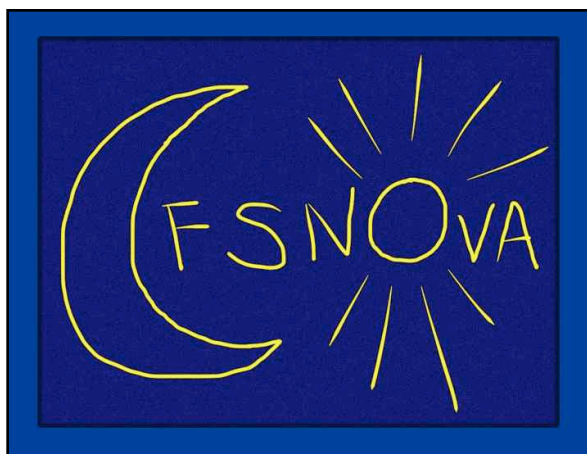


In Your Facebook!

Thumbs Up Given

Members Like What They See Opening New Page



January 2011 starts a new phase of member interaction and support with Facebook "CFS Nova," a "Page" visible to all internet users. We'll share occasional events and encouragement.

Facebookers might find compassionate friends far and near. Some may coordinate rides to meetings via Facebook CFS Nova.

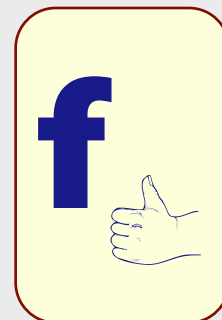
CFS Nova is already well liked with 33 fans/friends on day one, with comments and more thumbs up, too. Group hug. :)

"CFS Nova" Likes You

And your friends, but you don't have to "Like" us to participate. With wide armed thumbs up, we've joined the world of Facebook with a public "Page" called "CFS Nova" and a Facebook "Like" option at our website, CFSnova.com.

Clicking the Like button on "CFS Nova" at Facebook will give you access to our posts in your news feed *and* it may show your name and profile picture to all the world as our pal, depending on your settings.

Like or "Thumbs Up" at cfsnova.com will post on your FB "Wall" about you liking the link. It will give description of our group and a link.

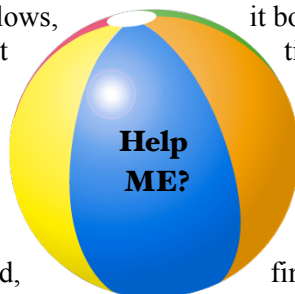


If privacy is a concern regarding the nature of our group, either adjust your Facebook settings so your likes are not seen, or, perhaps only seen by Friends, or visit us without clicking the "Like" options.

LIFE AS A BEACH BALL - HOW DO YOU ROLL / ROLE PLAY?

BY ELLY BROSIUS

A perfectly inflated beach ball. It absorbs blows, flexes, springs forth, flying away to the next person. It has flexibility and resiliency. It returns to its original shape. If we roll it across a mostly smooth floor, it might bump a little off pebbles or fuzzies, but it would stay on its intended course. Picture two ways to stress a beach ball. Overinflated,



it bounces more, off the walls with excitement, tiny obstacles send it careening off course. It could pop, deflate needing to be patched up. An under inflated ball, from say a slow leak, thuds, gets stuck on fuzzies, stops rolling. It loses its shape, its identity. These remind us of the ways a person feels stress. May we all find ways to our original shape and bounce.

OUR TELECONFERENCING: INFO, SUPPORT FOR, COPING WITH PAIN, FATIGUE, + + + +



The Calls of the Nervous System

Starting September '08, the Mitral Valve Prolapse Syndrome (MVPS/D) and OI meetings became teleconferences, more generally about all the nervous system symptoms. We include CFS and FM since dysAutonomia symptoms often coincide with those and POTS, NMH, IC, & IBS symptoms.

Thinking about body experiences as Problems with the Autonomic Nervous System (PANS) and poor circulation gives us many strategies for lessening the severity and frequency of symptoms, e.g. managing electrolyte intake (including salt) while balancing with liquid intake. To which symptoms do we refer?

All of them! Especially the super sensitivities, too hot or cold, fatigue, pain, and shakiness, postural tachycardia, neurally mediated hypotension, low blood volume, startle reflex, lightheadedness.

**The Calls of the Nervous System
2nd Tuesday of every month
12-2 pm Eastern**

The EGG Calls for Gratitude

In late 2005, our new mind-body-attitude sister group of gratitude (EGG) began experimenting with teleconferencing as another way of connecting, supporting each other and ourselves, breaking up the isolation. In 2008, a yahoo group was added, EGGdish. Think of these as the NOVA ova.

EGG is about practicing an attitude of gratitude, together, while still acknowledging our awful or difficult health and other challenges whether they be from CFS, FMS, IBS, IC, MCS, Chronic Lyme, vulvodynia, We also help each other rephrase our language for a more constructive spin. We look to make our expectations more reasonable and notice the stress in our "shoulds." We practice appreciation for saving energy, for creativity about old situations, and to accelerate any possible healing.

EGG Calls are monthly and only set about a month in advance.

**Elly's Gratitude Group Calls
Jan 31, 1 pm, Eastern**



**2011 Teleconference
Dial-In Number (218) 339-2699
with access code 5 6 8 3 9 4 #**

