

## **The Eastside CFS/FMS Support Group** (<http://homepage.mac.com/cfids/eastside/home.html>)

Our support group meetings are open, to anyone who has any chronic illness, including but not limited to their friends, spouses or other interested parties. We encourage those with CFIDS, FMS, GWS, IBS, allergies, and MCS to attend. All meetings and parking are free. Meetings are always on the **2<sup>nd</sup> Monday of every month, 7 pm to 9 pm, in Room Blue 1-150**, at Evergreen Hospital, 12040 NE 128<sup>th</sup> St. in Kirkland. Directions: Exit I-405 at 124<sup>th</sup> Street and follow the “hospital” signs. See <http://www.evergreenhealthcare.org> for more detailed directions. Don't worry if you are a little late! The closest parking is available in the hospital's parking garage. Once at Evergreen, feel free to ask any information desk attendant/volunteer, on how to complete your journey... ***Note: The best way to stay informed, on a timely basis, of all meetings and events is to send us your e-mail address at: [eastsidecfs@yahoo.com](mailto:eastsidecfs@yahoo.com)!!!***

### **Regular Meetings Scheduled for:** (*Note there is no meeting for December*)

**September 9th, 2002: Scott Sulak, Clinical Hypnotherapist**, will speak on using hypnotherapy and meditation for chronic health problems such as for pain control, fibromyalgia, insomnia, panic attacks, and changing patterns of thinking. His lecture will include an optional guided imagery demonstration; so feel free to bring a mat or blanket if you would like to lie on the floor. More information about Scott is on his website at <http://www.changeforgood.com>.

**October 14th, 2002: Marilyn Ward, Registered Dietitian** and diabetes educator will speak on diet. Suggestions will be offered for ways to eat nutritiously while dealing with a chronic condition.

**November 11th, 2002:** We'll be viewing **Dr. Paul Cheney's Treatment Protocol**—the conclusion of the 3-hour video, "*New Insights Into The Pathophysiology and Treatment of CFS*" with Paul Cheney, MD, PhD. An excellent website with information about Dr. Cheney's Basic Treatment Plan is at <http://virtualhometown.com/dfwcfids/medical/cheney.html>

**December—No Meeting.** (We are all too busy dreaming about gum drops and candy canes.)

**Future Meetings for 2003: QEEG and Chronic Fatigue Syndrome video, with Myra Preston, PhD.** Dr. Preston is the first physician to offer patented diagnostic and treatment procedures utilizing QEEG (brain mapping) and neurotherapy to aid in the diagnosis and treatment of CFS. See <http://www.siberimaging.com/home.htm>. She has entered into strategic alliances with other health practitioners, including John Dunn, ND, in Olympia, Washington, [www.drjondunn.com](http://www.drjondunn.com) and collaborated with Drs. Cheney and Lapp in publishing her findings. QEEG brain mapping has been used in both social security and private disability proceedings.

### **Chemical Sensitivity WARNING!!**

Out of consideration to our members and their guests who are chemically sensitive, we request that you not wear any perfume, cologne, or other scented products. Including Bounce, Tide, scented soaps and creams, etc. Let's all breathe together!!

*Our group does not endorse any speakers, healthcare providers, treatment regimes, attorneys, pharmacies, or hospitals. Any treatments should be pursued with proper medical guidance.*