

# ROCKY MOUNTAIN CFIDS/FMS ASSOCIATION

December 2001



## Integrative Medicine

October's meeting featured Milt Hammerly, M.D., an expert in the integration of conventional and alternative approaches to healing. Dr. Hammerly also has extensive experience treating Fibromyalgia, which he views as a "common set of symptoms with many different causes."



Rather than focusing on specialties,

therapies, or technologies, he integrates diagnosis and treatment around each individual patient. To provide better patient outcomes, he applies a broad mind-body-spirit approach which requires an extensive assessment of each patient's condition. This requires a model which organizes hundreds of available therapies.

He is devising an approach to Integrative Medicine de-

signed to be "Comprehensive in Scope" (covering all aspects of functioning), "Personalized by Design" (targeting each patient's situation), and "Collaborative of Necessity" (combining techniques from many specialties). Interventions are chosen not due to availability of a practitioner or therapy, but according to each patient's evidence of need for any particular therapy.

Dr. Hammerly presented a framework in which specific therapies, whether conventional or alternative, are grouped into six categories based on their presumed mechanism of action (i.e., how they work). These categories guide the more thorough assessment of each patient's condition by encouraging diagnosis of function within each category.

Within each category, all

available therapies are layered from less to more aggressive, risky, costly, and passive. Applying conventional "risk stratification triage," more aggressive therapies are available for immediate use for patients in dangerous, unstable, or precarious situations. But for a patient with chronic sub-acute symptoms, less aggressive approaches are first tried for a predetermined time frame, with more aggressive therapies reserved for later use, only if needed.

The six major categories, which serve to both classify therapies and guide patient evaluation, are condensed below:

1. **Biochemical** (altering chemistry and/or metabolism): Nutrition (diet, vitamins, minerals); herbalism, naturopathic, Ayurvedic & traditional Chinese medicine, OTC medicines, prescription medicines. Various approaches, such as traditional Chinese

*(Continued on Page 5)*

## In this issue...

- ◆ Integrative Medicine.....1
- ◆ President's Corner.....2
- ◆ CFIDS/Fibromyalgia Self-Help.....3
- ◆ Recent Meetings.....4
- ◆ Personalized Benefits Information.....4
- ◆ Dr. Hammerly, cont'd.....5
- ◆ Media Watch.....6
- ◆ Kim Kenney Recognized.....6
- ◆ Change of Address/Contact Form.....7
- ◆ Association Information.....7
- ◆ Meeting Schedule.....8
- ◆ Meeting Location.....8

*Please note this month's insert on the Name Change Issue*



## *President's Corner...*

### *Troubled Times*

Even before September 11th, everyone in our support group seemed to be dealing with extraordinary personal circumstances of various kinds. Wouldn't it be nice if we could take a break from our chronic illnesses? Following the recent terrorist attacks, even people not directly affected took extended breaks from their usual routines as they struggled to find a new sense of normalcy in a changed world.

As chronically ill people, we are forced to absorb such horrendous events in the very context of our already fragile and often over-burdened lives. As we struggle to manage our daily lives and emotions, we depend upon predictability and stability in our environments and institutions. We are vulnerable, and now the world has joined us.

What are we to do? Don't underestimate the effects of recent national events on your ability to cope. A special vulnerability arises for us when our society's foundations are shaken. While both well and ill people can become disoriented, as people with chronic illnesses, our limited ability to function restricts otherwise available options.

Be patient. Give society time to adapt to its new realities. If possible, teach others your coping techniques as they experience the loss of their personal sense of well-being in a way all too familiar to us. Pay attention to your own physical, emotional, psychological and spiritual well-being. Be good to yourself and to others. Notice when your need for help exceeds the needs of those you would help. Avoid excessive deterioration of your own condition. Help yourself or seek help from others. Find a new sense of balance from which to operate. Never lose hope.

### *Regional Subgroups Forming*

**Karen Reese**, our Secretary, has been helping local area subgroups to form. As always, we take our members' privacy seriously, and do not give out your personal contact information without first seeking your permission. Karen has been calling members to ask if they are interested in participating in local area subgroups. These subgroups may hold meetings, or subgroup members may just become "phone friends." Subgroups are expected to provide a vehicle for more personal interactions, while the lecture meetings will remain centralized at National Jewish Center.

In order of subgroup formation, **Gayle Pikna** (Aurora), **Gail Souther** (Boulder), **Cindy Komosa** (northwest suburban) and **Lori Burger** (south suburban) have emerged as subgroup leaders in their areas. Some have already held meetings. Most people in the "west suburban" area have been contacted, but a group leader has not yet emerged. Denver may be divided into two or three subgroups. People in Denver have not yet been contacted, but hopefully will be called "soon."

Many thanks to Karen and the subgroup leaders for their participation in this effort. Please contact Karen if you are willing to help lead a local area subgroup.

### *Proposed Name Change*

The U.S. government sponsored CFS Coordinating Committee's Name Change Working Group has proposed changing the name of Chronic Fatigue Syndrome (CFS) to Chronic Neuroendocrine Immune Dysfunction Syndrome (CNDS). An interim draft of the workgroup's recommendation is inserted in this newsletter. Please use the associated questionnaire to provide feedback regarding the proposed new name.

*Tim*

# **CFIDS/Fibromyalgia Self-Help**

## **Honor Your Emotions**

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Campbell, reprinted with permission  
from the website,  
[www.CFIDSelfhelp.org](http://www.CFIDSelfhelp.org)*

## Recent Meetings

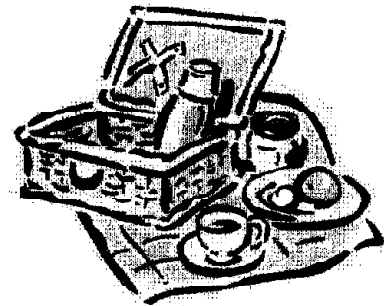
Our annual picnic was held August 18th outside the covered patio behind Heitler Hall at National Jewish Center. Many members and a number of guests attended. Thanks to all who helped to make this annual event fun for all.



Linda Straka, Priscilla Finnell and Janice Pelster



Tim Smith, Jo Ann Hudson, Deb Crawford, Claude Cyr, Karen Reese (standing) and Barbara Kellner



**September's** meeting was cancelled because National Jewish Center temporarily limited use of its facility in the aftermath of the September 11th attacks.

**October's** meeting news may be found on page one.

**November's** meeting featured a video tape of **Dr. Myra Preston**, a neurophysiologist, speaking about diagnosis and treatment of Cognitive Dysfunction. She may visit Denver to provide Quantitative EEG diagnostic testing if enough of us are interested.

### Personalized Benefit Information

Check out [www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) on the Internet. If you'll input information such as birth date, zip code, assets, income, expenses and disability status, you'll be provided with a list of available federal, state and local benefits tailored to your situation. Thanks to **Jerrie Pairan** for bringing this website to our attention.

## Hammerly

Continued from Page 1

medicine, classify individuals and offer tailored biochemical interventions.

2. **Structural** (manipulating anatomic structures): osteopathic or chiropractic manipulation with many of their offshoot therapies, applied kinesiology, physical therapy, various forms of massage therapy, reflexology, rolfing, surgery.

3. **Functional Movement** (dynamic activities): stretching, regular activity, exercise, Alexander technique, Feldenkrais, biomechanics of posture, ergonomics, movement re-education to avoid movement guarding, Tai Chi, Yoga, educational kinesiology.

4. **Environmental** (external forces): avoidance of allergens, irritants, potentially toxic substances (air, water, and soil pollution, food additives, silicone implants, mercury in fillings), recirculated toxins in "sick buildings," electromagnetic fields.

5. **Mind-Body** (internal psychological and emotional forces): Psychology (guided imagery, laughter; pet therapy, neurolinguistic programming, eye movement reprogramming, music therapy, psychoneuroimmunology, biofeedback, hypnotherapy), meditation, prayer, Ayurvedic, kinesiology, aromatherapy. All

these may favorably affect the Hypothalamic-Pituitary-Adrenal (HPA) axis.

6. **Energy** (restoring disrupted electric flow): traditional Chinese medicine Chi to restore ying-yang balance; acupuncture; Ayurvedic-"Prana", yoga, various hands on/off therapies of therapeutic touch, reiki, polarity, phototherapy, biomagnets, homeopathy, more subtle chiropractic and osteopathic techniques, reflexology, iridology, aromatherapy; radiation, electroconvulsive, defibrillation.

Dr. Hammerly's book *Fibromyalgia: The New Integrative Approach: How to Combine the Best of Traditional and Alternative Therapies* provides more details, including case histories involving Fibromyalgia symptoms. Dr. Hammerly's clinical practice is one day a week at the Center for Global Medicine (303-762-0626). The remainder of his time is spent in various paid and volunteer educational and administrative endeavors.

### Related Books

1. *Tyler's Honest Herbal: A Sensible Guide to the Use of Herbs and Related Remedies*; Steven Foster, Varro E. Tyler, November 1999, Haworth Press

2. *The American Pharmaceutical Association Practical Guide to Natural Medicines*; Andrea Peirce, John A. Gans; December 1999; William Morrow & Co.
3. *PDR for Herbal Medicines* (2nd Ed); Medical Economics Staff, Joerg Gruenwald; April 2000; Medical Economics Company
4. *The Natural Pharmacist: Drug-Herb-Vitamin Interactions Bible*; Steven Bratman, M.D., Richard Harkness; January 2, 2001; Prima Publishing

### Recommended Websites:

[www.consumerlab.com](http://www.consumerlab.com)  
For information about herbs and supplements

[www.coloradohealthsite.org/fibro/fibro\\_center.html](http://www.coloradohealthsite.org/fibro/fibro_center.html)

[www.TNP.com](http://www.TNP.com)  
(The Natural Pharmacist)

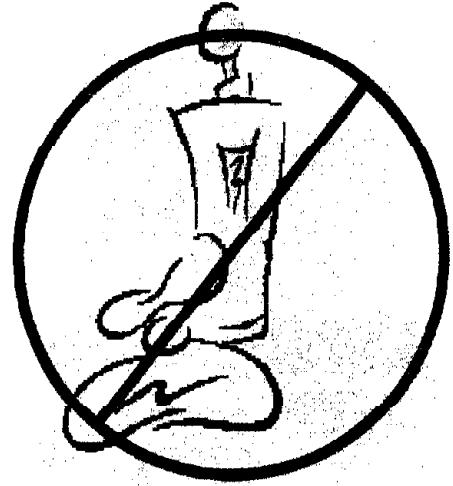
*Special thanks to Tim Smith for contributing this article.*

### **Save Your Non-Winning Scratch Lottery Tickets!**

Just include a note with your name and phone number along with the non-winning tickets to Janice Pelster at her address on the back of this newsletter. She'll take care of the rest. Our support group may be lucky enough to win in next year's charity drawing!

Many of our members and others who go to National Jewish Center have many kinds of allergies and chemical sensitivities. Therefore, National Jewish Center does not allow smoking or fragrances such as perfumes, colognes, after-shave lotions, or any other scented products. Please do not wear any scented products to our meetings. If you do, you may be asked to leave. Thank you for your cooperation.

-The Board



## Media Watch

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CFIDS Association of America .

On Monday, September 10, 2001, Redbook, in conjunction with Chevy Trailblazer, presented its fourth annual *Mothers and Shakers* awards at Avery Fisher Hall. This year's 12 honorees, including Marlo Thomas, Hillary Rodham Clinton and Sarah Ferguson, also included **Kim Kenney, director of the CFIDS Association of America**. Since Kim took over as director in 1991, she has helped raise \$3.6 million for research and made the organization a major force in Washington. In 1998, thanks to Kenney's relentless probing, a researcher at the CDC blew the whistle on his agency and alerted Congress that \$12.9 million earmarked for CFS research had been diverted to other programs. After a series of audits, the money was recovered.

Change of address? Need to contact the Association? Please use this handy form ....

Name \_\_\_\_\_ Dues/Donation \$ \_\_\_\_\_  
(Voluntary Annual Dues of \$15.00 are appreciated.)

Address \_\_\_\_\_

City \_\_\_\_\_ Phone Number \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Meeting Notification Preference: (Circle one)

E-mail

Qwest Voice Messaging

Phone Call

(Note: Qwest Voice Messaging and Phone Calls are for local, non-toll calling area only.)

Do you have CFS? \_\_\_\_\_ How long? \_\_\_\_\_

Do you have FMS? \_\_\_\_\_ How long? \_\_\_\_\_

Comments: \_\_\_\_\_

Please detach and send to:  
(make checks payable to:)

Rocky Mountain CFIDS/FMS Association, c/o Janice Pelster,  
3161 W. Bails Place, Denver, CO 80219-4612

## ASSOCIATION INFORMATION

### LEADERSHIP TEAM

Tim Smith.....President  
[redacted]@att.net (303) 758-2496

Karen Reese.....Secretary  
[redacted]@mymailstation.com (303) 377-1536

Janice Pelster.....Treasurer  
[redacted]@msn.com (303) 936-5040

Nadine Goranson.....Newsletter Editor  
[redacted]@qwest.net (303) 678-0531

Don McKinstry.....Nat'l Contact Person  
[redacted]@juno.com

Carey Wettjen.....Refreshments

### BOARD MEMBERS

Sarah Clausen      Janet Hess      Jeannie Muench  
Janice Pelster      Karen Reese      Kitty Sherback  
Tim Smith

*This newsletter is a publication of The Rocky Mountain CFIDS/FMS Association, Inc., a 501(c)(3) publicly supported charity. It is intended to provide helpful information about CFS, FMS and related topics. Contact us by e-mail at CFSdenver@att.net or FMSdenver@att.net. The Association does not endorse any product, service or medical hypothesis, does not dispense medical advice, and assumes no liability for treatment undertaken by readers of this newsletter. For medical advice, consult your doctor.*

**Rocky Mountain CFIDS/FMS Association  
c/o Janice Pelster, Treasurer  
3161 West Bails Place  
Denver, CO 80219-4612**

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Rocky Mountain CFIDS/FMS  
Association**

## **Meeting Schedule**

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**December 15, 2001: No Meeting—Happy Holidays!**

**January 19, 2002: Lecture Meeting: Pat Taggart, Homeopathic Practitioner**

Ms. Taggart will speak about “Classical Homeopathy.”

**February 16, 2002: Lecture Meeting: Bristol Sorensen, Research Asst. to Dr. James Jones**

Ms. Sorensen will speak about their latest research results: “A Model for the Induction of CFS.”

**March 16, 2002: Dr. James Jones of National Jewish Medical and Research Center**

Dr. Jones will provide his annual update on CFS research.

***Meetings are held in Heitler Hall at National Jewish Medical and Research Center at 1400 Jackson Street in Denver (near Colfax Ave. and Colorado Blvd.), from 1 p.m. to 3 p.m.***