

South East Essex ME Support Group

Practical hints and information

Here are some handy hints for M.E. sufferers who are desperate to get well again.

Health Hints

- **Vitamins** - can help, along with healthy eating, little and often, and by drinking plenty of water to cleanse the system.
- **Multivitamins and mineral supplements** - help the immune system.
- **Evening primrose oil, fish oil supplements** - helps reduce joint pain.
- **Drink two litres of water each day** - or other fluid and an extra litre for each hour of exercise.
- **Therapies** - Won't cure M.E. but will help you feel better about yourself.
- **Pet therapy** - is very calming. "Pets as Therapy" is a good organisation to contact if you do not have your own pet.
- **Yoga video level 1** - for a few minutes can help with relaxation.

Rest and Relaxation hints

- **Relaxation Music** - when you are resting helps ease away stress.
- **Aromatherapy oils** - on an aroma stone will also help to relax.
- **Arnica Massage Balm** - ask a carer to give you a neck and shoulder massage.

More Relaxation Tips

- **Can't concentrate to read a book** - try listening to talking books, they are available from the library in CD and cassette format. Also helpful if you can't sleep!
- **When travelling long distances by car**, try lying on the back seat, use a pillow and a blanket for more comfort.
- **Gentle short walks** - (100yds maximum) take a walking stick/seat, so you can have rests along the way. A rollator is also useful.
- **Avoid bright lights, crowds and noise** - these can cause anxiety or panic attacks.
- **Join a local support group** - try your local library for information.
- **Shop on-line by Email** - order as much as possible in one delivery.

Moderation and Planning

- **If you want to get better** - be prepared to work at it but constantly be cautious, as emotional and physical stress is detrimental to your health. Also be aware you could have a relapse.
- **If you do not have your own wheel chair** - when out shopping, use the Stores and shops that have them available. Most large stores are very helpful and will, if asked, supply an assistant to help you.

Self – consideration

- Use TV and other remote controls as much as possible.
- Have a telephone extension next to your bed, BUT turn off the ringer, so if you hear the ringer of the main phone it gives you time to answer without having to get up.
- Have an intercom doorbell fitted so you can answer without having to get up.
- Don't try to do too much, PACING, means resting every 20 minutes.

Self-control and will power

- Always have a positive frame of mind, and assertion about the future.
- **Pace yourself** - when attempting any activity
- **Remember** - all M.E. Sufferers have differing health problems and disabilities, so what works for one person may not be suitable for another.