

**No VA CFS / FMS Support Group
with CFSupport
Summer 2006 Print Newsletter**

Meetings: - 3rd Saturdays - 2-4 PM - Mason Governmental Center-Large Conference Rm-6507 Columbia Pike Annandale VA 22003. Free, close parking. No stairs. Same building as the Mason District Police Station, inside beltway, between Sleepy Hollow & Lincolnia Rds. Meetings facilitated by Elly Brosius.
Please refrain from wearing scented products.

The NoVA CFS/FMS Support Group with CFSupport is an informal educational discussion group with meetings, a Yahoo group for email outreach and a website with many resources. We welcome people with Chronic Fatigue Syndrome, Fibromyalgia and related disorders such as IBS, MCS, & the Orthostatic Intolerances: NMH, POTS and MVPS / dysautonomia. We are volunteer and peer lead by volunteers who respect and talk fluently about the symptoms and issues surrounding conditions in depth. Please join us and share in our discussions, speaker events, and low volume e-mail list. See our website for:

- lists of practitioners, health care & legal
- books, videos, articles, links
- more organizations for CFS/FM and other
- clinical trial info, research information
- coping tips, treatment articles
- media coverage, conference information
- detailed newsletters, and more.

CFS/FM Media Alert!

-June 21, 2006; Our group may be featured in the Loudoun Times-Mirror.

www.timescommunity.com

-CFS/CDC ads run for 1st time in July Better Homes & Gardens, Ladies' Home Journal

-Bethesda Magazine runs cover article on CFS and Laura Hillenbrand called Brave Hearts.

2006 Schedule

June 17

Jonathan Gilbert, NCCAOM
866-546-0777; 301-230-2530;
TheGilbertClinic.com

CFS & Fibromyalgia - States of Unrest
*Chronic overwhelming stress gets you there,
possibilities for resolving symptoms.*

July 15- Toni Marshall facilitates discussion.

August 19 - discussion

September 16

Mitch Lambros, Attorney
800-562-0044; 410-666-2200

Applying for Social Security Disability
with CFS, FM, etc.

October 21

Janine Blackman, MD/PhD
866-546-0777; 301-230-2530

**Applying Integrative Medicine
to Chronic Health Conditions.**

*How to talk to your MD about using
integrative medical techniques;
How guided imagery and other techniques can blend
with allopathic medicine to enhance
one's overall treatment success.*

Nov 18 – discussion

Dec 16 – TBD; possibly Life Coach Libiot

**Spring 2006 Issue of The CFIDS Chronicle
Features our June Speaker, Members.**

Members Debby Sapiurka and Elly B were interviewed about their improved health from taking herbs from our June speaker, Jonathan Gilbert. The Q&A follows his "Perspective on Integrative Treatment." The Q&A continues online at cfids.org/bonus/spo6.pdf. For more info on Gilbert, including our prior meeting summaries, article excerpts, and directions to clinic, see our new Speaker page for him at www.geocities.com/cfsnova/spkrGilbert.html

May 12, CFS & FM Awareness Day Events

- May 8, 9: many group members went to CFIDS Lobby Days in Washington DC.
- May 12: Elly and Maria gave out FM Aware magazines of 024 FM at Chantilly CVS.
- May 13: CFS letter published in NV Daily

See May & June newsletters online for details. Also, info about awareness day bracelets, shirts, bookmarks, pins... Web, see Resources page, Advocacy. No computer? Call us.

National CFS/FM Organizations

CFIDS Association of America

(704) 365-2343; cfids.org

National Fibromyalgia Partnership

(866) 725-4404; fmpartnership.org

National Fibromyalgia Association

(714) 921-0150; faware.org

Thank you to these groups for donating brochures and publications!

Local Support (Web: "OtherGroups" Page)

Pain-Connection.org (301) 309-2444
FM Group meets in Silver Sp (301) 986-8746
FM Group meets in Burke (703) 913-0890

NoVA MVPS/Dysautonomia and OI SG

(OI = Orthostatic Intolerance) No July Mtg.

Resumes 2nd Tue's, noon in Aug. Centreville.

(703) 968-9818. For those w/ CFS/FM/NMH/POTS. geocities.com/cfsnova/mvpsoi.html

Dysautonomia means dysfunction of the ANS (autonomic nervous system) and involuntary functions such as respiration, blood pressure, heart rate, and digestion. Symptoms include neck, back, and other muscular aches, tension or twitching; lightheadedness; irritable bowel; chest pain; panic; anxiety; fatigue; migraines; weakness; alcohol and heat intolerances; pallor or redness of extremities; numbness/tingling; depression/mood swings; loss of concentration; hypersensitive startle reflex; memory problems or foggy thinking; swelling of extremities, feelings of electrical current; skin problems; sleep difficulties; allergies; feeling hot or cold-unrelated to external temperature; visual disturbances and more.

Next EGG Meetings: Elly's Gratitude Group for people with CFS/FM/OI

June 25, Sun, 2-4 pm – In person
Rust (Ida Lee) Library, Leesburg, VA.
380 Old Waterford Rd (front); Use Ida Lee Park for back entrance by meeting rooms.

-July 29, Sat, 7-8 pm, Conference Call
Call (218) 936-6666; Usual code: 33669933

-Aug 29, Tues, ~ ? lunch at Woodbridge Ikea.

-Sep 21, Thurs, Time TBD, in Gilbert Clinic conference room in N. Bethesda, MD
World Gratitude Day

See geocities.com/cfsnova/egg.html or call Elly, (703) 968-9818. EGG is a group for those looking to practice using attitude and other mind/spirit influences to heal in the safety of others who "get" CFS/FM/chronic illness.

NoVA CFS/FMS Support Group / CFSupport

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Centreville, VA 20120-4107

Elly Brosius (703) 968-9818
Toni Marshall (410) 647-7578

Email: CFSupport-owner@yahoogroups.com

Website: www.geocities.com/cfsnova

Y! Group Web for Email Outreach:
groups.yahoo.com/group/cfsupport and
CFSupport-subscribe@yahoogroups.com

Chronic fatigue syndrome (CFS/CFIDS) has long-lasting, multiple effects including severe exhaustion, widespread muscle weakness and pain, disabling problems with memory and concentration, and persistent flu-like symptoms.

Fibromyalgia Syndrome (FMS/ FM) is a complex, chronic state known for its widespread pain and fatigue, with a variety of other symptoms. The name derives from "fibro" meaning fibrous tissues (such as tendons and ligaments), "my" meaning muscles, and "algia" meaning pain. FM is pain in the soft tissues around joints, skin, and organs throughout the body.