

KORU

ME/CFS & FM Support

MS Waikato

Working Together to Provide a Service of Excellence
Mahi tatau kit e whakawkiwki he hapori rawe



February 2016 Issue 40

Kia ora and Welcome to 2016.

I hope you all have had a stress free Christmas and summer and that the New Year has begun well for you. I have had a lovely refreshing break and am looking forward to the year ahead.

As I write this our temperatures are sweltering, hovering around the 30 degree mark with 95% humidity. Such high humidity can mean much discomfort for many and I hope you have found ways to keep cool. You will find some ideas that maybe helpful to you on page 4.

Also in this edition I have written about the benefits of Magnesium and Mindfulness. I have also enclosed a calendar highlighting the Education Support Group meeting dates that you can put on your fridge or in a prominent place. On the back of this calendar you will find a list of books we have in our library that are available to loan. Please ring me if you wish to borrow any of these.

I have started planning for topics and speakers to present to the Education Support Group this year. If there is a particular topic pertaining to ME/CFS & FM you would like covered or discussed please feel free to share your ideas with me and I will endeavour to accommodate these ideas.

I have received some feedback stating that some of you feel a sense of isolation now that the newsletter is sent quarterly instead of bi-monthly. As a result I have started to send emails with interesting information and important reminder notices. I hope you have enjoyed receiving these emails, however if you do not wish to continue to receive them, please advise me accordingly. If you have not been receiving any and would like to, please send me your email address.

Our MS Waikato website has been upgraded. It is more user-friendly for accessing information and previous newsletters. Please have a look!

Next Newsletter will be sent in May. Until then...

Aroha nui, Tracey Larsen

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Tracey Larsen Client Service Coordinator ME/CFS & FM

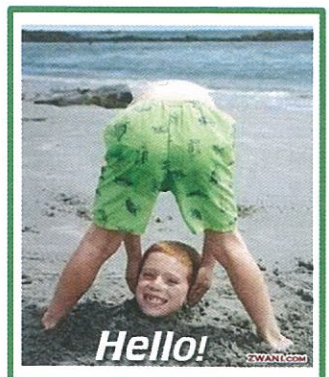
MS Waikato Trust

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Website: www.mswaikato.org.nz



NOVEMBER SUPPORT GROUP

MEETING

The November meeting was an informal casual group discussion regarding pacing, resting, planning and stress management. We were also inspired by one member who has achieved a sense of recovery during the last 6 months. She shared with us a brief outline about how she is approaching her health in order to achieve this.

This group discussion was in place of our scheduled speaker who had to cancel at the last minute. Toni from Life Unlimited has re-booked for the March meeting. She is excited about showing you some exercise tools that work on muscle toning and strengthening without exerting yourself and using precious energy.

So in spite of the last minute hiccup the meeting was still a success and enjoyed by those who attended.

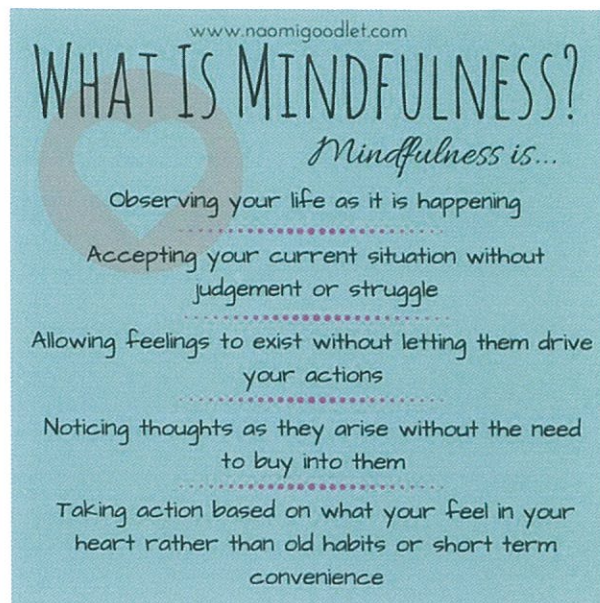


ME/CFS Christmas Lunch



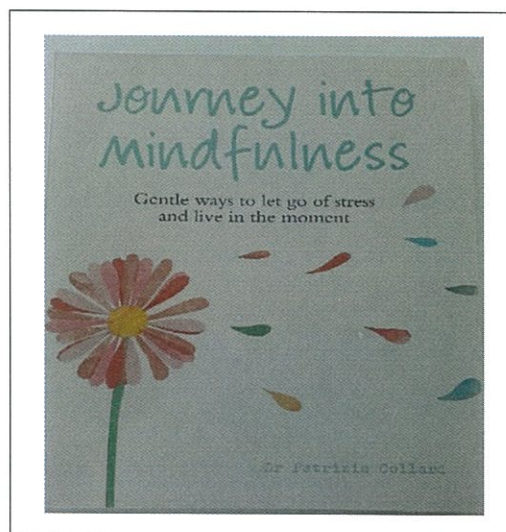
MS Waikato Trust decided to do something different for the ME/CFS & FM group to celebrate the 2015 year's end and Christmas. It was held at the Hamilton Workingmen's Club in Frankton. A lunch of hot glazed ham off the bone and roasted chicken drumsticks along with roasted potato, kumera and pumpkin, peas, corn and coleslaw was enjoyed by all. Dessert consisted of Christmas pud with custard, fruit salad and chantilly cream. It was YUM!!

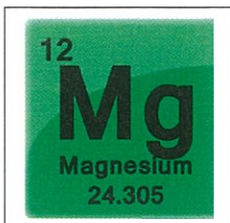
What seemed to be appreciated by those who came was the quiet intimate space, easy access and good parking. Dietary requirements were also attended to. I hope to see more of you there this year.



Mindfulness!! It seems to be the new catchphrase. But what is it? What is its purpose? The above explains it well. We have been very fortunate to have been donated a lovely book "Journey into Mindfulness; Gentle ways to let go of stress and live in the moment" by Dr Patrizia Collard. It explains the principles of Mindfulness and shows you easy, enjoyable and highly effective ways to develop a greater awareness of your thoughts, actions and the environment that surrounds you. Mindfulness practices help to combat stress and anxiety, deal with fear, eat better, and manage change and to feel more fulfilled in life.

Phone Tracey on 8344745 to borrow this book.





Magnificent Magnesium

Magnesium is one of the most important nutrients required by our bodies. Some of magnesium's function 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.

Our bodies do not produce magnesium so it is crucial that we provide this essential nutrient daily through supplementation and/or a diet of green vegetables, nuts and seeds, whole grains and some legumes.

Magnesium can be depleted by eating bread and pasta made from bleached and refined flour, coffee, tea and alcohol, commonly prescribed drugs such as oral contraceptives, some diabetes drugs and antibiotics.

It can be difficult to detect magnesium deficiency but it can be related to a number of illnesses including fibromyalgia, ME/CFS, migraines, asthma, high blood pressure, osteoporosis, heart disease and PMS.

Symptoms of magnesium deficiency are very similar to that of FM and ME/CFS. They include:

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

Dr Mayhill states that taking too much magnesium can cause diarrhoea. She suggests to start on a low dose and increase until this happens then reduce the dose slightly, to find the right dose for you.

Information sourced from Prohealth June 2014



Other foods rich in Magnesium also include dark leafy greens such as spinach, fish especially tuna and mackerel, beans and lentils, unsweetened yoghurt, bananas, cashew nuts and avocados. Eggs also contain a small amount of Magnesium.

If you have difficulty taking Magnesium orally it can also be absorbed through the skin in several ways. Creams and oil sprays can be purchased at Chemists, Healthfood stores or online.

Add half a cup of Epsom Salts to your bath or a reduced amount to a shallow bucket of warm water to soak your feet is another effective and cost efficient way to absorb Magnesium. This is also very effective way to help manage pain.

Affirmation of the year!!

I am a master at setting
boundaries that protect my
time, energy, creativity and
emotional wellbeing

Cheryl Richardson

Coming Events

ME/CFS & FM Education Support Group

Methodist Church, Bader Street, Melville 10.30 - 11.30

11TH February 2016 – Psychologist Neil Micklewood will be giving a brief overview of Mindfulness-based CBT principles to assist with managing pain, psychological distress and improved wellbeing for ME/CFS, and Fibromyalgia.

10th March 2016– Toni from the Life Unlimited Store will be presenting useful energy saving gadgets to make life easier. She is also excited to share tools to strengthen and tone muscle without expending energy

14th April 2016 – Yet to be confirmed.

Tips for staying cool in the heat

- Wear loose fitting clothes made of natural breathable fabrics
- Eat cold foods and drinks
- Use an umbrella for shade
- Avoid hot showers or bath or rinse with cool water before getting out
- Wear a visor instead of a hat
- Wheat/rice packs usually used as heat packs; store in the freezer instead and place over shoulders to help keep you cool
- If desperate wrap yourself in a wet sheet
- REMEMBER TO STAY WELL HYDRATED.
- AND if you suffer orthostatic intolerance (dizzy when standing, or can't stand for too long) add salt to your water and lie down. Orthostatic intolerance can be worse in the heat

OTHER CONTACTS:

You may find it helpful to speak others who also have ME/CFS and/or FM. Thanks to those offering such support. Please be aware that they will respond as they are able, according to how their own health is at the time:

CIANE (Sharn): 0211471933

LINDA: 8553934

lindaderrick@yahoo.com

BERNADETTE: 07 8686763 (Thames)

Deborah: 07 8955545 (Fibromyalgia)

USEFUL WEBSITES FOR MORE INFO ON ME/CFS/FM

www.cortjohnson.org (Health Rising)
www.anzmes.org.nz www.co-cure.org
www.me-cfs.org.au www.iacfsme.org
www.afme.org.uk www.cfidsselfhelp.org
www.emerge.org.au



Check out ANZMES on Facebook. They post great articles that maybe of interest to you regarding research and symptom management



MS Waikato have wheelchairs available to loan at no cost. Phone: 8344740 for enquiries

Tracey Larsen Client Service Coordinator ME/CFS & FM

MS Waikato Trust

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Website: www.mswaikato.org.nz

ANZMES

PO Box 36 307

Northcote, North Shore, 0748

Auckland

Ph 09 269 6374

www.anzmes.org.nz

Medical Advisor

Dr Ros Vallings Auckland

Phone: 09 534 3978 for clinic bookings or enquiries

The Hamilton ME/CFS & FM Education Support Group operates under the umbrella of MS Waikato Trust. MS Waikato offers support, advice and advocacy to those with ME/CFS & FM in the Midland Health area, defined by the boundaries of Waikato DHB.

Disclaimer: Opinions expressed in Koru are those of the writer and not necessarily those of the Hamilton ME/CFS & FM Support Group or MS Waikato Trust.

ME/CFS & FM Education Group Meetings 2016

Second Thursday of each month at Methodist Church, Bader St., Melville

10.30 – 12.00

JANUARY

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NOVEMBER

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DECEMBER

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BOOKS & RESOURCES AVAILABLE

LIBRARY BOOKS

15 Natural Remedies for Migraines and Headaches, J.S. Cohen MD
Adrenal Fatigue for Dummies, R. Staud
An introduction to the Lightening Process, Phil Parker (3) 2 donated
Chronic Fatigue Syndrome M.E., Dr Rosamund Vallings (5 copies)
Chronic Fatigue/ME-Support For family & friends, E. Turp
ChronicFatigueSyndrome, Campling
Diagnosing & Treating Chronic Syndrome, Dr Sarah Myhill
Fibromyalgia and female sexuality, Marline Emmal
Fibromyalgia and Myofascial Pain Syndrome A practical guide to getting on with your life, Dr Chris Jenner
Fibromyalgia for Dummies, R. Staud
Fibromyalgia- simple relief through movement, Stacie L. Bigelow
FibroWHYalgia S.Ingebretson
FM & Chronic Myofacial PainD. Starlynnyl & M. Copeland.
Food Allergy Survival Guide, Vesanto Melina Jo Stepaniak Dina Aronson
From Fatigue to Fantastic, JacobTeitlebaum
Healthier without Wheat-Anew understanding of wheat allergies, celiac disease and non-celiac gluten intolerance, Dr Stephen Wangden
Healthy Eating for IBS, Sophie Braimbridge
Hope & Help for Chronic Fatigue Syndrome & Fibromyalgia, Alison Bested
Living With Fibromyalgia, Christine Craggs-Hinton (3)
Lost Voices, families living with ME
Managing Chronic Fatigue Syndrome & Fibromyalgia, CD set by Bruce Campbell
Optimum Health the Paleo Way, Claire Yates
Parting the Fog- Sue Jones Power of Vitamin D, Safraz Zaldi
Recovery from CFS, 50 personal storie, Alexander Barton (2)
Reviving the Broken Marionette-treatments for CFS ME and FM, Maija Havisto
Sacred Space ME/CFS Depression, Anxiety & Stres, Elizabeth Bailey
Sophie's Story-My 20 year battle with IBS, Sophie Lee
Stay Healthy by supplying what's lacking in your diet, D. Coory
Taking Charge of your Chronic Pain, Peter Abaci
Taking Control of TMJ, Robert Upgaard
The CFIDS / Fibromyalgia Toolkit-A practical self-help guide, Bruce Campbell
The CFSID & Fibromyalgia Self-Help Book A self Management Program for CFS and FM, Bruce Campbell
The Chronic Fatigue Healing Diet, Christine Craggs-Hinton
The Great Physician's Rx for Irritable Bowel Syndrome, Jordan Rubin
The Introvert Advantage-How to thrive in an Extrovert World, Marti Olsen Lani
The Irritable Bowel Syndrome Solution, Dr Stephen Wangen
The New Zealand Gluten Free Cookbook-food everyone can enjoy, Sophie Johnson
The New Zealand Gluten-Free Cookbook, Jim Boswell
The Patient's Guide to CFS & Fibromyalgia, Bruce Campbell
The Whole-Food Guide to Overcoming Irritable Bowel Syndrome, Laura J. Knoff
Understanding Irritable Bowel Syndrome, Dr Kieran Moriarty
Verity Red's Diary-A story of Surviving ME, Maria Mann
What Your Doctor Doesn't Know about FM, L. Veilink and P. Rhodes
Wherever You Go There You Are, Jon Kabat-Zinn
Yoga for Fibromyalgia, S. L. Crotzer
Your Symptoms are Real-What to do when your doctor says nothing is real, B. Natelson

If you are interested in reading any of these books, I can send them out to you.
Please phone 07 8344745

DVDS: AVAILABLE TO BORROW OR BUY FOR \$10.00

Dr Vallings Invest in ME Conference 2015	Dr Vallings Invest in ME Conference2014
Dr Vallings August 2010 talk	Dr Vallings Invest In ME conference 2012 / May 2013
Dr Valling's IACFS/ME Conference Nov 2011	Dr Nancy Klimas's Hamilton talk
Dr Vallings - Pain Management	Relaxation for Pain Management CD (loan only)