



April 2009

Derby Fibromyalgia Support Group

NEWSLETTER

Chilli Patches

Grow your own Drugs

Tonight's programme was the final episode in the series. The show is presented by James Wong. James shows how vegetables can be used to make natural remedies.

James shows you how to make plasters which are made out of vegetables to help relieve pain. He doesn't believe in just using these natural remedies alone but using them along side especially relieving the symptoms of minor ailments

You will find most of the plants in your own back garden, your fridge or at your local garden centre.

In the programme James uses these patches on a rugby team who regularly suffer from muscle problems like muscle strain and tissue damage.

The plasters were put on a thigh, upper back/shoulder and wrist common places where rugby players get hurt, they were left in place for one hour and then removed. The player who had the plaster on his shoulder commented that he thought the muscle felt looser and easier to move as did the player with it on his wrist. The player who had applied to his thigh said he couldn't feel the original pain but could feel the heat from the patch, which for him felt painful. These results don't prove to be effective. You have to remember that what works for one doesn't work for another.

Many plant-based remedies are not clinically tested like conventional drugs because they are traditional recipes that companies cannot patent. Before you try any of the remedies, make sure you get a proper diagnosis from your doctor.

If you have any other existing condition or are taking medicines, or if you are pregnant or breast feeding, then you should take medical advice before using the remedies. You must make sure you follow the recipe closely as well as the advice on dosage. James advises that before applying to skin to carry out 24 hour skin test and make sure you're not allergic to any of the ingredients

For the recipe turn to page 5

Message From Jackie



Hi Everyone.

Let's start the start the new season with a spring in our step. I think this time of year we need to remember to be positive, exercise is the last thing we feel like doing, when we're aching and tired (fatigued), but talking to many who have tried doing a small amount of exercise have proven it to work. Just remember to set yourself small goals, not aim for a marathon. Little and often is best. Good luck with the start of spring,

Just a reminder, there will be a questionnaire available soon that is being surveyed by the University of Derby Pain Project.

They are conducting the study to see how pain affects our daily lives. They are going to use the study also to find out what treatment we have received or not received and how the treatments affect different people.

I hope you can assist with the survey.

The Saturday meetings are becoming very popular, just so that you know, members are welcome at both Saturday and Thursday meetings, for those who attend the Thursday meeting and would like to come to the Saturday meeting there will a reduced charge of £1 for admission. The membership stays the same.

Organic Alternatives

Disinfectant

Eucalyptus oil dilute 1:100 in water. Alternatively boil chopped rosemary for 20 mins strain and pour into a spray bottle

Furniture polish

Add the juice of one lemon into a cup of vegetable oil applying a thin layer before buffing.

Lime scale remover

Neat vinegar will remove hard water deposits as well as any commercial preparation. Apply with a cloth but be sure to remove thoroughly.

Window cleaner

Vinegar or lemon will provide an excellent shine. Dilute ¼ cup of white vinegar in 1 litre of water. Dry and buff with old newspaper

Bleach

Lemon juice is suitable for removing heavy staining.

Forthcoming Church Events

SPEAKERS

APRIL			APRIL		
DATE	TIME	SPEAKER	DATE	TIME	SPEAKER
Sun 12 th	6.15pm	John Powell	Mon 20 th	2.30pm	Olga Carrington & John
Mon 13 th		Closed	Sun 26 th	2.30pm	Sue & Dianne Downey
Sun 19 th	6.15pm	Stuart Hamilton	Mon 27 th	6.15pm	June Berks

Special Events

Readings & Healing Day

Saturday 11th April

10.00am – 4.30pm

Concert

Rolls-Royce Male Voice Choir

Saturday 25th April

7.00pm

Open Circle

Every 2nd and 4th Thursday
Of Each Month

7.30pm

No Admission After 7.35pm

Healing Services

Thursdays

2.00pm – 6.00pm

Join Us At Our Next Meetings

Saturday

18th April

2.00pm –4.00pm

Rachael
Sheppard
Disability Direct

Saturday

9th May

10.15am –12.30pm

A.G.M.

Thursday

14th May

10.15am –12.30pm

2nd Birthday
Meeting

Saturday

6th June

2.00pm –4.00pm

Charnwood Spiritualist Church

18 Charnwood Street, Derby

DE1 2GU

Admission

Members £2.50

Non – Members £3.50

Membership £5.00 Per Annum

Tombola

Refreshments

Friends, Carers

& Family Welcome

our next production is

Chilli Patches Recipe

Chilli plasters for muscle sprains

200 g orange Scotch Bonnet chillies
4 tbsp mustard powder
200 g coconut oil, non-fractionated
6 tsp beeswax
4 packs Melolin wound dressing pads, 10 x 10 cm
4 packs adhesive wound dressing, 12 x 12 cm

1. Wash and finely slice the chillies. Combine the chillies and mustard powder with the coconut oil in a saucepan. Cover to keep in the vapour and gently heat for 2 minutes. Leave to cool with the lid on.
2. Put the chilli mix into muslin over a sieve and squeeze out the oil into a bowl below. Place the oil back into the saucepan and return to the heat.
3. Add the beeswax to the oil and heat very gently until dissolved; this will take less than 2 minutes. Remove from the heat.
4. Soak the dressing pads in the oil mixture while it's still hot. When they are saturated, remove the

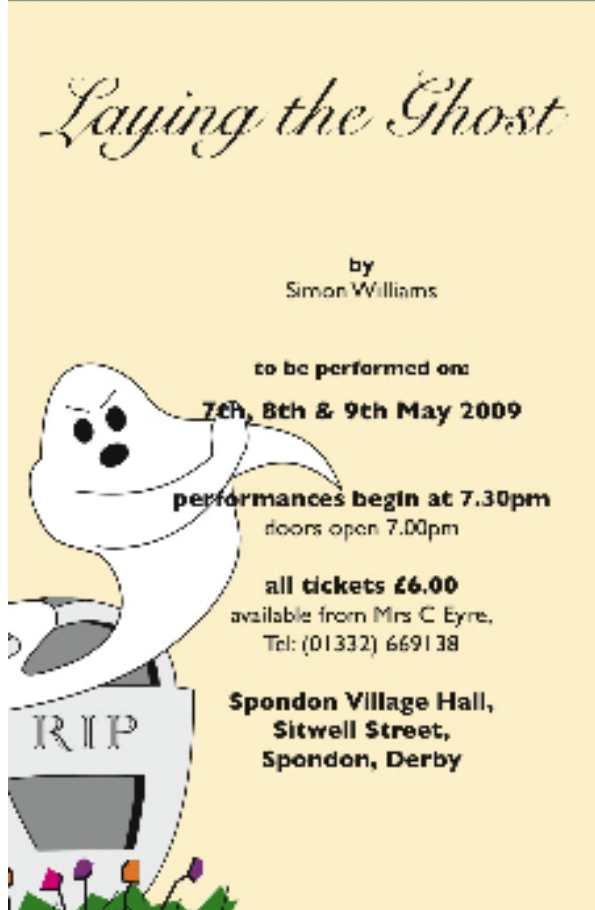
pads and leave to stand for 10 minutes on greaseproof paper, or until set.

5. Once set and dry, the pads can be layered on top of each other, wrapped in cling film and stored in the refrigerator until needed.

USE: Place a pad on an adhesive wound dressing, and then apply to the affected area. Keep the area warm (by covering with a blanket, for example) and leave on for 30 minutes to 1 hour.

STORAGE: Keeps for 1 year in the refrigerator.

For more information check out: <http://www.bbc.co.uk/programmes/b00j4j41>



Try These

Recipes

Special Cheese On Toast

Ingredients

- ~Your favourite cheese
- ~Preferably white bread, will toast better
- ~Paprika
- ~Half an oxo cube (per 2 toasts)
- ~Black pepper
- ~Parsley



Method

You will need a grill and a toaster for this.

- 1) You may preheat grill during the time it takes to do the first two instructions
- 2) Place toast in toaster for 2-3 minutes, depending on how toasted you like it
- 3) Grate or slice your favourite cheese until you have enough to cover each slice of toast
- 4) One toast is done, put the cheese on, and sprinkle on paprika and half oxo cube on 2 pieces of toast, then place toast under the grill
- 5) Once cheese has melted on the toast in the grill, immediately place on a plate(s) and sprinkle on a small amount of parsley and black pepper

Tastes nicer with a side of soup!

Chef Leanne

Banana ice lollies

Ingredients

- 3 bananas
- Lolly sticks (you can substitute cocktail sticks for older children)
- optional coverings:
 - Melted chocolate or maple syrup
 - Dried coconut
 - Chopped nuts
 - Sesame seeds
 - Vermicelli (hundreds and thousands)



Method

Cut the bananas into bite size chunks and push the lolly sticks into them. Place in the freezer on a covered freezer proof dish for a couple of hours or until frozen. They are delicious just like that but if you prefer a bit of decadence (still relatively frugal when you're making your own!): dip each lolly in chocolate or syrup (be quick - it sets quite fast!) and then into dry ingredients of your choice (chopped nuts are our favourite). Perfect for all those wonderful long summer days that are coming (positive thinking).

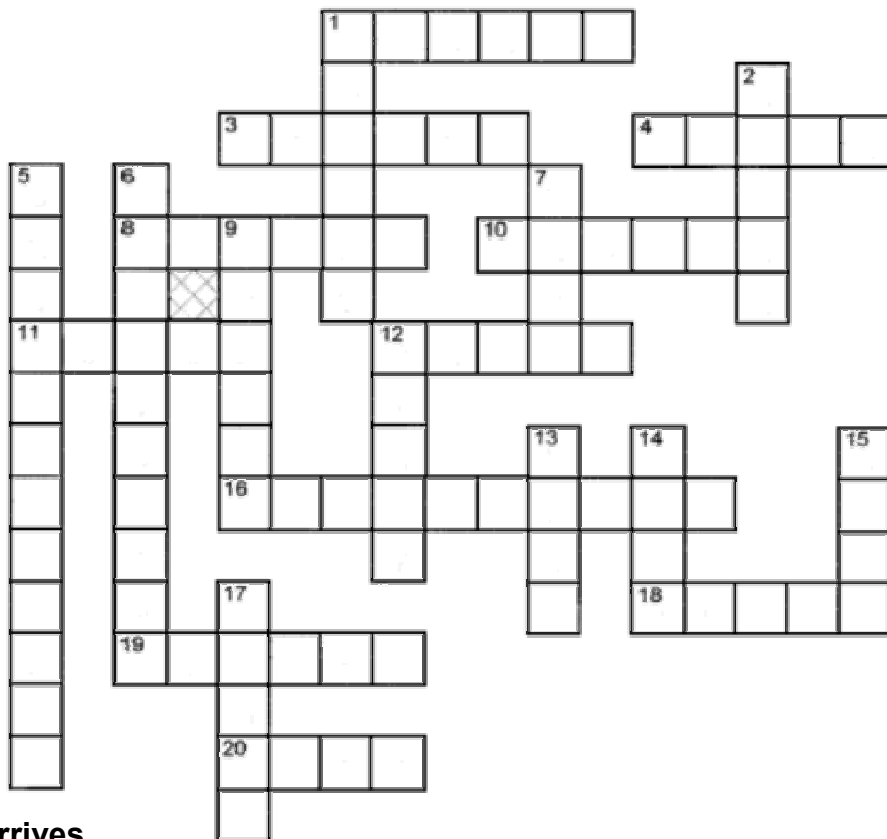
Chef Kellie Moore

Taken from www.studentrecipes.com

Puzzles and Jokes

Across

- 1 Carry to put things in
- 3 Light one in church
- 4 Peeping baby
- 8 Jesus rose on this day
- 10 March in one
- 11 Use crayons to do this
- 12 Symbol of the Crucifixion
- 16 Day Christ was crucified
- 18 Brings Easter goodies
- 19 Day of week Christ arose
- 20 They get decorated



Down

- 1 A hat
- 2 An angel told them "He is ..."
- 5 Nailed to the cross
- 6 Small sugared goodies
- 7 Religious ceremony
- 9 Season in which Easter usually arrives
- 12 Sweets
- 13 Easter flower
- 14 Symbol of innocence
- 15 Blessed
- 17 One was at the tomb

What's yellow, has long ears, and grows on trees?
The Easter Bunana!

How can you tell where the Easter Bunny has been?
Eggs (X) marks the spot!

How did the Easter Bunny rate the Easter parade?
He said it was eggs-cellent!

How do you catch the Easter Bunny?
Hide in a bush and make a noise like a carrot!

What do you call a rabbit that tells good jokes?
A funny bunny!

What's the best way to send a letter to the Easter Bunny?
Hare mail!

Why does the Easter Bunny have a shiny nose?
Because the powder puff is on the other end!

How does the Easter Bunny travel?
By hare plane!

How does the Easter Bunny keep his fur neat?
With a hare brush!

What did the rabbit say to the carrot?
It's been nice gnawing you!

How do you know carrots are good for your eyes?
Have you ever seen a rabbit wearing glasses?

How did the soggy Easter Bunny dry himself?
With a hare-dryer!

Last months answers					
D	E	V	E	L	O
E		E		E	R
T	O	R	N	A	D
R		B		T	G
A	N	O	T	H	E
C		S		E	A
T	H	E	O	R	E
M					

Kids Bit

Find the Numbers

There are twelve numbers in the box between 37 and 97.

The numbers increase by four. Can you work out which numbers are missing?

Answer at the bottom of the page



Why did the child study in the aeroplane ?

He wanted a higher education !

Why was the broom late ?

It over swept !

Do you know the time ?

No, we haven't met yet !

What kind of hair do oceans have ?

Wavy !

What runs but never walks ?

Water !

How do you make milk shake ?

Give it a good scare !

Whats red and flies and wobbles at the same time ?

A jelly copter !

Waiter, this soup tastes funny ?

Then why aren't you laughing !

Why did the clock get sick ?

It was run down !

