



November 2011

THE DERBY FIBRO

**N
e
w
s
l
e
t
t
e
r**

Brain Fog/Fibro Fog in Fibromyalgia & Chronic Fatigue Syndrome

What Causes It & What to Do About It

Magnesium Plus Malic Acid: One-Two Punch for Pain & Fatigue

New Group Telephone Number

0844 887 2434

New Group Email Address

derbyfibro@btinternet.com

Message from Jackie

Hi Fibro friends, I would like to apologise for last Saturday's meeting being cancelled, Doug had injured his back, and with there being no other Strong male to help move the room round; well...we wouldn't of been able to do it.

What would we do without him eh?!

How many of you have been preparing themselves for the winter. Have you had flu jabs? We suffer the aches and pains enough now without getting the full Monty. So; If you have someone caring for you (especially those with asthma), then they should get flu jabbed too. and maybe, a supplement to keep that immune system going.

We have decided to have our Christmas Lunch Meet:-

@ the "Babington Arms". Babington Lane. Derby city. It is central in the town centre, the food is lovely and very reasonably price, in today's economic climate that's a bonus. We haven't decided on a date or time yet, this will be discussed on Thursday at the meeting. As soon as we know will let you all know.

I will make sure it is put on the website, Facebook and the Telegraph, hopefully Christina our new Secretary will take this task on for me.

Im looking forward to Christmas, with all the festivities and the singing, and forget about the cold weather. As we all know distraction is the best pain management relief.

I think a Hobby is a good idea, one of the members has started making jewellery, and has said it is good distraction and has helped concentrate, have probably ached for a few days later, but its nice to see an end result.

I have been saving milk bottle tops for a few months now for someone, and now they don't need them, so I looked into it; and it seems we should be able to collect them for ourselves, which we could do to raise a few funds for the support group, we have yet to find somewhere more local to take them to, so if anyone can help then please get in touch.

And, we'll be helping the environment too.

This week Angela from Remploy is coming to talk to us about work, jobs, and training/retraining, so if you're struggling with you job because of health problems, they will be able to help and point you in the right direction.

Good Luck everyone, and see you all soon.

Best wishes

Jackie x

Disclaimer: The information given in this document does not necessarily imply endorsement by The Committee Members of Derby Fibromyalgia Support Group. The Committee Members or the Group cannot be held responsible for omissions and / or errors of detail in any information that is exchanged in a discussion session - whether it is in a formal or informal situation, delivered to the body of the meeting by a visiting speaker or produced in a printed document.

Any information or recommendation of a medical or legal nature must always be discussed with a qualified professional

Meeting Dates 2011

THERE ARE NO MEETINGS IN AUGUST

Thursday

Christmas Lunch

December 8th

Babington Arms

Babington Lane, Derby

11.30am – 12.00pm

Contact Jackie on:

0844 887 2434 or Text: 07973285571

Email: derbyfibro@btinternet.com

Website: www.derbyfibro.co.uk

45 Magellan Way, Derby, DE24 1AD

Forthcoming Church Events

Speakers			Regular Events	
November			Open Circle Every 2 nd and 4 th Thursday Of Each Month 7.30pm No Admission After 7.35pm	Healing Services Thursdays 2.00pm – 3.30pm
Sun 13 th	6.15pm	Ted Lawrence		
Mon 14 th	2.30pm	Angela Farrel		
Sun 20 th	6.15pm	Alex Whiting		
Mon 21 st	2.30pm	Diane & John Gent		
Sun 27 th	6.15pm	Dean Kenyon		
Mon 28 th	2.30pm	Angela Farrel		
December				
Sun 4 th	6.15pm	Joint Service At Forester Street Church		
Mon 5 th	2.30pm	Nora Watson		

SPECIAL EVENTS

November

Saturday 12th
 10.00am – 3.00pm

**Healing &
 Reading Day**

Saturday 26th

**Darren
 Brittain**

 7.00pm

December



CHRISTMAS PARTY

Sit down Plated Tea
 Live Rock & Roll Music
 Saturday 10th
 5.00pm



For More Information

18 Charnwood Street, Derby. DE1 2GU.
 Tel: **01332 386 204.**
www.snu-emdc.org.uk/charnwood

Try These



Easy leek and potato soup

Ingredients

- 4 leeks, chopped
- 4 large potatoes, cubed
- 1tbsp vegetable oil
- 800ml chicken or vegetable stock
- 300ml single cream
- Pinch of grated nutmeg

To serve:

- Croutons
- Grated nutmeg
- Parsley, chopped



Method

1. Sweat 4 chopped leeks and 4 large cubed potatoes in 1tbsp vegetable oil for 10 mins, stirring occasionally until softened but not browned.
2. Add 800ml chicken or vegetable stock, cover and simmer for 15 mins. Season to taste and leave to cool slightly.
3. Liquidise soup until smooth. Return to pan, stir through 300ml single cream and pinch of grated nutmeg. Reheat gently. Garnish with a swirl of natural yogurt, chopped parsley and some crunchy croutons.



Banana Yoghurt Custard

Ingredients

- 4 Egg Yolks
- 360ml/12fl.oz. Plain Yoghurt
- 3tbsp Runny Honey
- 2 Large Ripe Bananas

Method

1. Place the egg yolks, yoghurt and honey in a medium saucepan over a low/medium heat and bring slowly to the boil, stirring constantly.
2. Once thickened, remove from the heat.
3. Peel the bananas and thinly slice directly into the custard.
4. Mix gently and leave for a few minutes before serving.



Brain Fog/Fibro Fog in Fibromyalgia & Chronic Fatigue Syndrome

What Causes It & What to Do About It

By Adrienne Dellwo, About.com Guide, Updated July 17, 2010

Brain fog (also called fibro fog or cognitive dysfunction) is one of the most common complaints of people with fibromyalgia (FMS) and chronic fatigue syndrome (CFS or ME/CFS). For many, it can be severe and can have just as big an impact on their lives as pain or fatigue. In fact, some people say brain fog is more of a disability than their physical symptoms.

What Causes Brain Fog?

We don't yet know exactly what causes cognitive dysfunction in these conditions, but we have a lot of theories about possible contributing factors, including:

- Lack of restorative sleep
- Abnormal cranial blood flow or volume
- Brain abnormalities
- Premature brain aging
- Mental distraction due to pain

In FMS, brain fog generally is worse when pain is worse. In both FMS and ME/CFS, it can be exacerbated when you're anxious, rushed, or dealing with sensory overload.

Depression, which is common in FMS and ME/CFS, also is associated with cognitive dysfunction. Some studies, however, show that the severity of brain fog is not correlated with depression symptoms.

A lot of common medications for FMS and ME/CFS can contribute to brain fog as well.

Brain Fog Symptoms

Symptoms of brain fog can range from mild to severe. They frequently vary from day to day, and not everyone has all of them. Symptoms include:

- Word use & recall: Difficulty recalling known words, use of incorrect words, slow recall of names.
- Short-term memory problems: Forgetfulness, inability to remember what's read or heard.
- Directional disorientation: Not recognizing familiar surroundings, easily becoming lost, having trouble recalling where things are.
- Multitasking difficulties: Inability to pay attention to more than one thing, forgetfulness of original task when distracted.
- Confusion & trouble concentrating Trouble processing information, easily distracted.
- Math/number difficulties: Difficulty performing simple math, remembering sequences, transposing numbers, trouble remembering numbers.
- Some people may also have other types of cognitive dysfunction.

Brain Fog & Learning Disorders

So far, we don't have evidence that our brain fog comes from known learning disorders. However, our problems are similar to those associated with disorders such as dyslexia (reading problems), dysphasia (speaking problems) and dyscalculia (math/time/spatial problems).

If you believe you could have a recognized learning disorder, talk to your doctor. A diagnosis could help you get reasonable accommodation at work or strengthen a disability benefits claim.

Treating Brain Fog

For some people, brain fog resolves with effective treatment for pain or sleep problems. (See [Treating Fibromyalgia](#) and [Treating Chronic Fatigue Syndrome](#) for information on treatment options.)

However, not everyone can find effective treatments, which leaves many of us trying to manage brain fog.

Supplements are a common choice. While we don't have a lot of evidence to support their effectiveness, some doctors and people with these conditions say they've seen supplements help with cognitive function. Common brain-fog supplements include:

- 5-HTP
- B vitamins
- Carnitine
- Choline
- Omega-3 (Fish Oil)
- Rhodiola
- St. John's Wort
- SAM-e
- Theanine

Some doctors recommend dietary changes to include "brain friendly" foods, some of which are natural sources of the supplements listed above. Some of these foods are:

- Fish (Omega-3)
- Canola or walnut oil (Omega-3)
- Eggs (Choline)
- Fruits & vegetables
- Carbohydrates

Some FMS research shows that moderate exercise can help improve cognitive function as well. Exercise is difficult for us, so be sure to read [Getting Started With Exercise](#).

Cognitive Training

Researchers are learning more about the brain and how it works, and new information could help us understand brain fog. Research on aging brains and some degenerative brain conditions shows that cognitive training can slow, stop or sometimes reverse cognitive dysfunction.

Some doctors use cognitive training programs, which often include software that you use at home. Video game companies and websites offer games they claim can improve cognitive function, and while specific games haven't been evaluated for this ability, some evidence does suggest that virtual reality games improve memory and critical-thinking skills.

Because this is an emerging area of science, we're likely to learn more about cognition and cognitive training in the next few years.

Magnesium Plus Malic Acid: One-Two Punch for Pain & Fatigue

ProHealth.com, by Karen Lee Richards*, October 14, 2011



A combination of magnesium and malic acid tops the list of recommendations for easing pain and fatigue, especially for those with fibromyalgia or ME/CFS.

Magnesium (Mg) is one of the most important nutrients required by our bodies. It is necessary for more than 300 biochemical reactions in the body and is essential to human life. A few of magnesium's functions include:

- Maintaining normal muscle and nerve function.
- Keeping heart rhythm steady.
- Supporting a healthy immune system.
- Keeping bones strong.
- Regulating blood sugar levels.
- Promoting normal blood pressure.
- Supporting energy metabolism and protein synthesis.(1)

Since our bodies don't produce this essential nutrient, it is critical that we replenish our supply of magnesium daily through diet and/or supplementation.

According to a 1985 USDA survey, 75% to 85% of American adults consume less than the recommended daily amount of magnesium.(2)

Why We're Not Getting Enough Magnesium

One reason Americans tend to run low on magnesium is that we eat a lot of processed foods, which usually contain very little magnesium. Magnesium is mostly found in green vegetables, nuts and seeds, whole grains, some legumes, and – you're going to love this – chocolate.

But wait - that's not the whole story. What we gain by eating those magnesium-rich foods can be depleted by eating breads and pastas made from bleached and refined flour. Natural diuretics like coffee, tea and alcohol are also magnesium depleters.

A poor diet is not the only culprit, though. Another big reason so many people have a magnesium deficiency is that several commonly prescribed drugs strip our bodies of magnesium. These include oral contraceptives, estrogens, diuretics, corticosteroids, some diabetes drugs, and a number of antibiotics.

A magnesium deficiency can be related to a surprising number of illnesses including fibromyalgia, ME/CFS, migraines, type 2 diabetes, osteoporosis, asthma, high blood pressure, heart disease and PMS.

It can be difficult to detect a magnesium deficiency.

Most nutritional deficiencies can be revealed through a blood test. But because adequate serum levels of magnesium are essential for the heart to function properly, the body works overtime to maintain its blood serum Mg levels - at the expense of our cells and bones. So, even if a blood test shows normal serum magnesium levels, your cells, bones, and muscles may be severely deficient.

Fibromyalgia and Magnesium Deficiency

Researchers have found that people with fibromyalgia are commonly deficient in magnesium. Therefore, it's not surprising that the symptoms of a magnesium deficiency are quite similar to many of the symptoms common to FM:

- Insomnia
- Fatigue
- Irritability
- Headaches
- Muscle spasms and cramps
- Poor memory
- Confusion
- Nervousness
- Anxiety
- Depression

Several of magnesium's functions are directly related to FM symptoms:

Magnesium is involved in the production of serotonin. Serotonin is a neurotransmitter involved in regulating sleep cycles, pain perception, mood and the immune system. People with fibromyalgia typically have low serotonin levels, which can be related to the sleep disturbances, increased pain and mood problems they often experience.

A magnesium deficiency can cause an increase of substance P. Substance P is a neurotransmitter that serves as a pain messenger. People with fibromyalgia usually have exceptionally high levels of substance P, which can contribute to their hypersensitivity to pain.

Magnesium activates adenosine triphosphate (ATP). Energy is supplied to our bodies by the mitochondria in the form of ATP. Researchers have found evidence of mitochondrial dysfunction in fibromyalgia patients, which would result in the severe fatigue reported by most.(3)

Fibromyalgia and Malic Acid Deficiency

Researchers have found that people with fibromyalgia have decreased levels of oxygen in their muscles, also known as *muscle hypoxia*. Biopsies of those muscles have shown muscle tissue breakdown, mitochondrial damage, and low levels of ATP, which helps explain the widespread muscle pain characteristic of FM.

Evidence suggests that malic acid can help ease pain caused by muscle and tissue hypoxia. It allows the body to make ATP - and thereby energy - more efficiently, even under low oxygen or hypoxic conditions. Malic acid also enhances cellular stamina and endurance. (Malic acid is derived from food sources such as tart apples and is used/synthesized in the mitochondria as part of the ATP-producing citric acid or 'Krebs' cycle.)

As a team, malic acid and magnesium work together especially well to fight aluminium toxicity, which is thought to play a role in fibromyalgia. Malic acid acts as a potent aluminium detoxifier, while magnesium prevents future aluminium build-up.

Magnesium and Malic Acid Combo Reduces FM Symptoms

In a 1992 study, 15 fibromyalgia patients were given 300-600 mg of magnesium and 1200-2400 mg of malic acid for periods of four and eight weeks. Participants reported reductions in pain across a tender point index. Notably, six of the patients experienced improvement in 48 hours.(4)

A clinical trial conducted in 1995 tested a proprietary tablet containing 200 mg of malic acid and 50 mg of magnesium on 24 fibromyalgia patients. After taking three of the low-dose tablets twice a day for four weeks, participants noted no significant change in symptoms. However, when the doses were escalated (up to six tablets twice a day) for six months, they experienced significant reductions in the severity of pain and tenderness.(5)

ME/CFS and Magnesium Deficiency

A 1991 case-control study found that 20 patients with ME/CFS had lower red cell magnesium concentrations than did 20 healthy matched control subjects. In the associated clinical trial, 32 ME/CFS patients received either placebo or intramuscular magnesium sulphate every week for six weeks.

The patients treated with magnesium reported having improved energy levels, a better emotional state, and less pain. Red cell magnesium returned to normal in all of the patients on supplemental magnesium, but in only one patient on placebo. The authors concluded that magnesium may have a role in ME/CFS.(6)

A number of leading ME/CFS specialists, including Daniel Peterson, MD, Jay Goldstein, MD, Jacob Teitelbaum, MD, Charles Lapp, MD, and Paul Cheney, MD, recommend a combination of malic acid and magnesium for muscle health and improved energy.

In his "From Fatigued to Fantastic" newsletter, Dr. Teitelbaum said, "Magnesium and malic acid are also critical. When malic acid and the other compounds are low, the body often has to shift to the very inefficient (anaerobic) means of generating energy. This contributes to the abnormal build-up of lactic acid that occurs after exercise in CFIDS/FM. This causes muscle achiness and fatigue."

How Much Magnesium/Malic Acid Should You Take?

Three of ProHealth's **Double Strength Ultra ATP+** tablets contain 125 mg of magnesium and 1200 mg of malic acid - a very effective balance based on years of patient experience. The recommended starting dose is three tablets taken an hour before breakfast and at bedtime. The dosage can be gradually increased as needed.

Dr. Sarah Myhill says, "Magnesium is extremely safe by mouth – too much simply causes diarrhoea. Try increasing the amount of magnesium you take by mouth until it causes diarrhoea, then reduce the dose slightly so it does not. This is called taking magnesium to bowel tolerance..."(7)

Some people taking magnesium and malic acid have noticed symptom improvement in as little as 48 hours; however, it may take as much as four to six weeks.

Summary

Magnesium and malic acid are essential nutrients, yet most people are deficient in them. Their pain relieving, energy producing and mood stabilizing qualities can be particularly beneficial for people with fibromyalgia and ME/CFS.

* Supplement research writer Karen Lee Richards is the Lead Expert specializing in Fibromyalgia and ME/CFS, for HealthCentral's ChronicPainConnection. Karen is co-founder of the National Fibromyalgia Association (NFA) and was Executive Editor of *Fibromyalgia AWARE* magazine for four years.

Puzzle page

Trophy Cabinet

Fielding College has a fine history of sporting achievement and a number of its major trophies are proudly displayed in the cabinet below. Can you match the position of each trophy (1-9) with the sport it was awarded for and the year it was won?

Years: 1982 1984 1986 1987 1992 1994 1995 1996 1999



Pos	Sport	Date

- The rowing trophy was won ten years earlier than the football trophy and both are in opposite diagonal corners.
- The tennis trophy is right of and immediately next to the trophy won in 1995 which is directly above the trophy won for athletics in 1996.
- The rugby trophy is immediately next to and left of the cricket trophy which is in the opposite diagonal corner to the trophy won ten years later.
- The hockey trophy was won four years later than the swimming trophy and both are on the same shelf but not immediately next to each other.
- The gymnastics trophy (won five years earlier than the one immediately above it) is immediately next to the trophy won two years later.

October's Answers								
3	2	4		4		1	0	3
9		2	9	3		4		0
7	0	2		2		4	7	0
			1	0	1		8	
4	3	6	7		8	7	3	4
	6		2	1	0			
7	0	4		7		1	6	7
9		3		2	4	0		2
4	1	2		2		8	6	0

