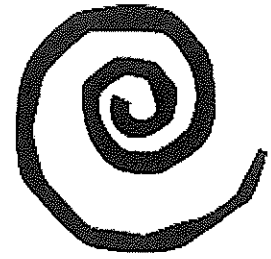




# KORU



## ME/CFS & FM Support

**ms.**  
Multiple Sclerosis  
Waikato

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

February 2018  
Issue 48

### ***Kia ora and Welcome to 2018...***

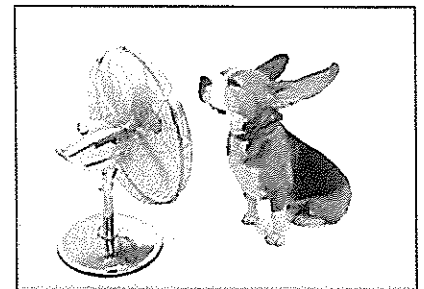
However, before we start with 2018, I wish to recap the end of 2017, which ended on a high note with a successful Christmas lunch at the Hamilton Workingmen's Club. We had a great turn out from all the client groups and feedback received from my ME/CFS & FM clients was that they enjoyed the meal and the feeling of being part of the greater organisation. Also, they say that it was great to witness Leanne's (Chairperson) speech that addressed the clients, acknowledged our wonderful volunteers as well as the hard work we do.

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I had a wonderful summer break, but that now feels like a distant memory as I focus on the year ahead. The hot topic as I write this however is this incredible crazy weather we are experiencing. 2017 ended with some hot sunny temperatures and typically, the weather turned wet in time for the holidays. January witnessed a mixed bag with some long patches of beautiful sunshine but peppered with storms, high winds and north-easterly rain systems that have bought the high humidity. I do speak often about the weather, as you may have noticed – partly because being an ex-farmer, it's in the blood! But mainly because I am very mindful of how seasonal changes and especially high humidity impact you all in one way or another.

So... some tips on keeping cool! • Use an umbrella for shade when outside • Wear loose fitting clothes made of breathable fabrics • Avoid hot baths and showers, or rinse with cold water before getting out • Avoid using hot hair dryers • Use cold foot baths • Wet and wring out light cotton clothing before putting on • Or drape damp fabric over shoulders and head (sarongs are great for this) • Drape a damp sarong over your body in bed to help you sleep • Cool core body temperature by using cold packs on chest, back of neck, under armpits and breasts and in groin areas – wheat/rice bags kept in the freezer are ideal • Wear a visor instead of a hat • Avoid hot foods and drinks. And remember to keep your fluids up!



Anyway... 2018, here we come!! I look forward to seeing those who can make it to the monthly Education Support Group meetings (see back page for calendar). For those who cannot make it along, I look forward to catching up with you on the phone. Take care out there!

Aroha nui *Tracey Larsen*



## November 2017 Support Group Leanne Koorey Flower Essence



Leanne from Family Focus Remedial Therapies is a natural therapist who expanded her modalities from massage, foot joint mobilisation and TMJ balancing to include Flower Essence Therapy.

She finds that flower essences help to deal with emotional imbalances that often accompany physical ailments which enhances treatment efficacy.

Leanne explained that flower essences are safe to use with other medications, safe to use on pets, babies, the elderly and all ages in between. They can be life changing and are ideal to use by those who are sensitive to medications and supplements. She shared her own emotional experience of working through a marriage breakdown, supporting her twin daughters and finding the courage to move into self-employment. Flower essences created calmness, energy, focus of the mind, confidence and self-esteem to help her navigate these difficult times.

Flower essences can also help with:

- Calming the mind and to gain clarity of thought
- Help negative thinking patterns to become more positive
- Bringing more joyfulness into your life
- Feeling more loved and supported when feeling isolated and alone
- Being more happy and confident in social situations
- Easing anxiety and enhance confidence to meet challenges
- Loss and grief
- Sleep
- Irritability
- Learning difficulties
- Work and career intolerances
- The ability to speak out

Leanne described how the energy and characteristics of flowers, their roots, colours, smells and structures are absorbed into water to make the essences. For example, the sunflower is known for its unique individuality and ability to stand tall, strong and independently. Such properties therefore benefit the user who requires support in these areas.

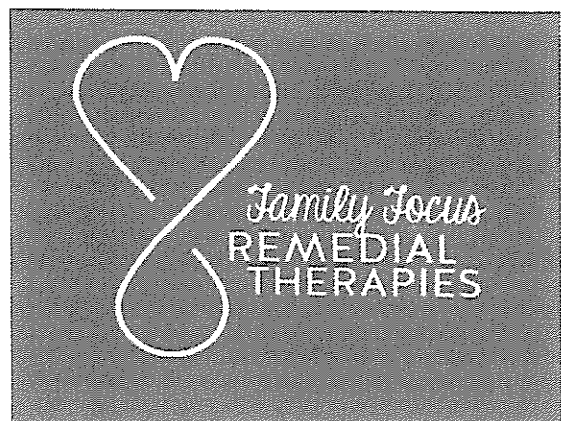
Many premade essences can be purchased such as Chillout to help anxiety, Sweet Dreams to help with sleep, Change to support life changes or the breaking of habits, SOS which is a rescue remedy for times when in shock or when experiencing a panic attack. Personalised essences can also be made to suit your unique circumstances.



They are made with a minute amount of alcohol which helps to preserve the essence but can be made without the alcohol for those who are not tolerant.

For a consultation or to learn more contact Leanne Koorey on P: 07 8728031, M: 0272892984 or E: [leeannem@slingshot.co.nz](mailto:leeannem@slingshot.co.nz)

See her website [www.ffrt.bigcartel.com](http://www.ffrt.bigcartel.com) for a full range of premade essences. Use this code 4WD78U for a 15% discount.



# CoQ10

Last October Dr Bill Reeder visited our support group and spoke about how effective CoQ10 is in fighting fatigue as it helps to promote energy production by supporting mitochondria function (see November 2017 Koru). He commented that Ubiquinone form of CoQ10 is better than Ubiquinol form due to better absorption and efficacy. However, many CoQ10 products are made of the Ubiquinol form. There is much confusion about the difference and some studies state that there is no difference. Many studies are also biased; these articles are obvious by the promotion of products made by the researchers themselves.

Although the below information is a study completed by an Integrative Cardiologist, Dr Sinatra, and it is in relation to heart health, I believe this study gives a good unbiased opinion comparing the differences and felt it worth sharing. I hope you find this helpful.

## Is Ubiquinol CoQ10 Better than Ubiquinone?

Most heart vitamin manufacturers push the ubiquinol form of CoQ10 telling consumers it's the best type of CoQ10 because it's what your body makes naturally. The biggest claim with heart vitamins is that ubiquinol CoQ10 can be absorbed up to eight times better than other forms of CoQ10. Yet, I haven't seen solid evidence to back up that claim. In fact, for years I've used the ubiquinone form of CoQ10 with great success.

There have been some absorption problems with the ubiquinone form of CoQ10, primarily when taken as a powder-filled capsule. However, the type of ubiquinone that I use—and have recommended for years—is a high-quality hydro soluble form that has excellent absorption.

### I Did My Own Research to Find the Best Type of CoQ10

I, too, was curious about the best type of CoQ10. So, I performed an informal 12-person study. Half of the participants took either 200 mg of ubiquinol or 200 mg of ubiquinone for the first month. In the second month, I had them take nothing. In the third month, the participants switched to the other form of CoQ10.

I checked their CoQ10 blood levels each month and found that both groups achieved excellent results, with ubiquinol resulting in only slightly higher levels in most people—making it not worth the higher cost. Plus, in one-person ubiquinol actually resulted in a significantly *lower* CoQ10 blood level when compared to ubiquinone.

More importantly, I was disturbed by feedback from several volunteers who complained of fatigue when they took ubiquinol. I also heard about complaints of fatigue from two respected colleagues who are nutrition experts.

One said she felt considerable fatigue after starting ubiquinol—something I've never heard from anyone taking ubiquinone. On the contrary, the usual feedback from ubiquinone takers is that they feel they have more energy, not less.

### So, which is Better, Ubiquinol or Ubiquinone?

Based on this feedback and the fact that all of my study participants had approximately equal blood levels of CoQ10—not to mention the fact that ubiquinone costs less than ubiquinol—I see no reason to switch. I'm sticking with hydro soluble ubiquinone CoQ10.

**So, how much should you take?** I suggest that healthy people under age 60 take a minimum daily dose of 50 to 100 mg of hydro soluble CoQ10 to improve the metabolic efficiency of their cardiovascular system. If you're over 60 or on a statin drug, I recommend increasing your CoQ10 intake to 100 to 200 mg daily. If you had recent heart surgery, heart attack or congestive heart failure, I recommend 200 to 300 mg daily.

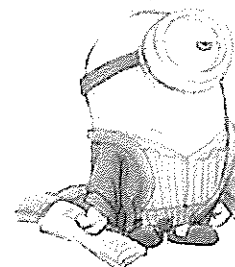
A general rule of thumb with CoQ10 is the sicker the individual, the more CoQ10 is required. One of the mysteries, and highly beneficial qualities of CoQ10, is that it will help to "rescue" any tissue in need.

I also recommend dividing the dosages, taking half of your daily CoQ10 in the morning and the rest in the afternoon. That's because when CoQ10 is taken twice a day, as opposed to one, the blood levels are much higher. That's also the same for many other heart vitamins.

There's no question that CoQ10 is an absolutely essential nutraceutical for most medicine chests. And remember, when CoQ10 is converted to hydro soluble form, it provides even greater energy and helps you maintain heart health.

Sourced from <https://www.drsinatra.com/is-ubuquinol-coq10-better-than-ubiquinone-surprising-results-from-my-own-research>

**So the bills are washed,  
the laundry is paid, the clothes are  
in the oven and the last load of  
dinner is in the dryer... who  
says I can't multitask?**



## Page 6 Tips, Snippets & Contacts

A gold coin koha is greatly appreciated thank you

### Up & Coming Events

ME/CFS & FM Education Support Group

Melville Methodist Church, Bader Street, Melville 10.30 – 11.30

**March 8<sup>th</sup>, 2018** – John Appel, Physiotherapist, specialises in treating FM and Myofascial Release Therapy

**April 12<sup>th</sup>, 2018** – Sarah from WDHB Rheumatology Clinic will be speaking to us about their Up Lift and Active program for FM patients

**May 10<sup>th</sup>, 2018** – Yet to be confirmed

### Notice of MS Waikato Trust Annual General Meeting

The AGM will be taking place on Wednesday 28<sup>nd</sup> March at 6.30 pm in the Life Unlimited Board Room. Financial members will be eligible to vote at the AGM. To reserve a seat or for more information please contact Janet on 07 834 4740 or email [janet@mswaikato.org.nz](mailto:janet@mswaikato.org.nz)



### I am "Wonder Woman"



I wonder where I left my keys,  
I wonder where I put my purse,  
I wonder where my money went.

Official Selection  
sundance  
Festival

## UNREST



If you missed seeing Unrest at the Lido Cinema last year, no fear! You can now view it on Netflix. You can sign up for a month's free trial by viewing [www.netflix.com](http://www.netflix.com) if you do not already have an account.

### OTHER CONTACTS:

You may find it helpful to speak to 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 or email [lindaderrick@yahoo.com](mailto:lindaderrick@yahoo.com)

BERNADETTE: 07 8686763 (Thames)

JANE: please email [rijdalton158@gmail.com](mailto:rijdalton158@gmail.com)



ANZMES

MS Waikato have Wheelchairs available to loan short term at no cost.  
Ph: 8344740 to enquire

### HEALTH PASSPORTS

contain information about your health condition/s and how you want people to communicate and support you when seeking medical treatment.

For more information view [www.hdc.org.nz/about-us/disability/health-passport](http://www.hdc.org.nz/about-us/disability/health-passport)

### Tracey Larsen Client Service Coordinator ME/CFS & FM

MS Waikato Trust

P.O. Box 146, Hamilton 3240

Phone: 07 8344745

Mobile: 027 3855425

Email: [tracey@mswaikato.org.nz](mailto:tracey@mswaikato.org.nz)

Website: [www.mswaikato.org.nz](http://www.mswaikato.org.nz)

### ANZMES

PO Box 36 307

Northcote, North Shore, 0748  
Auckland

Ph 09 269 6374 [www.anzmes.org.nz](http://www.anzmes.org.nz)

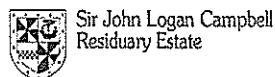
### Medical Advisor

Dr Ros Vallings Auckland

Phone: 09 534 3978 for clinic bookings or enquiries

### MS Waikato would like to thank those who sponsors us.

New Zealand Post, SPAN Trust, WDFP Karamu Trust, Waipa District Council, COGS – Hamilton City, Hauraki, South Waikato and Waikato West, Anytime Fitness – Hamilton Central, Len Reynolds Trust, The Norah Howell Charitable Trust, The Lion Foundation, Glenice & John Gallagher Foundation & Gallagher Charitable Trust, Page Trust.



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 speakers presenting to the monthly group and not necessarily those of the Hamilton ME/CFS & FM Support Group or MS Waikato Trust.



## BOOKS & RESOURCES AVAILABLE

### LIBRARY BOOKS

Adrenal Fatigue for Dummies, A. Wiley  
An introduction to the Lightning Process, Phil Parker  
But I Love You Cherry G - True story on Psychological abuse  
Chronic Fatigue/ME Support for Family & Friends Elizabeth Turp  
Chronic Fatigue Syndrome M.E., Dr Rosamund Vallings  
Chronic Fatigue Syndrome, Campling  
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 Myofascial Pain D. Starlynyl & M. Copeland.  
Food Allergy Survival Guide, Vesanto Melina Jo Stepaniak Dina Aronson  
From Fatigue to Fantastic, Jacob Teitelbaum  
Healthier without Wheat-A new understanding of wheat allergies, celiac disease and non-celiac gluten intolerance, Dr Stephen Wangden  
Healthy Eating for IBS, Sophie Braimbridge  
Healthy Gut Cook Book Gavin Pritchard & Maya Gangadharan - NEW  
Hope & Help for Chronic Fatigue Syndrome & Fibromyalgia, Alison Bested.  
Journey into Mindfulness Patrizia Collard  
Living With Fibromyalgia, Christine Craggs-Hinton (3)  
Lost Voices from Hidden Illness, Natalie Boutlon  
Managing ME/CFS; A Guide for Young People, Dr Ros Vallings NEW  
Optimum Health the Paleo Way, Claire Yates  
Power of Vitamin D, Safraz Zaldi  
Recovery from CFS, 50 personal stories, 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 Control of TMJ, Robert Upgaard  
The Anatomy of Hope, Dr Jerome Groopman  
The CFIDS / Fibromyalgia Toolkit-A practical self-help guide, Bruce Campbell  
The CFIDS & Fibromyalgia Self-Help Book A self Management Program for CFS and FM, B. Campbell  
The Chronic Fatigue Healing Diet, Christine Cragg-Hamilton  
The Great Physician's Rx for Irritable Bowel Syndrome, Jordan Rubin  
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 Pocket Guide to CFS/ME; Key Facts & Tips for Improved Health, Dr Vallings NEW  
The Whole-Food Guide to Overcoming Irritable Bowel Syndrome, Laura J. Knoff  
Understanding Irritable Bowel Syndrome, Dr Kieran Moriarty  
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. Crozter  
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 – Orthostatic Intolerance and Salt PLUS latest Invest in ME research 2017  
Dr Lapp's Feeling Better DVD – from his speaking tour in NZ April 2017 - NEW  
Dr Vallings's Key Research finding from Invest In ME Conference 2016, 2015, 2014, 2013, 2012, 2011,  
Dr Vallings - Pain Management 2011  
Dr Kathy Rowe, Paediatrician – Understanding ME/CFS in young people 2014  
Dr Nancy Klimas's Hamilton talk, 2010