

MEssenger

June 2017

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Remember to check the Group Monthly Meetings Calendar!

Hi everyone!

ME/CFS Awareness Day was on May 12th.

We celebrated it by re-branding as Complex Chronic Illness Support, with a function at Daniels in the Park, Tauranga. Thanks to everyone who helped us celebrate (see page 3).

We are steadily updating stationery, signage, etc. Please let us know if you notice something we may have overlooked in this updating process.

Our national ME/CFS body ANZMES focused on 'Men and ME/CFS' for this year's ME/CFS Awareness Day. We acknowledge all the men out there struggling with this illness, and indeed any complex chronic illness. We have included an article on the topic in this issue (see page 4).

Dr Charles Lapp, CFS/ME pioneer clinician and researcher from North Carolina, USA, was in NZ recently on a lecture tour. I was privileged to attend his Hamilton presentation (see page 5). We are hoping there will be a DVD of the presentation available in our library in due course.

We are now officially into winter. On page 8 we have an article from Dr Ros Vallings for those who are debating whether to have a flu immunisation or not. In the meantime, take extra good care of yourselves as temperatures drop!

Enjoy the read,

Tina and the team 😊

Want to call or write to us?
We are at:
56 Christopher St
Tauranga 3112



Office: (07) 2811 481
Email: info@ccisupport.org.nz
Website: www.ccisupport.org.nz
www.facebook.com/groups/203904249678311

Local Items of Interest

Office Hours

To clarify our office / working hours:

Our Field Officer Tina officially works **Monday, Wednesday, and Thursday** from **8.30am to 3.30pm** and Friday from **8.30am to 2.30pm**.

If you are thinking of calling in to see her at the office, please contact her in advance as she may be working away from the office.

Likewise, if you'd like to check out our library, this is best done from Tuesday to Friday as Joanne, our office administrator, can provide access to the library, even if Tina is out of the office.

The office is generally staffed from **Tuesday to Friday from 9.30am to 3.00pm**. However, as Joanne is occasionally out on CCI Support business, we also advise that you contact her in advance to ensure there is someone at the office to meet with you.



Research Project Reminder !!

For those of you who have been thinking about taking part in **Dr Lynette Hodges'** research project studying the effects of exercise on people with ME/CFS, please complete the required questionnaire as soon as possible if you haven't already done so.

It can be completed online at:

https://qasiasingleuser.asia.qualtrics.com/SE/?SID=SV_1AnQQwTwz68Kax

If you don't have access to a computer/internet, contact Tina for a paper copy of the questionnaire. Also, remember that we need healthy controls as well as ME/CFS participants, so if you know of someone who is willing to take part, let us know.



Presentation at Sunset Primary School, Rotorua

As posted by Kira on facebook May 25th

Tina and I had a great turnout last night for our presentation on ME/CFS/FM at Sunset Primary School, Rotorua.

We had an attendance of about 30 teachers with a sprinkling of higher management including principals.

We received heart-warming feedback of 'aha' moments and personal and professional insights from the audience. Discussions after the presentation held promise for future educational opportunities to raise awareness for our cause.

Complex Chronic Illness Support Launch

On May 12th, international ME/CFS Awareness Day, we celebrated our rebrand as **Complex Chronic Illness Support**, with a high tea function held at Daniels in the Park in Tauranga.



Board chair, **Jean Scoullar**, opened the celebrations by welcoming attendees and thanking the Board, staff and funders. She expressed appreciation for the many voluntary hours worked by staff, members, and others associated with the organisation. Jean acknowledged the late Nicola Evans for leaving an ongoing legacy of her artwork to generate funds for Complex Chronic Illness Support, and thanked Nicola's parents, Ken and Jocelyn Evans, for facilitating this.

Tina Richards, field officer, then outlined the early history of ME/CFS Support, acknowledging Te Puke couple, Richie and Betty Walters, who established the organisation in 1981. Their son Brian ran ME support groups and produced the newsletter for several years.



Tina also acknowledged several long-serving members of the organisation, including previous manager John Kelliher and local couple Maurice and Joan Dryden. She then explained why re-branding was a logical next step, with the new name better reflecting the service offered, and the clientele supported by the organisation.



Field officer, **Kira Follas**, explained why health practitioners can find it difficult to diagnose and treat complex chronic illnesses such as myalgic encephalomyelitis (ME), also known as chronic fatigue syndrome, and fibromyalgia. She recounted her own 10-year journey with ME/CFS – from spending three years severely debilitated in a darkened room, struggling to get a diagnosis, to being misdiagnosed with depression, to today – largely recovered, and with a passion for helping others in a similar situation.

Kira reminded us that we're all predisposed to some kind of illness if we push our bodies too hard for too long, and that, more often than not, a crisis of the physical body is indicative of a crisis on a much larger scale in our lives. The message - to learn to take better care of ourselves and become more discerning as to what to spend our precious energy on.

A member of CCI Support, **Greta Maslin**, then spoke about her personal journey with ME/CFS and how the organisation had provided invaluable support, in particular through their Towards Wellness programme.



This had helped her move out of a long-term ME/CFS rut, set new goals, start a new business, and achieve a fulfilling life.

We emphasise that, although we have rebranded, our commitment to members affected by ME/CFS, will remain a priority. Complex Chronic Illness Support (CCI Support) also provides information and support to those suffering from fibromyalgia, CCS (Central Sensitization Syndrome), and POTS

(Postural Orthostatic Tachycardia Syndrome).

It is easy for those suffering from complex long-term conditions to become isolated. In contrast, it is known that connecting to a supportive community is a predictor of improved health outcomes. So if you haven't checked out a support meeting or coffee morning, give it a go! Likewise, if you're not on our closed facebook page, apply to join (see the link on page 12).

CCI Support are solution focused and encourage people to take a holistic approach to managing their health. The information and tools provided are

designed to maximise chances for health improvement and/or to live well with a long-term condition. This empowers the person with the condition and reduces reliance on an already over-stretched medical system – a win/win approach.

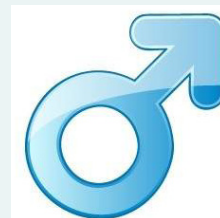
Thanks to David Greig for filming the speeches at our re-branding event. You can view them at:

<https://www.youtube.com/user/MECFBOP>

For ME/CFS Awareness 2017, our national body, ANZMES, focused on men and ME/CFS. The following are excerpts from articles in ANZMES Meeting Place, Issue 127, Autumn 2017 (available to borrow from our CCI Support library):

What it's like to be a man with ME/CFS

Source: CFIDS Chronicle, quarterly publication of CFIDS Association of America, Fall 2006



CFS drastically changes lives. That much is clear for both men and women. The panoply of symptoms, the isolation, diminished roles, frustration with the medical community, and hope for improved treatments and a cure are all characteristic of the CFS experience. Yet for men, these dynamics may exact a different type of toll.

When asked to convey to the world what it's like to be a man with CFS, Andrew Mosmiller, a 29-year-old man from Maryland, USA, offers a perspective many men with the illness seem to share. He says "It's a constant exercise in frustration. This is probably true for women as well, but men with CFS have to adjust to things that go very much against the grain of what a man thinks and feels he should be. It's as if it takes away some of the essence of what it is to be a man".

The following comments are sourced from the blog <http://forums.phoenixrising.me/index.php?threads/what-its-like-to-be-a-man-with-me-cfs.14485/>

- ☐ Even as I appeared to be an athletic person, I had to sit down on benches outside the grocery store because I couldn't make it to my car. On days I felt I could leave the house, I would make it to my office, only to lay on the floor or put my head on the desk for hours on end.
- ☐ A man expects to be able to 'do' things, and not being able to is a huge adjustment. I see it from the other side, wife of an ME guy, and it breaks my heart. He constantly over-extends, just to keep some balance in our relationship and give back, and I constantly let him. It's just the way it is.
- ☐ When we cease to be able to play our allotted roles, we are cast adrift and often rejected. I have found, as a large muscular man, a level of contempt and disregard that I have rarely experienced. As I have recovered, this has decreased, not just because I can do more, but because I can project my will.
- ☐ Just like driving, any social interaction requires that you hold your space, something I found impossible when I was really bad. It was awful to be trampled underfoot, any illusions of living in a sympathetic or supportive society were quickly destroyed.
- ☐ I think disempowerment is a mammoth problem for anyone with ME, but I do agree that it's more tied in with the masculine identity in our culture. ME is already an invisible illness to a large extent, and since it's considered a women's illness, men with ME are made even more invisible.

Dr Charles Lapp in NZ

I was privileged to be invited by ANZMES to attend Dr Charles Lapp's presentation to GPs in Hamilton on 4th April, as part of his recent NZ lecture tour to medical practitioners and support groups. (Dr Lapp was last in NZ in 2008 on a similar tour).

For those of you not familiar with Dr Lapp, he is based at the Hunter-Hopkins Centre, North Carolina, USA, and has been at the forefront of CFS/ME research and treatment in the USA since 1983, when there was an outbreak of illness in the local symphony orchestra members. Similar outbreaks occurred around the same time in Rochester, New York and Lake Tahoe, Nevada. Dr Lapp recounted at the Hamilton presentation that he contacted the Centres for Disease Control and Prevention (CDC) at the time to see if they could shed some light on this mystery illness. (It was also at this time that the 'Tapanui flu' outbreak occurred in Otago, New Zealand).

Dr Lapp wrote a paper on the illness in 1988, and since then has had input into international clinical case definitions for CFS/ME. Dr Lapp was also on the Institute of Medicine committee commissioned by the US government's Department of Health & Human Services, to review approximately 9000 research articles on CFS and report back to the government. (The report, *Beyond Myalgic Encephalomyelitis / Chronic Fatigue Syndrome; Redefining an Illness*, was released in February 2015).



From his vast range of clinical and research experience in the CFS/ME and fibromyalgia fields, Dr Lapp has produced many useful resources over the years for those suffering from these conditions, together with his colleague, Dr Bruce Campbell PhD.

Bruce Campbell is a recovered CFS patient who, before becoming ill, was a consultant to self-help research projects at Stanford Medical School. He went on to create the CFIDS self-help program (www.cfidsselfhelp.org)*, and also wrote an online book about his recovery, *Recovery from Chronic Fatigue Syndrome: One Person's Story* (www.recoveryfromcfs.org)*.

Dr Lapp and Bruce Campbell co-created an online self-study course for those affected by CFS/ME and FM (www.treatcfsfm.org)*

**These resources are well worth checking out – Tina*

PS: Check out Dr Lapp's recommendations on potentially useful supplements in CFS/ME and FM on page 6.

In our August newsletter we will feature Bruce Campbell's article on 'Overlapping and Related Conditions' (particularly relevant considering our recent re-branding to Complex Chronic Illness Support).

These are just two of many topics covered by Dr Lapp in his recent presentation to GPs.

You can view his Auckland presentation at: <https://www.youtube.com/watch?v=RTzfWs6Fhl4>

A Call for Newsletter Contributions



Here at CCI Support we'd like to hear more from you, our many members out there.

The coffee mornings, support meetings and Facebook have proved to be an excellent way for us all to keep in touch, to hear stories and exchange information. But the majority of members we don't get to see. Please feel free to send me anything you want to share and feel would be helpful for our readers. It can be a story of your own struggle along the ME/CFS trail, or someone else's, or a poem, or a question even, that we will endeavour to answer in print. We only ask you try and

keep the content to about 1/2 page length.

Dr Lapp's Recommendations on Supplements *by Bruce Campbell*

Should you take supplements? If so, which ones, and what benefits are reasonable to expect?



For some answers we turned to Dr Charles Lapp, the director of the Hunter-Hopkins Centre in Charlotte, North Carolina, one of the few medical practices in the United States to specialise in CFS and fibromyalgia. Dr Lapp has treated CFS and FM patients for around 35 years.

Dr Lapp is one of only two people to be given the Outstanding Clinician Award by the IACFS (International Association for CFS/ME), an organisation of leading CFS researchers and doctors.

Dr Lapp stresses that there is no cure so far for either CFS or FM, and supplements are not the heart of treatment, but they may be used to optimise health and may produce modest improvement in some symptoms.

As he has written, the most important treatment of CFS and FM is acceptance of the illness and adaptation to it by means of lifestyle change, which focuses on pacing and includes other adjustments such as stress management.

Dr Lapp advises that people try only one new supplement at a time, keeping it if it works and dropping it if it is ineffective. He also suggests dropping the use of a supplement for several weeks once a year to test whether it is still effective. If you experience no change in symptoms during that time, you can save yourself some money and stop taking it.

Dr Lapp has developed 3 tests a supplement must pass before he recommends it:

- It must be safe
- There must be a scientific basis for its use
- It must produce a positive effect in at least 50% of people who use it

He has found 11 supplements that qualify. The first 6 described below are useful for many people with CFS or FM. The remainder are used for specific purposes and are recommended for only some patients.

1) **Multi-vitamin:** To optimise overall health, he recommends using a multi-vitamin that includes B-complex, folate, vitamin D, calcium and magnesium.

2) **B12:** He recommends the injectable form and says that up to 80% of people with CFS/FM who use it experience a 10% to 15% energy boost.

3) **Vitamin D3:** He has found that virtually all his patients have low levels and recommends 2000 units per day. D3 reduces pain and morning stiffness. It also protects against stroke, heart attack and breast cancer, and promotes the absorption of calcium.

4) & 5): **Calcium and Magnesium:**

The recommended calcium dosage is 1000mg to 1500mg per day. The magnesium dosage he recommends is 500 -750mg daily, but magnesium is inappropriate for those with kidney disease and may cause diarrhoea. People often take these two together in a calcium/magnesium tablet.

6) **D-Ribose:** This is a naturally-occurring sugar used in cell metabolism and the production of energy. It is metabolised differently from table sugar and has little effect on blood sugar levels or diabetes. The dose is 5000mg 3 times daily for 2 weeks, then 5000mg twice daily. Results are usually obvious within 3 weeks.

7) **NADH:** This substance, often used with the next item, helps increase ATP in mitochondria. It takes 3 – 6 months to produce a response, and the response is often subtle. Dr Lapp recommends a dosage of 10 – 20mg per day, using this and #8 only with his sickest patients and those with the worst brain fog.

8) **Acetyl-carnitine:** This is often used with NADH to increase energy production. Since acetyl-carnitine is frequently low in brain tissue, many believe that supplementation may improve cognition. Dr Lapp recommends a dosage of 1000mg twice a day.

9) **DHEA:** This can help with energy level and libido. It is not needed if a person is already taking oestrogen and/or testosterone via hormone replacement therapy. Side effects may include oily skin, acne and excessive hair growth. Dr Lapp recommends 25 – 50mg daily for women and 50 – 100mg for men.

10) **Lysine:** This can be used to reduce the frequency and severity of herpetic mouth ulcers. The recommended dosage is 1000 – 2000mg per day.

11) **Fish Oil:** This is used to treat pain and lower cholesterol. The recommended dosage is 3 – 4 grams per day. Dr Lapp recommends using the enteric-coated version to reduce burping.

Note: Before you start taking a supplement, check with your doctor. He/she can take into account your individual situation, something not possible with the general advice offered in this article.

<http://www.cfidsselfhelp.org/library/dr-lapp%27s-recommendations-supplements>

Buying on a Budget

Nobody wants to pay more than necessary for medications or supplements.

Pharmacy charges can really vary for non-Pharmac-subsidised prescriptions, so before handing over your 3-month renewable script, it's worth checking two or three pharmacies to get the best price. And always ask your GP for a generic brand if there is one, as this will be considerably cheaper.

For quality vitamins and supplements, NZ is still pricey. One member uses HealthPost in Golden Bay for their competitive prices, free delivery for orders over \$79, and fast delivery.

For those comfortable with ordering overseas, 'iherb' has great prices. For example, recently iherb's regular price for Solgar Magnesium Citrate 120 tablets was well under half that of a popular health store chain.

iherb offers free or low-cost airmail delivery, which one member has found speedy and trouble-free, but there are higher charges for tracked delivery and possible customs charges, so do check the details.

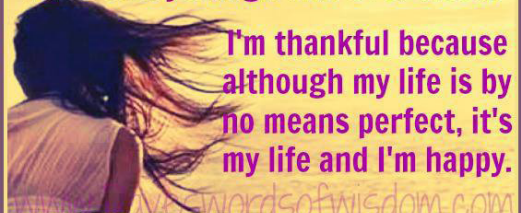
If you know of similar companies, do let us know.

www.healthpost.co.nz www.iherb.com

Adapted from an article in Nelson ME/CFS Support Group newsletter, 2016



My body sometimes feels sore, but it works. I don't sleep well most nights, but I do wake up to fight another day. My wallet is not full but my stomach is. I don't have all the things I ever wanted but I do have everything I will ever need.



"A man tried to sell me a coffin today.

I told him that's the last thing I need...."

Fatigue is different than being tired. When you are tired, you know that if you can just get some sleep you will feel better, but fatigue is still there when you wake up, it stays with you all day. It is a lack of energy, a feeling of mental, emotional and physical exhaustion



The Wet Kitchen Floor

A police officer called the station on his radio:

"I have a strangely interesting case here. An old lady shot her husband for stepping on the floor she just mopped. "

Call Centre: *"Have you arrested the woman? "*

Officer: *"Not yet. The floor's still wet. "*

Influenza Immunisation and CFS/ME

By Dr Ros Vallings MB BS

Influenza.
Don't get it.
Don't give it.

Is it advisable for those with CFS/ME to have flu immunisation?

As CFS/ME is an illness involving the immune system, it is likely that anything which impacts on the immune system could have adverse effects. But at the same time there are many with the illness who have had no adverse effects following immunisations.

Undoubtedly there are aspects of the immune system which are highly activated (and may be protective) – but there are other aspects which may become somewhat depleted (e.g. natural killer cells), making a person possibly more prone to some infections. This confirms what we now know about this bizarre illness, i.e. that there are a number of subgroups, probably genetically determined, under the CFS umbrella.

There are some patients who have other underlying or accompanying diseases, such as asthma or heart disease, or who are more vulnerable because they are older. For these people, flu carries the risk of serious complications, so the risk/benefit ratio must be weighed up carefully, as is often the case with a complex illness like CFS/ME. For these groups, immunisation could be recommended.

If, however, you are not at risk of serious complications from flu, then think carefully about the decision to immunise. It may be that you are 'lucky' in that your CFS/ME could protect you anyway. Or maybe you are unfortunately stuck at home most of the time, therefore the risk of infection is minimal. Deciding not to immunise may therefore be your best option. If you are working, and in a vulnerable occupation (e.g. teaching or nursing), the risk of infection is greater, so immunisation may be the safest option.

If you decide to have an immunisation, it is important to choose a time when your health is at its 'best'. Do not decide to do it during a relapse, or at a time when you are over-tired or stressed. And it would be wise to choose a time when you can rest up for a day or so afterwards, to allow recovery should you have a reaction. During this recovery phase, avoid too much exercise.

If you have had a bad reaction to any immunisations in the past, you would be wise to avoid all immunisations unless considered essential.

The decision whether to immunise against flu is therefore a complex one and very individual. Weigh up the pros and cons, discuss it with your doctor, and be guided by your risk factors.

In summary:

Avoid immunisation if:

- 1) You have had a previous bad reaction
- 2) Your illness started following an immunisation
- 3) You are particularly unwell at present

Consider immunisation if:

- 1) You have other serious health problems
- 2) You are in a high risk occupation
- 3) You have been immunised before while suffering from CFS/ME and been OK

There are other things you can do to help protect yourself against infections:

- ☐ Increase garlic in your diet
- ☐ Have plenty of fresh fruit and vegetables
- ☐ Keep away from people with infections if possible
- ☐ Don't be embarrassed to wear a mask if going into an unhealthy environment
- ☐ Wash hands regularly, particularly before meals or handling food
- ☐ Rest up adequately at the first sign of developing an infection
- ☐ Avoid sport if you have early signs of infection
- ☐ Consider the anti-influenza drug Tamiflu if you sense you are getting flu (available on prescription)

Source: Article abbreviated from ANZMES Meeting Place, Issue 116, Winter 2014



"Hello, doc. This is the 'hypochondriac.'
Guess where I'm calling from?"

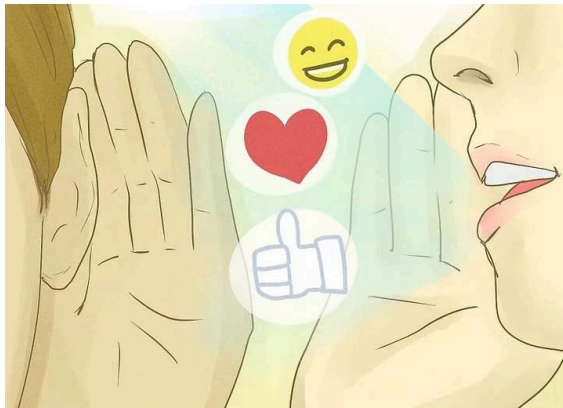
16 Things Fibromyalgia Sufferers Need to Stop Doing

by Julie Ryan



- 1) **Stop putting your own needs on the back burner.** If you have any sort of chronic debilitating condition, you need to put your own needs first. Even if you are the healthiest person on the planet, you shouldn't let your needs go to the back of the line. Since fibromyalgia (FM) is most common in women, this is especially true as women seem to be trained that their needs should come last. It's a wonder we give ourselves any time at all; sadly, too many of us don't.
- 2) **Stop spending time with the wrong people.** If someone is adding stress to your life, that stress is making you sick. Remove the stress by removing that person, if possible. If you can't completely remove them, avoid them when possible.
- 3) **Stop holding grudges.** Holding a grudge is an unnecessary stress. It causes us to create negative thoughts about a person, and to focus on those negative thoughts when we should be trying to find ways to focus on more positive things. Let go of the grudge. If you think of the person occasionally, shrug the thought off and replace it with a thought of someone you care about that makes you smile.
- 4) **Stop trying to be everything to everyone.** The ability to say 'no' is a highly under-rated one. Too often, those of us with FM are unable to say 'no', and feel guilty when we can't say 'yes'. We can't be everything to everyone, and we don't have to be.
- 5) **Stop lying to yourself.** You are sick – admit it. You don't feel great. Someone asks, and you answer 'I'm OK', but it's not the truth. It's not the truth when you say it to them, and it's certainly not the truth when you say it to yourself.
- 6) **Stop wasting time explaining yourself to others.** Most people don't care enough about you to care about your disease/disorder or why you can't do what you can't do. Keep it simple, just say 'no' and move on. Don't try to explain because they probably aren't listening anyway.
- 7) **Stop trying to hold on to the past.** While you may be able to find ways to improve your symptoms, you'll probably never be 100% again. There will always be limits. Stop trying to attain the levels of life you had before your illness and realise that was then and this is now. Focus on what you CAN do, instead of what you used to be able to do.
- 8) **Stop berating yourself for old mistakes.** Guilt and shame are our constant friends. Stop beating yourself up for things you've done in the past (or things you wish you'd done but didn't). It's in the past – let it go and move on. Again, focus on what you can do in the future.
- 9) **Stop being jealous of others.** It's so easy to be jealous of what others have, or what others can do. Others have limitations too. No-one sees the true life of another, their abilities or disabilities, their limits. Don't judge your life based on the 'Joneses', real or imagined. Focus on what you have that is wonderful.
- 10) **Stop complaining and feeling sorry for yourself.** It's OK to throw a pity party once in a while, but it should never last for more than 5 minutes, and you should never invite friends. Focus on the positives in life – there are many.
- 11) **Stop overlooking the beauty of small moments.** How many times have you heard that we should 'stop and smell the roses'? You don't really appreciate those small things until you can't do them anymore. So, take a few moments at the end of each day and really think about the small things you were able to enjoy. Write them down so you can look back on them later when you are contemplating that pity party.
- 12) **Stop trying to make things perfect.** They already are. OK, maybe they aren't perfect; maybe they can be better than they are now. But the point is that you need to focus on reality instead of perfection. Take small steps to improve things and get closer to the idea of what you want your life to be like, and not constantly worrying about how far from perfect you still are.
- 13) **Stop acting like everything is fine if it isn't.** Everything is NOT OK, and it's OK to tell the truth. When a real friend or someone who really cares about you asks how you are, be honest.
- 14) **Stop worrying so much.** You feel like life is out of control, and it is, so don't worry about it. Let life be what it's going to be. Control the things you can control and let the rest go. Constant worrying will only make you feel worse.
- 15) **Stop focusing on what you don't want to happen.** You don't want to wake up tomorrow in a flare, so it's all you think about and you

end up keeping yourself from sleeping, which results in waking up in a flare. Sound familiar? So, instead of thinking 'I don't want....', think 'I want....' Focus on the good night's rest you know you WILL get and how great you will feel tomorrow because you made the right choices about the things that ARE in your control.



- 16) **Stop being ungrateful.** Be grateful, every minute of every day. There is something wonderful to be grateful for. Say 'thank you' for the small things and mean it. Instead of getting upset that someone did something

that you intended to do because it made you feel 'useless' or like they thought you weren't doing your bit, be thankful that they freed you up to do something else that you wanted to do.

If you enjoyed this post, you might also enjoy these:

- 8 Things those with chronic illness need to know
- 10 things you should never say to someone with fibromyalgia
- 11 things those with chronic illness need to do
- 11 Misconceptions the chronically ill have about themselves

Source:

<http://countingmyspoons.com/2013/09/16-things-fibromyalgia-sufferers-need-to-stop-doing/>

Julie's blog: <http://countingmyspoons.com/about-me-julieryan/>



Positive Mind
Positive Vibes
Positive Life



KFC: Our Daily Chicken

A salesman from KFC walked up to the Pope and offers him a million dollars if he would change "The Lord's Prayer" from "give us this day our daily bread" to "give us this day our daily chicken." The Pope refused his offer.

Two weeks later, the man offered the Pope 10 million dollars to change it from "give us this day our daily bread" to "give us this day our daily chicken". And again the Pope refused the man's generous offer.

Another week later, the man offered the Pope 20 million dollars and finally the Pope gave in and accepted. The following day, the Pope said to all his officials, "I have some good news and some bad news. The good news is, that we have just received a cheque for 20 million dollars. The bad news is, we lost the Wonder Bread account!"

CLEANSING VEGETABLE TURMERIC SOUP

Feed your body all the good stuff with some nutrition-packed vegetable turmeric soup. Anti-inflammatory turmeric will cleanse you from the inside out! Substitute your favourite vegetables.

INGREDIENTS

1 tablespoon coconut oil
 1 onion, diced
 1 medium carrot, finely chopped
 2 stalks celery, finely chopped
 1 tbspn ground turmeric, or about 5cm of grated turmeric root
 2 teaspoons garlic, minced (about 4 cloves)
 ½ teaspoon ground ginger
 ¼ teaspoon ground cayenne pepper
 3 cups vegetable stock
 3-4 cups water
 1 teaspoon salt, or to taste
 ½ teaspoon black pepper, plus more to taste
 3 cups cauliflower (or broccoli) florets, chopped
 1 400g can beans of choice eg kidney, drained and rinsed
 1 bunch kale or spinach, chopped
 1 200g pack of your favourite noodles, cooked and drained



INSTRUCTIONS

In a large saucepan or pot over medium-low heat, warm oil. Add onion; stir. Cook for 5-7 minutes, until the onions begin to brown. Add carrots and celery; cook for 3-5 more minutes, until the vegetables soften. Add turmeric, garlic, ginger, and cayenne; stir until the vegetables are coated. Cook for 1 minute, until fragrant.

Add stock, water, salt, and pepper; stir. Bring to a boil; reduce heat to low. Add cauliflower. Cover and simmer for 10-15 minutes until cauliflower is tender.

When the cauliflower is fork tender, add beans, kale, and noodles. Cook until the greens are slightly wilted. Serve hot. **Prep time: 10 mins Cook time: 30 mins Total time: 40 mins**

Servings: 4

www.emilieeats.com

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 and Te Puke 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.

Facebook

Membership of our Facebook page continues to slowly but surely increase. Remember that this is a “Private” page as we want you, our members, to be able to talk freely to each other on the page. We have received requests from people who are not members to join the page, which we have declined for this very reason. This also ensures that non-members cannot use the page to drive any commercial interest they may have. Should you wish to join our Facebook page, the easy link is: <https://www.facebook.com/groups/203904249678311/>

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)
ME Association, UK	MEISS (Dunedin)
Dr Ros Vallings	Nelson Bays ME/CFS & FM
ANZMES	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:

TECT	Grassroots Trust
Bay Trust	Infinity Foundation
Lottery Grants	Southern Trust
Lion Foundation	First Sovereign
Pub Charity	Disability Community Trust Whakatane
WBoP Disability Support Trust	Disability Community Trust
COGS WBoP & EBoP	NZ Post
Legacy Trust	ANZ - Staff Foundation
Ntec	Four Winds Foundation



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

CCI Support meetings held **2nd Wed** of the month 10.30am contact Tina 2811 480

Mount Coffee Group meets the **1st Mon** of the month 10.30 am contact Tina 2811 480

Eastern Bay Group meet **1st Tues** of the month 10.00 am contact Gisela 07 307 1447

Young Member meetings held **3rd Thurs** of the month 1pm contact Kira 021 027 18127

Greerton Coffee Group meets **3rd Wed** of the month at Zest, Chadwick Rd, Greerton

June 2017	July 2017	August 2017
Monday June 12th (Deferred due to Queen's birthday) Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am Tuesday June 6th Eastern Bay group Contact Gisela 07 307 1447	Monday July 3rd Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am Tuesday July 4th Eastern Bay group Contact Gisela 07 307 1447	Monday August 7th Mount coffee morning at Bayswater Retirement Village, 60 Maranui Street, Mount Maunganui, 10.30am Tuesday August 1st Eastern Bay group Contact Gisela 07 307 1447
Wednesday June 14th Support meeting/ coffee morning at 56 Christopher Street , 10.30am – 12pm Topic: Levels of Illness Change	Wednesday July 12th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm Speaker: Kath Vicars, Physiotherapy & Lymphoedema Services	Wednesday August 9th Support meeting/coffee morning at 56 Christopher Street, 10.30am – 12pm For more info Contact Tina 07 2811 480

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 Jean Scoullar
Vice-President Barbara Whitton
Treasurer Joan Willcock
Board Members Andrea McFarlane
Jacqui Bassett
Steve Napier

Staff

Manager Jessie Hines
WBoP Field Officer Tina Richards
WBoP Youth Field Officer Kira Follas
EBoP Field Officer Gisela Sonntag
Accounts & Administrator Joanne Palmer
Newsletter Jan Morrison

10% Discount Stores

Brookfield Pharmacy – Tauranga
Health Haven – Tauranga
Health Shop & Clinic - Greerton
Bethlehem Health Shop – Tauranga
Nature Zone – Whakatane

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



Cut here if sending by post

Yes, I would like to **make a donation / pay my subscription** to **Complex Chronic Illness Support**.

Please find enclosed my **donation** of \$..... ☐ *Tick the boxes*

Please find enclosed my annual **subscription** of \$20.00 ☐ *which apply*

Please send receipt to:

Name:

Address:Suburb.....

City: Post Code:.....

14 Please post cheque to