

Allow

Danna Faulds

There is no controlling life.
Try corralling a lightning bolt,
containing a tornado. Dam a
stream and it will create a new
channel. Resist, and the tide
will sweep you off your feet.
Allow, and grace will carry
you to higher ground. The only
safety lies in letting it all in –
the wild and the weak; fear,
fantasies, failures and success.
When loss rips off the doors of
the heart, or sadness veils your
vision with despair, practice
becomes simply bearing the truth.
In the choice to let go of your
known way of being, the whole
world is revealed to your new eyes.



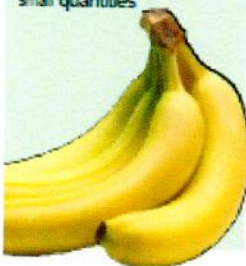
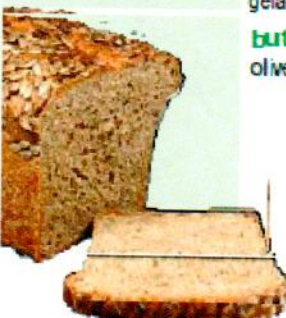

Pet Therapy - But not every should get a horse!

Please email rosemaryistre@gmail.com with your completion of the following:
Your thoughts may be included in a book. They will be confidential, listed anonymously
(not a medical history, just briefly describe how you explain your condition to someone else)
Please indicate "Having Myositis feels like" in the subject area of your email. Thank you

"Having Myositis feels like..."

A temporary diet to manage IBS (irritable bowel)

Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
<p>fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo</p> <p>Note: if fruit is dried, eat in small quantities</p> 	<p>vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini</p> <p>herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme</p>	<p>cereals gluten-free bread or cereal products</p> <p>bread 100% spelt bread</p> <p>rice</p> <p>oats</p> <p>polenta</p> <p>other arrowroot, millet, psyllium, quinoa, sorgum, tapioca</p> 	<p>milk lactose-free milk*, oat milk*, rice milk*, soy milk*</p> <p>*check for additives</p> <p>cheeses hard cheeses, and brie and camembert</p> <p>yoghurt lactose-free varieties</p> <p>ice-cream substitutes gelati, sorbet</p> <p>butter substitutes olive oil</p>	<p>tofu</p> <p>sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol'</p> <p>honey substitutes golden syrup*, maple syrup*, molasses, treacle</p> <p>*small quantities</p> 

Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
<p>fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p>sweeteners fructose, high fructose corn syrup</p> <p>large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice</p> <p>honey corn syrup, fruisana</p> 	<p>milk milk from cows, goats or sheep, custard, ice cream, yoghurt</p> <p>cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta</p> 	<p>vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion</p> <p>cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta</p> <p>fruit custard apple, persimmon, watermelon</p> <p>miscellaneous chicory, dandelion, inulin, pistachio</p>	<p>legumes baked beans, chickpeas, kidney beans, lentils, soy beans</p> 	<p>fruit apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p>vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn</p> <p>sweeteners sorbitol (420) mannitol (421) isomalt (953) maltitol (965) xylitol (967)</p> 

A word about “leaky gut”

Is your stomach “depressed”?

- nutrients are absorbed through a semipermeable lining of the gastro tract (small intestine), when the lining is disrupted, substances that are usually blocked may enter causing an inflammatory reaction
- depression is no longer viewed as a disorder solely in the brain
- need for restoration of microbiome- balancing microbiome lowers risk of depression



Perlmutter, D. (2015) *Brain Maker*. New York, NY: Little, Brown & Co.

Christianson, A. (2014) *The Adrenal Reset Diet*. New York, NY: Harmony

Blum, S (2013) *The Immune System Recovery Plan* New York, NY: Scribner

These are good sources with quality studies that promote food as medicine and show the stress connection.

Always consult your treating physician before implementing new dietary strategies.

Stay Connected

Through:

- this conference
- support group meetings
- family
- close friends
- church or faith based group
- media
- blogs
- meetings of interest
- community activities ...



DO NOT BECOME ISOLATED.

Exercise

You have to keep moving!

- walking
- easy does it Yoga
- water exercise - maybe just play
- Tai Chi
- exercise DVD from TMA



You don't have to “want to”, you just “have to”

Meditation and Breathing



- focus on breathing in and out, clearing the mind
- slow steady breathing and relaxation is incompatible with anxiety

Some techniques:

- breathe in and out to a slow count
- abdominal breathing
- alternate nostril breathing
- progressive relaxation
- guided visualization



Gratitude

“The seeds of despair can't take root in a grateful heart”—Joel Osteen

- Studies have shown that simple gratitude exercises can reduce depression, increase feelings of well-being and have long-lasting effects

I opened two gifts this morning. They were my eyes.



Simple Reminders

Mindfulness and Self-Compassion

Mindful Self-Compassion was developed by Kristen Neff, PhD and Christopher Germer, PhD, combining the skills of mindfulness and self-compassion, and providing a powerful tool for emotional resilience.

What you resist persists, lean into acceptance and comfort yourself as you would a friend

Breathing and meditation exercises facilitate MSC



Center for Mindful Self-Compassion
www.CenterForMSC.org

Kristin Neff
www.self-compassion.org

Chris Germer
www.MindfulSelfCompassion.org

link for affection breathing:

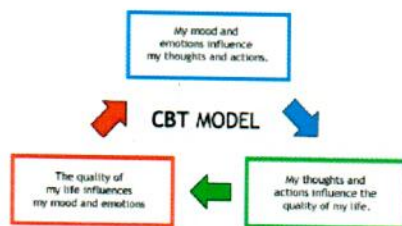
<http://www.centerformsc.org/sites/default/files/AffectionateBreathing18.24ckgamlified12-14-14.mp3>

link for compassionate friend guided imagery:

<http://www.centerformsc.org/sites/default/files/Compassionate%20Friend.mp3>

CBT Cognitive Behavior Therapy

you don't have to believe what your mind tells you



<https://draxe.com/cognitive-behavioral-therapy/>

The Tapping Solution

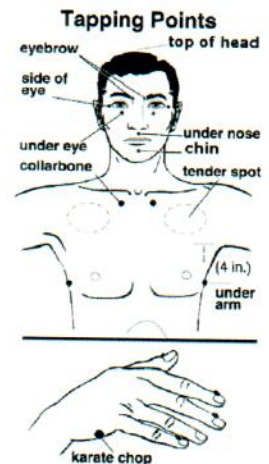
aka EFT - Emotional Freedom Technique

applying "psychological acupuncture" kinda like acupuncture but without needles

seems to effectively address a range of issues from pain, anxiety, stress, fear, weight, finances

any issue, negative or positive

easy to use, can be done anywhere



Ortner, N.(2013) *The Tapping Solution*. New

Other Assorted Ideas

suck on a raisin—seriously?!

edmr -move your eyeballs! - maybe

TMS- magnetic stimulation therapy - FDA approved!

biofeedback - computer programs with graphics!

clean out a drawer

watch fish swim

watch a funny movie

read for fun and inspiration

find 5 things to see, 4 things to touch, 3 things to hear, 2 to smell, 1 to taste...

notice the beauty in dust particles dancing in the sunlight...

Cabot-Zin, J.(2013) *Full Catastrophe Living*. New York, NY: Bantam

Williamson, M. (1994) *Illuminata, A Return to Prayer*. New York, NY: Riverhead

Singer, M.A. (2007) *The Untethered Soul*. Oakland, CA: New Harbinger

http://www.newhopetms.com/stories-of-hope/tms-therapy-depression/?gclid=CjwKEAju8da8BRDssvyH8uPEgnoSjABJmwYo_KINhoJNiVT0xWZaMik9a-