February 2015

**Health Trainers talk to Worcester and Malvern Groups: speaker Chris Burton**

Last week we were visited by Christopher Burton, a Senior Health Trainer from the Health Trainer Service. He is the area trainer for Worcester and Malvern His talk was on Healthy Lifestyles Behaviour Change. He had researched ME/CFS/FMS and his talks were very informative as he related each topic to the needs of people with ME/CFS/FMS. ‘NHS Health Check leaflets’ and ‘Food and Behaviour diaries’   
were provided by Chris.

For a copy of the Healthy Lifestyle Flyer including an application form visit <http://www.hacw.nhs.uk/our-services/health-trainer-service/>

At the present time the trainers are employed by the NHS, but this will change in April 2015, as the bid to run this service was won by a charity. Until the end of February 2015, anyone over the age of sixteen can refer themselves to the trainers for a free check by:

* Filling in the application form in the leaflet and posting it to: Health Trainer Service, Woodside, Perry Wood Walk, Wyld's Lane, Worcester, WR5 1ES. If you would like a paper copy of the application form please contact Ian Logan - 01886 888419
* Telephoning the referral line: 01905 681333
* Filling in an online application form at [www.hacw.nhs.uk/healthtrainers](http://www.hacw.nhs.uk/healthtrainers).
* Email your information on: [WHCNHS.HealthTrainers@NHS.Net](mailto:WHCNHS.HealthTrainers@NHS.Net)

At this present time the only restriction for application seems to be age 16 or over, but this will change after 28th February 2015. From March 2015, the service will still be free, but the criteria for acceptance will include: a Body Mass Index of 30+ or living in an area of highest need.

Topics discussed during the meetings included:

**Diet** - using a 28 day food diary to identify any gaps in nutrition, preparing for periods of activity by eating the best foods to help this, organic foods vs non-organic foods. Sugar - should be kept to a balanced level with other food groups, healthy fats are important. Eat something raw about 20 minutes before each cooked meal to aid with digestive enzyme production. The act of chewing something raw has a beneficial effect. Make sure that you chew all of your food well - especially things like pasta and beans to aid in the digestion. Don't eat raw wilted food as they produce chemicals (Glycoalkaloids) which are harmful, cook the wilted food. Don't eat dense green vegetables like spinach or rocket raw   
if you have any digestive disturbances, for example Irritable Bowel Syndrome (IBS). Garlic -   
anti-inflammatory properties, coconut oil - fatty acids, many health benefits.

**Supplements** - for example, the use of creatine to help with energy levels,

**Fluid intake** - drink a regular amount of fluid spread throughout the day (5 or 6 regular times), to help maintain hormone levels.

**Possible future testing for ME/CFS** - 2 days of exercise on a bike followed by a muscle biopsy to look at the muscle mitochondria function. This is a **possible** test that could be carried out by, for example, universities as research projects. We do not have any further details of this at the moment.

Info from Chris Burton:

Raw food before cooked or processed.

Eat protein before carbs.

Water at predetermined times not all in one go.

Good fats instead of sugar! Here is an interesting video that links sugar with metabolic syndromes <http://youtu.be/ceFyF9px20Y>

Esther Swinnerton

Newsletter Editor

**On behalf of -**   
**Worcestershire M.E. Support Group**  
**(**[http://worcsmegroup.weebly.com](http://worcsmegroup.weebly.com/)**)**