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Hi everyone!

As you read this issue of MEssenger, we are officially into winter. We hope you are managing to stay snug and warm!

ME/CFS Awareness Day was celebrated on Saturday May 12th (Florence Nightingale's birthday), with a screening of Jennifer Brea's powerful movie 'Unrest' at the Rialto in Tauranga (see page 2).

Our raffle was also drawn at this event (see page 2). Keep your eye out for our latest raffle, which has a 'Winter Warmer' theme (see page 3).

We could not continue to deliver our services without the help of our volunteers and supporters. We feature a key supporter, Metro Marketing, in this issue (see page 6), as well as volunteer Kaye Dickson, who does a wonderful job as curator of our public and closed CCI Support facebook pages (see page 3).

Our mission is to help empower our members towards wellness. In this issue you'll find plenty of inspiration – from a report on Dr Corin Storkey's Tauranga presentation (page 4), to member Orielle Fox's personal journey through ME/CFS (page 7).

Enjoy the read!

Tina and the CCI Support team 😊

Remember to check the Group Monthly Meetings Calendar!



CCI Support :
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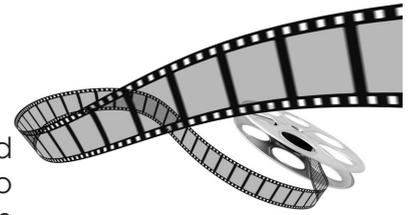


Should you wish to join our Facebook page, the easy link is: <https://www.facebook.com/groups/203904249678311/>

Send a friend request...!

Local Items of Interest

“UNREST” SCREENING AT RIALTO



I could hear the hum of many conversations from below as I climbed the stairs to the Rialto theatre, Tauranga's only arthouse theatre, who generously hosted the 11am screening of ' **UNREST** ' on Saturday 12th May. A good crowd was gathering early for the morning tea, networking and catch-up with a good showing of CCIS staff on hand to assist where needed.

I spoke to one group seated enjoying a hot cup of tea and samplings from the delicious buffet. One woman had fibromyalgia and had brought some friends with her. Another woman told me how her journey is so like the woman's in the film that she brought her husband along. Although he said he knows the issues around the illness, he agreed that seeing it portrayed on film would give him another perspective. That's what I call a supportive husband! One member got herself there despite nursing a bad migraine. She said it was important for her to come to see how this illness is being portrayed to the public.

CCIS staff were delighted with the turnout to the first event of this kind for us in Tauranga with our ever-positive manager Michelle remarking " *this is certainly something to build on!*".

And did I say the food was wonderful?

But what of the film? Some comments that got back to us:

"Amazing film, felt very emotional at times but also very grateful that I am as well as I am and have the support of our wonderful group." JM

". . . this is just shocking; showing this woman's battle with CFS; it really hits people hard, and it's even more common than MS. Suffers can be bed ridden, for years, this disease is just awful." Mark Eagle from The Breeze.

"Today is International ME Awareness Day; Our celebration getting together to watch "Unrest" has been wonderful, and also the chance to meet members I knew well from the facebook page. Thank you to the organizers!!!" PTH

"Thank you for your part in putting on the film, I am glad that I saw it despite the fall out. I am also very grateful that we have the wonderful CCIS to support us, unlike so many people in that film." SHJ

"Good on you CCIS, well done." GC



Film-goers get together before the film



Raffle Draw:

The first of CCI Support's fundraising raffles for 2018 was drawn just before the screening of the movie. Mark Eagle from The Breeze radio station drew **Carol McIntyre's** winning ticket.

(from left to right) CCI Support vice-president Jean Scoullar, Mark Eagle, Carol McIntyre



A rare get-together for the staff and support crew

A Big Thank You to All Our Volunteers!!!

As the membership of CCI Support grows, and as we expand the services we offer to members via our paid staff, our need for back-up voluntary support also increases.

We would like to take this opportunity to thank all of you amazing volunteers who offer your time so willingly to keep the ME/CFS Support 'machine' running. Volunteers are working behind the scenes as Board members, fundraisers, shopping assistants, Volunteer Field Officers, facebook curators, IT advisors. They are also involved in editing and researching, providing telephone support to members; helping with newsletter mailouts, etc



We could not deliver our services without your help – Thank you!!

PS: Keep an eye on our facebook page. We will soon begin to profile our volunteers individually there, so you can see for yourself the range of work, and the amount of work, that goes on behind the scenes each week.

And we will now introduce them to you here in each newsletter - space permitting! So let me introduce to you our lovely, ever - positive volunteer, **Kaye Dickson**

Meet our Facebook Curator, Kaye Dickson



Kaye has had ME since she was 14, resulting in many consultations with different health practitioners, with varying degrees of results. Over the years Kaye and her family have certainly had many trials.

She has completed the Towards Wellness programme, has been a volunteer for just a few months, and is loving it....!

What she loves most is being able to help people and to be able to learn about the condition at the same time. And she is very mindful of the fact that all the team at CCIS have helped her so much as well. She says they've been amazing.

She works from home, on her computer, and her role involves searching online for relevant articles to post on FB for members to see. She posts something of interest on the group page most days, with educational/awareness articles posted around twice weekly on the public CCI Support page. She is interested in what is going on in the wider world as we increasingly understand more about the condition, and works closely with the newsletter editor Jan Morrison in a team effort to ensure the latest cutting-edge research is covered and that members don't miss out on any important announcements.

Kaye loves you to comment on her FB postings and encourages an open dialogue on ME/CFS, Fibromyalgia and POTS issues. Members are welcome to share articles that they find helpful on the private group page.

PS: Kaye doesn't only help with facebook. She has also been on hand helping out when needed at one-off events, like the screening of Unrest last weekend. She is already part of our team. Gems such as Kaye are not always that easy to find

'Winter Warmer' Raffle

Look out for our latest raffle at our Christopher Street premises or at various coffee mornings! The prize consists of:

a **wheat pack**; a **hot water bottle with a fleecy cover**; **2 packets of herbal tea**, and a **coffee mug** for your hot drink. Tickets are **\$2 each or 3 for \$5**.

You can also order tickets from the comfort of your own home via phone/text/email and paying online.

Phone Tina (027 625 4449) or Joanne (07 2811 481), or email info@ccisupport.org.nz



Dr Corin Storkey (Seleno Health) Presentation, Tauranga

Report by Tina Richards



On Wednesday May 2nd I had the opportunity to attend a presentation on ME/CFS by Dr Corin Storkey of Seleno Health. Dr Storkey battled with and overcame CFS, and promotes an integrated, holistic approach to management, combining evidence-based research with natural health solutions and healthy living.

He has a PhD in medicinal chemistry from the University of Melbourne and specialises in chronic inflammatory conditions such as CFS/ME, fibromyalgia, IBS, Crohns, psoriasis, Lyme disease, and similar auto-immune conditions.

Of his own CFS journey, Dr Storkey said that he had fitted the typical profile of a person who is most likely to develop the illness – a driven, self-critical high achiever, working 80 hours a week at two jobs, and socializing on weekends. His body's early warning signs were ignored...until eventually his body shut down. He recalled his first trip to his local hospital's A&E department, suffering from a total body collapse and convulsions. Several more trips to A&E were to follow over the next few months.

In addition to the ME/CFS symptoms patients commonly experience (extreme fatigue; muscle and joint pain; cognitive dysfunction; poor sleep), Dr Storkey suffered from an immune system crash, shingles, full-body rashes, daily seizures, toxoplasmosis, and blood in his stools. Medical tests failed to show anything conclusive.

He posed the question, 'When your health fails, where do you go?'

At the crossroads, do you take:

- a) the GP route, with its specialists, tests and drug interventions, or
- b) the natural health route?

Dr Storkey said he believes the natural health field offers more solutions for these types of illnesses than Western medicine. He admitted, however, that this route can be more confusing as there are many options, most with unsubstantiated claims of efficacy. It is important therefore to find a balance between Western medicine and natural health.

In the early stages of his CFS journey, Dr Storkey consulted a GP, physiotherapist, dermatologist,

neurologist, cardiologist, gastroenterologist and psychologist, and was duly prescribed a range of medication including omeprazole and Prozac. The outcome of this 'diagnosis by exclusion' process was a label of CFS – but no solution.

Dr Storkey has been heartened by recent research study findings* which tie in with his own years of research:

- Biomarkers found in gut bacteria, and inflammatory microbial agents found in the blood of CFS patients provide evidence of dysbiosis – i.e. the gut microbiome is out of balance. Also, an immune response is activated throughout the body via the blood through breakdown of the gut wall.
- Cytokine signature correlates with disease severity in ME/CFS, i.e. the worse you feel, the more inflamed your body is.
- Carbohydrate metabolism study showing dysfunction of energy production in ME/CFS. The body switches to an 'old' alternative energy production pathway which is much less efficient, adversely affects the mitochondria, and creates an inflammatory environment.

**For more information on the above research and related studies, see end of article for links.*

Dr Storkey stated categorically that inflammation is a key culprit in ME/CFS. ME/CFS is an inflammatory disorder, with gut lining breakdown a key contributing factor. In a domino effect, the immune function then becomes exhausted from fighting the infection, and the HPA (hypothalamus/pituitary/adrenals) axis becomes dysregulated, leading to adrenal overload.

He outlined 2 possible pathways of illness progression:

<u>Model 1: Gut -> Brain</u>	<u>Model 2: Brain -> Gut</u>
1) Dysbiosis	1) HPA dysregulation
2) Gut inflammation	2) Stress response
3) Microbial translocation	3) Gut inflammation
4) Immune dysfunction	4) Microbial translocation
5) Stress response	5) Immune dysfunction
6) HPA dysfunction	6) Dysbiosis

We need to balance all these systems at once. (Western medicine looks at one system at a time).

Dr Storkey spoke further about the inflammatory cascade and described how the immune system's macrophage cells can become over-active, creating an auto-immune situation and causing more damage to the gut wall. The drug

Humira is the world's biggest selling drug to stop inflammation, but drug interventions are not the answer and don't solve the problem.

Dr Storkey has devised the following 8-step treatment plan for ME/CFS, based on his own experience with the condition and his research findings:

- 1) nutritional therapy
- 2) prebiotics
- 3) probiotics
- 4) lifestyle adjustments
- 5) glutathione
- 6) HPA regulators
- 7) MACA
- 8) mindfulness/meditation

1) **Nutritional therapy:** Dr Storkey recommended the Gut & Psychology (GAPS) diet for extreme cases, but cautioned that it could take 9 – 12 months to see results.

He also recommended aloe and good quality fish oils to counter gut inflammation.

2) **Prebiotics:** create a 'happy' gut environment and provide fuel for probiotics: use bone broths, raw garlic & onion, slippery elm, linseeds, green bananas, raw asparagus, etc.

3) **Probiotics:** cultivate positive gut bacteria*: use fermented foods – kombucha, kefir, kimchi, miso, sauerkraut, apple cider vinegar, etc

*Dr Storkey spoke of Prof Thomas Borody, an Australian gastroenterologist, who uses bacteriotherapy/faecal transplants to treat the gut dysbiosis in ME/CFS, with good results (70% patients respond well and remain well). Many disorders can be treated with this regime.

4) **Lifestyle adjustments:** Eat a varied diet; shop seasonal; smaller portions. Reduce/eliminate sugar and refined foods; chew properly – don't rush. Listen to your body - real hunger or emotional hunger? Keep moving but don't over-exert; try Chi Gong (similar to Tai Chi but more gentle) Make your health a priority; incorporate mindfulness/meditation practices

5) **Supplements:** these play a maximum 20 – 30% role in recovery. It's easy to waste a lot of money! Two stood out for Dr Storkey – glutathione, plus a combination supplement of NAC, glutamine, lipoic acid, selenium, ascorbate and milk thistle. (He now produces his own as an all-in-one capsule).

6) **HPA axis:** It is vital to learn to turn off the 'fight or flight' response and activate the parasympathetic nervous system. Use acupuncture, meditation, Chi Gong (2 to 3 times a week) as a self-healing tool.

Dr Storkey also recommended neurolinguistic programming (NLP) for when a person is on the road to recovery. He said that the mind is the last thing to heal, and that a toxic subconscious may have developed from years of illness, fear, phobias, living in survival mode with ME/CFS. NLP

is a great tool for clearing out the subconscious and reprogramming it so you can be the person you want to be.

7) **MACA*:** A Peruvian herb that brings balance and calmness to the body. It changes the way your body responds to stress so that it is no longer hyper-reactive. It is useful for thyroid function and mental health issues, (Dr Storkey used it to come off Prozac), and nourishes the adrenals.

*Seleno Health has a base in Peru in partnership with a small, family-run organic MACA farm and also takes part in local socially-responsible community projects.

8) **Mindfulness/ meditation:** reduces inflammation, regulates HPA axis, balances gut biome.

Dr Storkey's closing messages:

- CFS is not in your head! It's in your gut.
- Oxidative stress and inflammation are the key culprits – gut dysbiosis, leaky gut, chronic inflammation and adrenal overload
- Create your own health map / wellness plan including: nutrition, supplements, food and lifestyle, energy arts, NLP, gentle movement, exercise
- Change your thinking. CFS is not a curse! It can turn out to be your greatest blessing.

Research study links referred to on page 4:

- <http://news.cornell.edu/stories/2016/06/indicator-chronic-fatigue-syndrome-found-gut-bacteria>
- www.omf.ngo/2016/09/09/updated-metabolic-features-of-chronic-fatigue-syndrome-q-a-with-robert-naviaux-md/
- www.healthrising.org/blog/2016/09/01/metabolomics-naviaux-chronic-fatigue-syndrome-core-problem/
- <http://phoenixrising.me/archives14280>

For more information on Dr Storkey and Seleno Health, check out the following link:

- www.selenohealth.com

PS: Although Dr Storkey promotes the use of Maca through the website, CCI Support has a policy of not promoting any particular product or practitioner, and we encourage members to do their own individual research prior to embarking on a supplement or therapy regime.

Annual Receipting for Payments

By now, those members who made payments to Complex Chronic Illness Support in the past financial year (1 April 2017 – 31 March 2018), should have received an annual receipt from us by either post or email.

Payments that have been acknowledged by receipt include member subscriptions for the 2017-18 year; donations over \$5.00 which are tax rebateable (except raffle tickets); Towards Wellness Programme fees and all other general transactions for merchandise purchases etc.

Recently, some valuable member feedback was received about our annual receipting. After a review of our systems, we will now forward a receipt to members after a payment is made. We have commenced this new system from 1st April 2018 and this will hopefully stop any confusion over whether members have paid their subscription for the current year.

If you feel you should have received a receipt and haven't, please email the office on info@ccisupport.org.nz or phone 07 281 1481 during office hours, and we will be happy to assist.

** Please note, we are presently working through invoicing for the 2018-19 member subscription and hope to have these sent out to members by mid-June. A big THANK YOU to those of you who have already paid your 2018-19 subs prior to invoicing; a receipt has been sent.*

This Issue's Supporter Profile: METRO MARKETING

Here at CCI Support we rely on the kindness of volunteers, funders, and supporters such as Metro Marketing. Staff at Metro Marketing have recently been collaborating with us to update our website and plan our future vision and goals. Metro has undertaken this work at no charge to CCI Support, and we sincerely thank them for their time and efforts in helping us reach as many people afflicted with complex chronic illnesses as we can.



Felicity Salter

Special thanks to Felicity Salter, Rachel and Ced (Metro Marketing) and Isaac (from Braveworld).

Felicity Salter, General Manager of Metro Marketing recently stated the following:

"Since inception, Metro Marketing has operated from a strong values base. Our mission is to have good people doing good work for good organisations. This extends further than just the corporate sector, and part of our philosophy is to give back to the community that supports us. In achieving this objective many of us are involved in service or charitable organisations. We are proud supporters of CCI Support because we understand how hard it is to deliver services in the not-for-profit sector and we believe that the services offered by this organisation will touch the lives of many. It is important to Metro that our staff get the opportunity to do meaningful work and go home proud at the end of each day, as such showing our support where we can is win-win. It is nice to know that our skills and services can make a difference and improve the community we live in".

CCI T-Shirts and Caps Available

We have been fielding a lot of enquiries in relation to purchasing our CCI Support tee shirts, caps and lanyards. I am very happy to say that these items are now available to purchase from our website www.ccisupport.org.nz Member discounts are available and all proceeds go directly back into the running costs of our charity. To order click on the website link (above), then on "shop", then choose your item/s, size etc, before forwarding the information to our office at info@ccisupport.org.nz and we will process your order.

Many thanks for your continued support and commitment to our cause.

Nga mihi

Michelle Fraser, manager



CCI Support's April Member Meeting – Orielle's Story

Our thanks to April's guest speaker Orielle Fox, who shared the following inspiring story of her journey to better health.

During her talk she used a background slide show of inspirational images, part of an early project to find one thing per day that made her happy.

I was diagnosed with CFS in 2015. I went from a normal, active 24 year old to barely having the energy to get out of bed and do everyday activities such as shower myself.

For a bit of a back story, prior to CFS I was living in Auckland, working two jobs, training for a half marathon, still fitting in a social life and really over-doing life. I started to feel that something wasn't right. I felt 'off' – low energy, tender, low mood. I could tell something was happening but I didn't know what. Fast forward seven months and I had gone from feeling off to almost bedridden. After numerous doctors, specialists and tests, I eventually found Dr Ros Vallings who gave me the CFS diagnosis and my recovery started from that point.

CFS is frustrating, hard and scary – it's the unknown. You hear phrases like 'no cure' and your hope just disappears. I decided I would not let it defeat me so I did what I do best - I started researching. I looked at every possible aspect of research and started doing what I could to move myself into a position that would help me get better.

There were, and still are, a lot of challenges along the way, but every step forward counts. This is where my passion for health and wellness started – with myself and my journey. I worked with medical doctors and alternative holistic practitioners (such as 'The Healing Room') to get from bed to where I am today, which is working fulltime and enjoying life.

CFS is your body telling you that you need to make some changes and listen to what it needs.

The 5 main factors that helped me in my recovery were:

- Positive thinking
- Mindfulness/meditation/environment
- Structure
- Food
- Movement

Positive thinking

One of my favourite mantras is 'You attract what you put out in this universe'.

If you are thinking and doing negative actions, then you create and attract negativity. If you are thinking and doing positive actions, then you attract positivity.

At the start of my recovery, positive thinking got me through. I felt like I was coming up against walls wherever I went. There wasn't much information about CFS; no one really knew what to do, or what I could do to get better; dealing with doctors and WINZ and people in general who just thought I was 'tired' and needed a sleep; I looked 'fine'; 'harden up'. This all left me feeling very lonely, judged, confused and frustrated because I wanted to get better but I didn't know how and it didn't seem like anyone else knew how either. When you're in this position, it's very easy to slip into depression and feel hopeless.

My body was out of action but my mind was still there, so I started with that. I began a project where I would find one thing each day that I was grateful for, or that made me happy, and I would take a photo and post that to my Instagram page. I kept doing this and found that eventually my brain was naturally looking for all the good things that happened in my days instead of focusing on the negatives. These were simple things. For example, one day I had no energy to stand so I spread a blanket on the floor, put all my baking things around me, and sat for hours making healthy bliss balls and napping in between when I needed to, right there on the blanket!



Sometimes we cannot control what is happening in our lives and around us, but we can always control how we react to it.

Positive thinking improved my life immensely and led me to find mindfulness and meditation. Mindfulness, gratitude, and breathing meditations were, and still are, my friends. I used youtube to try out different types of meditations and found that, for me, breathing and guided relaxation meditations worked best. They calm my system, helping to turn off the 'fight or flight' response in the body.

Once I started along this path, a snowball effect

started to happen. I discovered and started to work closely with The Healing Room practitioners (chiropractors, nutritionists, kinesiologists), using a holistic lifestyle approach to healing. Through The Healing Room and my own research, I started to learn about the body and how it works, and what helps / harms you.

I also had the opportunity to complete *Toby Morrison's online CFS course*, which taught me about structure and pacing. Slowly I changed my lifestyle. I moved to Maketu, a slow-paced coastal community; I changed my job so it wasn't high stress; I started doing yoga and walking instead of intense cardio and running.

I found that food has a huge effect on the body and how it feels. 80% of your immune system stems from your gut. If your gut is out of balance it can cause fatigue, depression, anxiety, inflammation, and a whole lot more. When I changed what I was eating I started to feel better. I still notice if I slip into old habits, the fatigue creeps in very quickly.

There's so much you can do to improve your nutrition. My staples are: apple cider vinegar every day; fermented food such as sauerkraut and kimchi; kombucha (a prebiotic drink); bone broths and lots of vegetables.

Foods that cause inflammation for me (and most people in general) are sugar, processed foods and gluten. Trial and error will let you know what your body thrives on and what it does not.

When you have CFS you need to be extra kind to yourself and extra patient.

For me, my main goal in recovery was about making my everyday life easy and comfortable so my body could do its thing. I sleep with an eye mask to block out light; I put lavender oil on the soles of my feet every night to relax my system; I invested in a good bed; I ensure I get a minimum of 8 hours

sleep; I have a daily routine of meditation and stretching for 10 minutes. I stay away from stimulants, alcohol and caffeine, and food that causes inflammation.

I carry my 'rescue pack' around with me. This soothes my anxiety because I know I have my essentials close by – apple cider vinegar, Rescue Remedy, headphones (for sound sensitivity); polarized sunglasses (for light sensitivity); water, Celtic sea salt, and snacks (usually seed crackers, boiled eggs, cut up carrots, bliss balls etc

This was not an overnight journey and is still ongoing. There were too many challenges and tears and moments of desperation to mention, but I also learnt a lot about myself and how to listen to my body. Today I live a much more balanced life and I am much happier.

For me, CFS was a blessing in disguise. I was deeply unhappy and didn't realise it. CFS forced me to look at my life and delve into places I had a deep fear of going to, and make the changes I needed to make.

I've been there and come out the other side. I have learnt a lot and as a way to share that, I developed The Spark Workshop. It is an online Wellness Hub that helps ignite your spark again. The website is still in the development stage but there is a Facebook page and Instagram you can follow.

Always remember you are a breath of fresh air, a wonderful soul, and a person worthy of great happiness ☐



WINTER



Stark trees,
Fallen leaves,
Cold breeze,
Hands freeze!

Feel a sneeze

Atchoo!
Excuse please.
Lemons to squeeze,
Ah! Throat's eased.

Toasted cheese?
Nice cup of tea?
Yes please!

Snuggle in fleece....
Up to your ears.
Sweet peace,
WINTER'S HERE!

A poem by E. Hill

Bone Broth Anyone?

Here's the deal..... bone broth is just plain good for you. You can make it with any animal bones — beef, chicken, lamb, fish, whatever — which you roast and then simmer with vegetables for hours.

It's not exactly a new food (grandmothers have been making it for ages). The vitamins and minerals you get from the broken-down bones have powerful healing properties.

They can help to alleviate joint and gut pain, thyroid issues, boost your immune system, combat stress and inflammation, aid digestion and rebuild the gut, brighten skin and even make your hair shiny.....why wouldn't ya!!!

Unless you're a vegetarian or vegan, then broth would be NOT the go.

Bone broth is like normal stock but made with big, cheap bones which are simmered for a very long time (24 hours-plus). At the end of cooking, a stack of minerals have leached from the bones and into the broth.

You can:

- * Drink it like a soup
- * Make casseroles with it
- * Stir-fry vegetables with it. I use a tablespoon or two instead of oil when doing stir-fries.
- * Gravy!!!

It is sooooooo good for you. . . . !

Ingredients

About 2-3kg of bones (beef marrow, knuckle bones, meaty rib, neck bones – whatever the butcher will give you)

about 3-4 litres of cold water

1/2 cup apple cider vinegar

1-2 onions, coarsely chopped

3 carrots, coarsely chopped

3 celery stalks, coarsely chopped

several sprigs of fresh herbs, tied together

1 teaspoon crushed black peppercorns

1 teaspoon salt



Place the bonier bones (ie not much meat) in a very large pot with vinegar and cover with water.

Meanwhile, place the meaty bones in a roasting pan and brown at 180C in the oven. When well browned (approx 20 minutes), add to the pot along with the vegetables.

Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking.

Bring to a boil. Reduce heat and add the herbs and crushed peppercorns.

You will now have a pot of rather repulsive-looking brown liquid containing globs of gelatinous and fatty material. It doesn't even smell particularly good. Strain the lot (you'll need to use tongs or your hands to pull out the bones) into a large bowl. Let cool in the fridge and then... deal with the fat.

This is a little gross, but somehow satisfying. The congealed fat on top is usually a good 1-2cm thick and you can literally pick it up in chunks (like ice over a pond) and turf it or feed it to the birds...they love it! Divide into containers and freeze/eat.

Recipe supplied by

Justine Laidlaw
Integrative Nutrition
Health Coach
The Natural Bird - Clinic



JUSTINE LAIDLAW

This recipe is mostly taken from Sally Fallon's Nourishing Traditions

Library

Please feel free to come in and browse through our library collection at our Christopher St offices.

Check that Tina or Joanne are in before you come. If you are on the internet you can access the titles from our website www.ccisupport.org.nz

Can We Email Your Newsletter?

Costs are always a major consideration to us. If you are currently receiving your MESSenger by normal post, and you have email available to you (ideally broadband), we ask that you consider receiving it in future by email. This will help us to keep our mailing costs as low as possible. So, if you are prepared to change, please email the office at info@ccisupport.org.nz with your details.

Mt Maunganui, Katikati/Waihi, Te Puke and Rotorua meetings

If you are planning to attend the above support group meetings, remember to check with Tina before each meeting as the venues change from time to time.

Acknowledgement

We gratefully acknowledge our many sources that have kindly allowed us to use their articles.

They include:

Action for ME, UK

ME/CFS Group (Canterbury)

MEISS (Dunedin)

ME Association, UK

DR Ros Vallings

ANZMES

Nelson Bays ME/CFS & FM Support Group

Appreciation to our Funders

Complex Chronic Illness Support wishes to note our grateful appreciation to the following organisations for their financial support enabling us to provide our services:



DISCLAIMER: The views and opinions expressed in this newsletter do not necessarily represent the views of Complex Chronic Illness Support. They are not intended to replace the advice of qualified health professionals.

Group Meetings Calendar

Mount Coffee Group meets the 1st Mon of the month ***10.30am** contact Tina 027 625 4449
 CCI Support meetings held 2nd Wed of the month **10:30am** contact Tina 027 625 4449
 Eastern Bay Group meets 2nd Wed of the month **1:30pm** contact Elizabeth 021 838 217
 Greerton Coffee Group meets 3rd Wed of the month **10:30am** ... contact Tina 027 625 4449
 Young Member meetings held 3rd Thurs of the month **1pm** contact Kira 021 027 18127
 Rotorua coffee mornings held monthly on a Friday @ **11am** contact Tina 027 625 4449

June 2018	July 2018	August 2018
Monday June 11th Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. *Note new time: 1.30pm	Monday July 2nd Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. *Note new time: 1.30pm	Monday August 6th Mount coffee group at Bayswater Retirement Village, 60 Maranui Street, Mount. *Note new time: 1.30pm
Wednesday June 13th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Topic: Restorative Movement Ph Tina: 027 625 4449	Wednesday July 11th Support meeting at 56 Christopher Street, 10.30am – 12.00pm Topic: Myofascial release -FM Ph Tina: 027 625 4449	Wednesday August 8th Support meeting at 56 Christopher Street 10.30am – 12.00pm Topic: Learned Helplessness Ph Tina: 027 625 4449
Wednesday June 13th Eastern Bay group - 1.30pm Topic: Anxiety Little Orchard Activity Room, Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Wednesday July 11th Eastern Bay group - 1.30pm Topic: New Research Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217	Wednesday August 8th Eastern Bay group - 1.30pm Topic: The Stress Response Little Orchard Activity Room Whakatane Library 49 Kakahoroa Drive, Whak. Ph Elizabeth: 021 838 217
Wednesday June 20th Coffee morning 10:30am at Zest Café, Chadwick Rd, Greerton	Wednesday July 18th Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton	Wednesday August 15th Coffee morning 10.30am at Zest Café, Chadwick Rd, Greerton
Thursday June 21st Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127	Thursday July 19th Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127	Thursday August 16th Young members' meeting 56 Christopher Street at Midday 12pm Ph Kira: 021 027 18127
Friday June 29th Rotorua Towards Wellness meeting. 11.00am. Venue to be advised Ph Tina: 027 625 4449	Friday July 27th Rotorua coffee morning 11.00am , Shadehouse Café, Sala Street, Rotorua Ph Tina: 027 625 4449	Friday August 24th Rotorua Towards Wellness meeting. 11.00am. Venue & topic to be advised Ph Tina: 027 625 4449

PLEASE NOTE

Some of our members are sensitive to chemicals. Please refrain from using perfumes/strong deodorants before the meetings. Thank you for your understanding.

**Formed
1981**

MEssenger is kindly funded by WBoP Disability Support Trust & EBoP Disability Community Trust

**Incorporated
1986**

Board of Management

President Barbara Whitton
 Vice-President Jean Scoullar
 Treasurer Jean Scoullar
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10% Discount Stores

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Present Membership Card at these stores as proof of your Complex Chronic Illness Support membership

Want to call in or write to us?

We are at
 56 Christopher St, Tauranga 3112
Admin: Joanne ph (07) 2811 481
Email: info@ccisupport.org.nz
Website: www.ccisupport.org.nz

SUBSCRIPTIONS and DONATIONS

We charge a \$20.00 annual membership subscription and gratefully receive donations towards our operating costs. We are registered with IRD as being for charitable purposes so donations are tax deductible. Any donation is greatly appreciated.

Subscriptions and donations can be direct credited to our bank account if that is convenient. Our bank account is: Kiwibank A/c No: 38 9014 0140507 00
 Please enter your 'name' and 'ME Sub' and/or 'donation' in the reference and email us if you would like a receipt.
 OR..... deposits can be made in person to Kiwibank if you go in with our account number.

BEQUESTS

Including a bequest to Complex Chronic Illness Support in your will is also an option you may consider. ACORN Foundation can assist you to arrange a bequest to CCI Support. Donations can be made to our endowment fund with ACORN ph 07 579 9839, internet banking on the Acorn website : www.acornfoundation.org.nz or cheque made out to Acorn Foundation, PO Box 13604, Tauranga 3141



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Please find enclosed my donation of \$.....

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