamon
- 🍷 juice of a half a lemon
- 🍷 15ml clear honey

Method

1. Preheat the oven to 200°C, 400°F, gas mark 6. Remove the cores from the apples and use a sharp knife to cut a slit through the skin around the middle. Place in an ovenproof dish.
2. Fill the hollows with raspberries, adding the rest to the dish. Sprinkle with cinnamon and lemon juice and drizzle with honey.
3. Cover with foil and bake for 30–35 minutes or until tender.

Recipe taken from Somerfield September 2007 Magazine

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:-

<p>Living with Fibromyalgia Christine Craggs-Hinton Sheldon Press 2002 ISBN 0-85969-831-9</p> <p>Review on the next page</p>	<p>Fibromyalgia a comprehensive approach Miryam Ehrlich Williamson Walker Publishing Co. Ltd. 1996 ISBN 0-8027-7484-9</p>	<p>Conquer Pain: The Natural Way Leon Chaitow Duncan Baird Publishers Ltd 2002 ISBN1-903296-57-9</p>
<p>M.E., Chronic Fatigue Syndrome & Fibromyalgia The Reverse Therapy Approach. Dr John Eaton Authors OnLine Ltd 2006 ISBN 0-7552-0162-0</p>	<p>Revolutionary new strategies for maximum pain relief Neal Barnard M.D. Bantam Books 1999 ISBN 0-553-81237-8</p>	<p>The Fibromyalgia Cookbook Shelly Anne Smith Cumberland House Publishing Ltd 2002 ISBN 1-58182-270-7</p>
<p>The Feeling Good Handbook David D Burns M.D. First Plume Printing 1999 ISBN 0-452-28132-6</p>	<p>Don't Sweat The Small Stuff.and its all Small Stuff Richard Carlson Mackays of Chatham PLC 1998 ISBN 0-340-70801-8</p>	<p>Fibromyalgia & Muscle Pain Your Self Help Guide Leon Chaitow Thorsons 2001 ISBN 0-00-711502-4</p>
	<p>Fibromyalgia, Understanding And Getting Relief From Pain That Won't Go Away Dr Don L Goldenberg Piatkus Books Ltd 2004 ISBN 0-7499-2306-7</p>	

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 - it's 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 migraines 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 affects 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

Kids Korner

*For kids of all
ages*



Introduction to FMA 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 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.

www.fibromyalgia-associationuk.org

Last months Solutions

	P		P			M		A		A		C		
N	I	C	E		N	E	I	G	H	B	O	U	R	S
	L	A	N	E		N		E	A	R		P	I	E
I	L	L		R	U	D	E		N	O	T	I	O	N
		I	R	A	N		S	A	G	A		D		D
R	I	C	A		K	I	T		E	D	D		H	
	C	O	N	A	N		A	I	R		R	O	A	D
	O		G	R	O	T	T	O		R	A	D	I	O
I	N	J	E	C	T		E	N	D		B	E	L	T

Did You Know

Margarine was originally manufactured to fatten turkeys.

When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back.

It was a white substance with no food appeal so they added the yellow colouring and sold it to people to use in place of butter.

How do you like it?

They have come out with some clever new flavouring.

DO YOU KNOW...the difference between margarine and butter?

Read on to the end...gets very interesting!

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few only because they are added!

Butter tastes much better than margarine and it can enhance the flavours of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

And now, for Margarine...

Very high in trans fatty acids.

Triple risk of coronary heart disease.

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five fold.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact....

Margarine is but ONE MOLECULE away from being PLASTIC...

This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

You can try this yourself:

Purchase a tub of margarine and leave it in your garage or shaded area.

Within a couple of days you will note a couple of things:

* No flies, not even those pesky fruit flies will go near it (that should tell you something)

* It does not rot or smell differently because it has no nutritional value

*Nothing will grow on it. Even those teeny weenie micro-organisms will not find a home to grow.

Why?

Because it is nearly plastic.

*Would you melt your Tupperware and spread that on your toast?

Chinese Proverb:

'When someone shares something of value with you and you benefit from it, You have a moral obligation to share it with others.'