

Strength & Vitality Bulletin

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This letter comes to you after the completion of another busy year, in fact on the 2nd of this month we passed the 3rd anniversary of coming to live here in Kawerau! That time has sure gone by in a hurry, and with the recent resignation of our Prime Minister it makes us aware of how things continue to change for us all. We are enjoying living in the Bay of Plenty and we have stabilised our lifestyle quite nicely. Donna has been happily doing 2 small gardening jobs on a weekly basis and Gordon continues to build a client / customer base here in Kawerau. We are both gratified and pleased however that our previous customers still continue to purchase from us faithfully in other parts of New Zealand. When we first arrived down here to live in December 2013, houses to rent were in reasonable supply and there was a steady turnover of houses being sold. However to read in the local Echo newspaper that one of the real estate agents sold 87 property sales in 1 year still comes as a surprise. It certainly looks as though the continuing trend of people leaving our biggest city for a better lifestyle has got a lot to do with how things are going for other parts of the country. Recently it was mentioned that Rotorua is having an upturn in property values, and it appears that Thames is now enjoying a boom as well.

Our 8th grandchild in the form of Jacob arrived on the 13th of October, and we will on the forthcoming April 8th celebrate our 39th wedding anniversary. Things never stand still do they?!

Kind Regards Gordonna

FIBROMYALGIA IS A PAINFUL & TIRING DISORDER WITH SIMPLE SOLUTIONS

Millions of women affected worldwide

This common health condition is not well regarded by those who suffer from it, however they soldier on and most are capable at engaging in regular activities in their lifestyle - albeit at a reduced capacity compared to healthy individuals. In New Zealand it is estimated that

The pain in the body although easily felt was not primarily being caused by inflammation, but was getting amplified by the nervous system which transmitted the messages.

3 to 5% of the population have this disorder with an amazing 80% being women! It usually surfaces between the ages of 25 to 55 and although for some it can be anytime in their lives, the younger you are indicates that an unhealthy



Significant pain and an inability to sleep restfully are the major symptoms of this complex and difficult to deal with health complaint. However the good news is that it is not a progressive disease, isn't fatal and does not cause damage to joints, muscles or internal organs and can with correct treatment be minimised or even improved to the point that the problem no longer exists.

situation has existed for some time prior to diagnosis. The interesting thing about this disease is that it was not fully identified until 1990, and can easily be mistaken for other health conditions presenting similar symptoms. Due to this in 2011 a revision of previous testing has been introduced

which eliminated the 1990's approach to this health problem of tender point testing. The new method of diagnosis now involves considering 19 general body areas using what is known as widespread pain index (WPI) and the individual has had to have experienced that pain in the previous 2 weeks.



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What is Fibromyalgia and how does one know they have it?

The word that describes this ailment gives us a clue to the originating cause. The Latin word for fibrous tissue is (*fibro*) and the other components of this word are the Greek words for muscle (*myo*) and pain (*algia*) therefore we arrive at fibromyalgia (fibrous tissue and muscle pain). And that is the simple definition over and done with, for it gets much more complex and hard to explain from hereon in. The reason for it being so difficult to describe is because of overlapping symptoms of other debilitating diseases. Chronic Fatigue Syndrome is one of them, and in fact for years it

was considered that our headlined health problem was in fact this particular one just mentioned. And when you compare the two you can see why the health professionals were lured into this way of thinking. Both involve tiredness, pain and general forms of depression. However research into chronic fatigue syndrome and post polio syndrome has made the astonishing discovery that the virus which most often triggers the former condition is closely related to the one that causes polio. (information from Louise Tenney's book *Today's Herbal Health* page 261) She drew this piece of surprising evidence from the publication *What Doctors Don't Tell You* which appeared in January 1996 and considered Chronic

Fatigue and Fibromyalgia seemingly to be an alternate polio. Some researchers say that CFS is just another form of polio that has increased with the advent of the polio vaccination. Another health issue that runs alongside Fibromyalgia is arthritis and rheumatism, which once again present similar symptoms but are in fact separate impairments to good health. That is because arthritis is a disease of the joints which end up being damaged, and from that damage emerges the traditional pain associated with this condition. There are over 100 forms of this type of inflammation of the joints and occurs for various reasons with the main one being the wear and tear placed upon such joints by

daily activity. Rheumatism of course differs from this by being a disease that **attacks the body** because it is an autoimmune disease, meaning that the body mistakes its own tissues as foreign and attacks them. It produces a similar result to the body by producing pain, tiredness and due to our joints being operative each living day, they also end up being swollen sore and inflamed. This is the major difference with Fibromyalgia from the two previously and widely infamous diseases, in that although sufferers from our discussed health problem suffer all of the above, it does not cause any **damage** to the joints, muscles or other tissues including inflammation, which is at variance with the other two

Taken from Various Sources
Including Natural News



ACTIVE HEALTH SERVICES PRESENTS

Health News in brief from around the Globe

Time magazine 14/11/16 reports that people who never go to the dentist had an 86% greater risk of pneumonia than those who get twice yearly check ups, according to a study presented at a forum of the Infectious Diseases Society of America and other groups, based on 2013 Medical Expenditure Panel Survey data. The authors suggest that regular cleanings reduce bad bacteria.

The same magazine also recently reported that some 16.5 million Americans may be drinking water containing chemicals linked to high cholesterol, obesity & cancer. A study found that samples from public water supplies on 33 states contained unsafe levels of organic compounds known as PFAS.

Medical errors kill 251,454 people every year in America, making them the 3rd leading cause of death, after heart disease & cancer, according to a new paper in *BMJ*. The study's authors called on the CDC to let doctors list these mistakes as a cause of death.

Americans spend about US \$30 Billion a year on non-traditional health care, such as yoga and ginkgo biloba. This is mere fraction of what gets spent on overall health care, but still marks a new all time high.

The Global Burden of Disease Study reports that a major Gates Foundation backed study found that over 95% of people in 2013 lived with a health problem. The leading issues varied across 188 countries surveyed as this: USA

backpain; Ireland major depressive disorder; Saudi Arabia diabetes; Iraq iron deficiency anaemia; Burma hearing loss and Qatar opioid dependence.

John Cannel, MD of the Vitamin D council posted on 23/6/16 that a randomised controlled trial found that 4,000 International Units a day helps heart function. Dr Klaus Witte & 16 colleagues of the Leeds Institute of Cardiovascular & Metabolic Medicine in England published an open access trial in the prestigious *Journal of the American College of Cardiology*. They found that multiple echocardiogram measurements improved by supplementing with 4,000 IU/day of vitamin D3 for 1 year.

On 15/6/16 Sayer Ji

published on GreenMedInfo.com that in a new powerful study published in *Molecular & Cellular Biochemistry* provides evidence that a traditional food consumed in the tropics as vegetables - *Morinda citrifolia* (Noni) leaves - may be the ideal complimentary therapy or functional food in the prevention of lung cancer. Amazingly, the study found that an extract of Noni leaf was more effective than the chemotherapy drug Eriotinib at suppressing metastasised lung cancer in an animal model.

NZ Herald 6/4/16 reports that people who lose a partner in death are at an increased risk of developing an irregular heartbeat in the following 12 months. Those who are bereaved are over 40% more likely compared to those who haven't lost their partner.

and more well known health problems. As can be seen from our dialogue so far, it is clear that the description of each of the health problems mentioned differs considerably from each other even though the symptoms in existence mirror each other closely. No wonder the health professionals were fooled! So how did they discover this variation of ill health in the first place?

The tracking down and identification of Fibromyalgia

The surprising but understandable thing to do with this health condition, is that it has taken so long for the correct explanation and definition to emerge. As far back as 1592, French physician Guillaume de Baillou introduced the term "rheumatism" to describe musculoskeletal pain that didn't originate from injury. This was a broad term that would have included fibromyalgia as well as arthritis and many other illnesses. The communal problem of muscle pain and having that interfere with one's sleep came under this overall heading of rheumatism. Eventually, doctors began to use "muscular rheumatism" for painful conditions that, like fibromyalgia, didn't cause deformity (thereby leaving out arthritis which frequently does this). However because many who suffered from this form of incapacity also demonstrated symptoms of depression and were lacking motivation to get normal activities accomplished, doctors believed that numerous individuals were mentally sick. How wrong they were! The effort of having to go about daily activities in considerable pain, causes the body to send out even more signals of discomfort to the brain in an



When this photo was taken in 1946, fibromyalgia was called "fibrositis" and this term was first coined in 1904 by British neurologist Sir William Gowers. Heritage Images/Getty Images

effort to get the person to slow down and allow themselves a chance to deal with this particular health issue. As can be seen as far back as 1815 when Scottish surgeon William Balfour described for the first time that nodules on connective tissue were a cause of pain, particularly when pressed, that it was clearly a physical problem and not that of the mind. A few decades later, French doctor Francios Valleix used the term "neuralgia" to describe what he believed was referred pain from tender points traveling along the nerves. There was much effort put into explaining this including theories about hyperactive nerve endings or problems with the muscles themselves. In 1880, American neurologist George William Beard considered that stress was associated with the widespread pain being felt along with fatigue and psychological disturbances, and he called these disorders by the terms neurasthenia and myelasthenia. And from all of this it can be seen that gradually the health

professionals were getting a clearer and better understanding about this complex problem of fibromyalgia. So as the modern age of the 20th century dawned, the insights gained by those investigators of the past formed a platform for traditional medicine to go even further with providing an efficient explanation for a puzzling health conundrum.

What is the now prevailing opinion held about Fibromyalgia?

The term used to describe muscle pain up until 1976 was fibrositis, and that was discontinued because it became evident that inflammation was not present with people suffering this type of disability. The pain in the body although easily felt was not primarily being **caused** by inflammation, but was getting amplified by the nervous system which transmitted the messages. Any health definition ending with *itis* involves swelling or inflammation and that is simply not the case with our health problem under

discussion. So the term fibrositis was replaced with the present terminology i.e. fibromyalgia, which can now with the benefit of hindsight be seen as being much more accurate. In 1981 research conducted by Muhammed Yunus then finally confirmed that pain, fatigue and poor sleep was significantly more common in people with fibromyalgia than their healthy control subjects. Other additional symptoms included: Subjective swelling, abnormal nerve sensations, overlapping conditions such as irritable bowel syndrome (IBS), tension headaches and migraines. This paper established enough of a consistent symptom cluster to officially denote fibromyalgia a syndrome as well as having the first criteria that proved this health difficulty was able to be separated from others. A wealth of research has since confirmed that these symptoms and overlapping conditions are in fact associated with fibromyalgia. Eventually this type of thinking led to identifying another enigma which is defined as Central Sensitivity Syndrome. (information gleaned from www.verywell.com)

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Why then do we get Fibromyalgia in the first place?

What a simple question - and believe or not in this technological age, we cannot find unanimity amongst the experts as to the reason/s why this occurs! From the Arthritis Foundation comes the following from their website www.arthritis.org: "The cause of fibromyalgia is unknown. Studies suggest that an injury, trauma or infection may affect the central nervous system's response to pain. Some researchers believe that trauma leads to biochemical changes in the muscles, and later, the central nervous system, leading to chronic pain. Others believe that an injury to the central nervous system interferes with brain wave patterns related to pain. Still others believe hormonal changes or infections, such as a flu virus, may trigger fibromyalgia. Some studies have suggested that people with fibromyalgia have abnormal levels of different chemicals in their blood or the fluid in the brain and spine that help transmit and intensify pain signals to and from the brain. There also is evidence that the central nervous system's ability to inhibit pain is impaired in these people. In addition to patient reports, brain-imaging studies have confirmed that when fibromyalgia patients are given a small amount of pressure or heat, they experience much higher amounts of pain, as if the "volume control" is set too high on pain processing. Whether these abnormalities are a cause or a result of fibromyalgia is unknown. There are some scientists who suspect that lack of exercise and changes in muscle metabolism may play a role in fibromyalgia or that the opposite, muscle overuse, may be the key. Sleep

Description	Identified	How it affects us	Other Factors
Chronic Fatigue Syndrome	Formally defined in 1988	Fatigue which causes constant problems coping with life	Disturbed immune system
Osteoarthritis	Identified over 5,000 years ago	Morning stiffness, wear & tear on joints, decreased mobility	Age related & specific
Rheumatism	First mentioned in 1592	Autoimmune disease, joints swollen & stiff	Inflammation & swelling
Fibromyalgia	Formally defined in 1990	Internal pain, poor sleep patterns	Low levels of Serotonin

disturbance, a symptom of fibromyalgia, may also be a cause. Sleep disturbance lowers the production of a growth hormone crucial to the repair of muscles. An established link exists between fibromyalgia and depression, but no one knows if depression is a cause or effect of fibromyalgia. What does seem to be true is that all of these conditions may contribute to fibromyalgia for different reasons."

And yet from world famous Naturopaths Michael Murray and Joseph Pizzorno in their book *Encyclopaedia of Natural Medicine* comes an unambiguous statement "Although fibromyalgia has many facets, the central cause of the pain of fibromyalgia is low level of serotonin. Chronic low levels of serotonin cause the sensation of pain to be greatly exaggerated." They explain further on page 461 "An analogy is that sleep is like a battery charger. If the body is not being recharged, especially the muscles, the result is pain. With good, restful sleep, the battery becomes fully charged and functions optimally. The outcome is that pain goes away or is significantly relieved."

This all makes sense, for it has been proven that low serotonin levels in the body is because of insufficient amounts of Vitamin D3, which of course the availability of such is highest in the summer months. That is a good clue as to why those who suffer from this unhelpful disorder feel a lot worse in the wintertime! Personally speaking this writer can attest to the benefits that have flowed as of result of regular and consistent consumption of Vitamin D3, resulting in feeling less pain on a daily basis within this nearly 70 year old body.

What's the best way to cope with Fibromyalgia?

Ensure you are being careful that you have the problem in the first place. Due to the cross over of many symptoms with other health issues, it is possible to believe you may have the problem and be mistaken! The testing called for mentioned on page 1 of this article ensures that a comprehensive evaluation is demanded before a correct diagnosis is made. Correct diet is crucial if you are identified as having this health problem. Partaking of larger amounts of raw fruit and vegetables compared to cooked food is extremely

helpful in keeping the pH balance within proper guidelines. Eating according to your blood type is recommended. Drinking on a daily basis Liquid Chlorophyll is an exceptional way of assisting with this insidious disease. Nature's Sunshine product #1580 does this job better than any other we have encountered so far. Also we would consider that partaking of Vitamin D3 will not only assist with the pain levels, but go a long way to overcoming depression, which is a part of this obstruction to happiness and was identified in the 16th century. This essential element is also renowned for overcoming the sleep challenge that exists with fibromyalgia sufferers. Being aware of why the problem exists at all has proven to be helpful, and many an individual is thankful when their myriad health riddles have been shown to occur due to genetics and not what they have been doing in their lifestyle. Consider partaking of the product featured on the last page, for supplementation of quality products is one of the best ways to deal with fibromyalgia. 5 HTP is a good one as well, and high grade magnesium has proven very beneficial. Keeping stress under control is absolutely essential, so accordingly also consider products that go along with promoting peace and serenity.

Fibromyalgia patients help manage pain with vitamin D

Natural News Tuesday, August 23, 2016 by: Vicki Batts

If you suffer from fibromyalgia, you know how debilitating it can be. The condition is characterised by inflammation, muscle pains, sensitivity and fatigue.

Fibromyalgia is known for severely decreasing quality of life for its sufferers, and its prevalence has only continued to grow. Recent estimates suggest that around 1 in 25 people live with this life-altering condition, but it is most often seen in women. About 5 million people are affected each year, according to the CDC.

Many professionals believe that the condition is caused by a sensitive nervous system, and that sleep disturbances and abnormal pain processing both play roles in its development. A game-changing study has revealed that vitamin D could help to relieve the symptoms of fibromyalgia. In addition to pain and fatigue, tingling or numbing sensations in the hands and feet, morning stiffness, headaches and even irritable bowel syndrome can also be accompanying symptoms of the condition.

The study, authored by researchers from the Orthopaedic Hospital Speising, which is located in Vienna, Austria, found that vitamin D could actually help relieve and calm nerves and help to reduce inflammation across the body. The study's lead researcher, Florian Wepner, even goes so far as to say, "Vitamin D supplementation may be regarded as a relatively safe and economical treatment for FMS patients..."

The study included 30 women who were all



clinically diagnosed with fibromyalgia, and they all also happened to be vitamin D deficient. The women also experienced similar symptoms such as fatigue, periods of depression, and a lot of instances of pain. Researchers divided the women

into two groups; a group that received a vitamin D supplement, and a group that got a placebo.

Their findings, which were published in the journal *Pain*, showed that over the course of 25 weeks, women who took the vitamin D supplement experienced reductions in their symptoms compared to the placebo group. Pain levels diminished and the women reported having more energy in the morning. The vitamin D supplements were actually helping to relieve inflammation all on their own. Interestingly enough, the placebo group reported no changes in their pain levels or other symptoms.

What is even more telling though is that after the study ended, the women who had been taking the vitamin D supplements reported that their pain levels began to creep back up after ceasing to take the supplements. Unsurprisingly, Wepner was extremely pleased with these findings and suggests that vitamin D levels should be monitored in patients suffering with fibromyalgia. Hopefully, researchers will continue to pursue natural methods of healing and scientific evidence will continue to show that many of the conditions people suffer with today can easily be cured with food and nutritional supplements.

Product of the Month

#4061 Fibralgia 90 capsules

Retail Price \$ 39.00

Fibralgia was formulated to help the structural system, especially the muscles, which can sometimes be broken down for energy.

*If you want
this product
then Phone :
07-8080-
650*



Fibralgia provides the important health benefits of malic acid and magnesium, in one source. Both ingredients have been shown to benefit individuals suffering from the chronic muscle aches and pains, stiffness and fatigue associated with fibromyalgia syndrome (FMS). As a natural alternative to prescription anti-inflammatories, Fibralgia offers those with FMS a drug-free option for achieving better health. It is estimated that between 3 and 6 million Americans suffer from FMS— a condition of chronic, debilitating and widespread musculoskeletal pain, stiffness and fatigue. FMS patients also suffer from notable mental and physical dysfunction characteristic of immune system abnormalities and disrupted sleep patterns. Such symptoms include, but are not limited to, chest pain, depression, dizziness, frequent abdominal pain, headaches, insomnia, irritable bowel syndrome, low-grade fever, poor memory and concentration, restless sleep, swollen lymph nodes, and tingling sensations in the extremities. FMS appears to be much more common in women (70-88%) than men, with the majority of women falling between the ages of 25 to 45 years old. Recent research suggests that FMS may be the result of local hypoxia in the muscles— a condition of decreased oxygen delivery to muscle cells which can cause muscles to become easily fatigued. Additionally, low levels of the energy-producing compound adenosine triphosphate (ATP) have been identified in FMS sufferers. ATP is crucial to the production of cellular energy, which takes place in the mitochondria of each cell. With this in mind, researchers theorise that hypoxia in muscle tissues (which inhibits ATP synthesis) causes the body to break down muscle proteins into amino acids which can be utilised to produce ATP . This theory has been supported by muscle biopsies taken from FMS patients, which reflect muscle tissue breakdown and mitochondrial damage, and may serve as the explanation behind the muscle pain associated with FMS.

Malic acid - one of several alpha-hydroxy acids (AHAs) found in apples, grapes, cranberries, and other fruits and vegetables - is a naturally-occurring antioxidant and essential component for the synthesis of ATP . Malic acid can also be manufactured in the body through the citric acid cycle. According to research findings, malic acid appears to be essential for preventing and reversing hypoxia's inhibition of energy production. On a side note, animal studies have shown that malic acid also enhances aerobic capacity and exercise performance, which may prove helpful for increasing stamina and endurance in human athletes. Magnesium is found in the mitochondria of cells, where it operates as an essential element in various cellular functions, including energy production, protein synthesis, and cell replication.

Magnesium is also a cofactor of 300+ enzymatic functions in the body, and controls the various metabolic steps necessary for creating energy (i.e. the formation of ATP) . Consequently, low levels of magnesium are equated with low levels of energy. Recent research involving post-menopausal women showed that low levels of magnesium result in wasted energy, making physical exertion more difficult. Magnesium deficiency has been found to cause many of the same symptoms associated with FMS - fatigue, mood disorders, sleep disorders and muscle dysfunction—and may be an important factor in its development. Thus, it comes as no surprise that individuals diagnosed with FMS typically exhibit low red-cell magnesium levels. Incidentally, magnesium deficiency can also cause a build up of aluminium in the brain which, in turn, has been shown to produce symptoms of FMS. Many natural treatment protocols for FMS include supplementation with both malic acid and magnesium, based on supporting evidence from various studies. According to one study in the Journal of Nutritional Medicine, 15 patients with FMS (aged 32-60), receiving daily doses of malic acid and magnesium, experienced a **notable reduction in pain** within the first 48 hours. During an 8-week period, overall muscle tenderness and pain decreased 67%. However, participants' conditions deteriorated within 48 hours after being switched to a placebo. Likewise, a double-blind, placebo controlled study published in the Journal of Rheumatology demonstrated the effectiveness of malic acid and magnesium for achieving significant reductions in the severity of pain and tenderness associated with primary FMS.