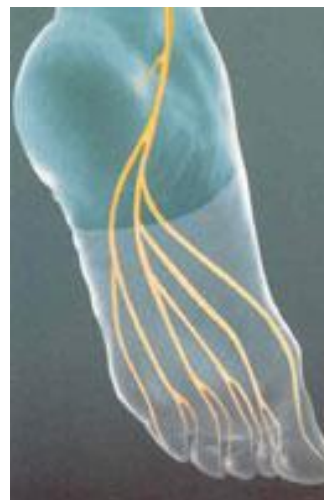


Neuropathy Treatment Myths Revealed

If you've ever wanted to just get instant relief from the pain associated with peripheral neuropathy then this may be the most important message you'll ever read...

Because I am going to show you how to get instant relief from the pain that will allow you to return to a normal life. You'll be able to walk on carpet again with bare feet, regain feeling in your fingers and toes and start living a full and happy life without having to stop everything because the pain is unbearable.



Have you been suffering from numbness in your hands and feet? Has there been a recent history of nerve damage? These and other indicators may not be as random as you once thought. Peripheral neuropathy is a nerve related problem that affects many and causes pain or loss of sensation. Many are told by their doctors that there is not a cure for neuropathy and that they will just need to live with the pain. This special report will cover the treatments that work and pull the rug out from the treatments that don't work. Let's start with some background information on Neuropathy.

What is Neuropathy?

The term neuropathy refers to the nerve damage caused by conditions such as diabetes, genetic factors, infections, vitamin deficiencies, and a host of other conditions. Because the nerves are used by the brain to communicate with other parts of the body, any area of the body can be affected by neuropathy. The affected area could include the joints, muscles, internal organs, and skin, or a combination of these areas of the body.

Any damage to the nerves can result in a variety of symptoms and related issues. Neuropathy can affect any of the nerves throughout the body, however, it does not refer to nerve damage that affects the spine or the brain. It is also known by a number of other terms such as diabetic neuropathy and peripheral neuropathy.

What Causes Neuropathy?



One of the most common causes of neuropathy is **diabetes**. In fact, as many as half of the people diagnosed with diabetes will also suffer from neuropathy. Diabetic neuropathy is the term typically associated with the type of neuropathy that is caused by diabetes. Although it can affect any of the nerves in the body, diabetic neuropathy typically affects the nerves in the hands and feet most severely.

Diabetes is a common condition that has reached almost epidemic levels in the industrialized world. Diabetes is a chronic and system wide disease that results from the body's inability to properly process glucose, also known as blood sugar. This is often because the body lacks the correct amount of insulin that is required to break down the glucose into elements the body can use.

Diabetic neuropathy is the most common serious complication of diabetes yet it can be easily prevented and its progress slowed with proper nutrition, a healthy lifestyle and specially formulated treatment options for managing the pain.

There are a number of other causes of neuropathy as well. These include the following:

- Alcoholism
- Exposure to some types of toxins or other kinds of poisons
- Infections
- Genetic disorders
- Tumors that exert pressure on the surrounding nerves

- Trauma to the nerve from an auto accident, for example
- Extended pressure on the nerve
- Repetitive movements such typing which can lead to Carpal Tunnel Syndrome
- Autoimmune diseases like rheumatoid arthritis and lupus

What Are The Side Effects of Neuropathy?

Depending on the type of neuropathy, there can be a wide range of pains and side effects. In most cases, the side effects generally start in the extremities such as the hands and feet. Without successful treatment, the side effects can continue unabated and begin to affect other, more widespread areas of the body. Many times, the progression from the extremities to the rest of the body is slow. Sometimes, however, neuropathy can move rapidly throughout the body.



The following side effects and pains are often seen in those people who have neuropathy:

- Clumsiness and weakness when moving
- Urination difficulties when trying to maintain control
- Burning, tingling, and numbness in the hands and feet or both regions
- Dizziness when standing
- Unable to feel textures or temperatures
- Erectile dysfunction
- Infections
- Double Vision

What Are the Different Types of Neuropathy?

There are a number of different types of neuropathy. More than one hundred types of neuropathy have been categorized so far. Peripheral neuropathy tends to be used by physicians as an umbrella terms for all types of neuropathy.

The following are just a few of the more than one hundred types of neuropathy:

- **Peripheral neuropathy** is termed as nerve damage that is located in the nerves that are on the outside of the main nerves. Peripheral Neuropathy damages nerves in your feet, legs, arms and hands. Peripheral neuropathy is also called sensory neuropathy and generally affects the feet and legs with the most severity.
- **Diabetic neuropathy** is a frequent side effect seen in people who have diabetes. It is typically characterized by numbness and tingling in the hands and feet. Pain in the hands and feet is often noted as well. In more severe cases, complications can be seen in other bodily systems as well. These include the kidneys, urinary tract, heart, digestive system, and blood vessels.
- **Cranial neuropathy** affects the nerves that are joined at the brain. These nerves control the sensations of taste, hearing and sight. As a result, there are often many complications of the eye.
- **Charcot's joint, or neuropathic arthropathy**, affects the stability of the joints. This type of neuropathy frequently affects the feet which can eventually result in the inability to walk.
- **Autonomic neuropathy** affects the nerves that control the more automatic functions of the body. Difficulty controlling urination, frequent urinary tract infections, erectile dysfunction, and digestion issues are most commonly found in this type of neuropathy.

Commonly Affected Areas of the Body



Although neuropathy can affect any part of the body, it most commonly affects the extremities. The extremities are defined as the hands and the feet. Many forms of neuropathy begin in the feet before moving onward throughout the rest of the body. In other words, left untreated there is typically a progressive worsening of the condition.

Similarly, the most common organ that is affected by neuropathy is the skin. Typically, the condition progresses from the inside out with the skin being affected first then the internal organs are eventually affected if the neuropathy is allowed to continue its progression unabated.

Usually neuropathy is a slow moving yet progressive condition; there are some types of neuropathy, however, that progress at a much quicker pace. Fortunately, with the proper treatment that is implemented as quickly as possible, the effects of almost all types of neuropathy can be slowed a great deal.

How Is It Diagnosed?

Most people discover the presence of neuropathy during a doctor's visit for one of two reasons. They are seeing their doctor to either check the progression of their diabetes or because of complaints of side effects of their diabetes.

Diagnosing neuropathy can often be problematic since it can mimic other conditions. In addition, there are no laboratory tests available that specifically pinpoint the presence of neuropathy. Because neuropathy is a symptom instead of a disease itself, it often takes a variety of tests to determine both its extent and its presence.

Some tests and procedures a doctor might use to determine if a patient has neuropathy include the following:

- Extensive medical history
- Complete physical examination
- Neurological examination that includes tests for muscle strength and tendon reflexes, for example
- Blood tests for kidney, thyroid, and liver functions
- Blood tests for blood sugar and vitamin levels
- Electromyography that tests the electrical signals that are being received by the nerves
- Nerve biopsy, although this test may not show nerve damage in all instances
- CT scan or an MRI to check for tumors, herniated disks or other conditions

In spite of the number of tests that are available for physicians to use to diagnose neuropathy, it is often simply a matter of trying various treatments to determine if one is effective in relieving symptoms. For this reason, treating neuropathy can be both problematic and frustrating.



What Can I Do To Prevent Or Reverse Neuropathy?

There is much that can be done to prevent, or lessen, the severity of neuropathy. In many cases, when the underlying cause of neuropathy is addressed, the effects of neuropathy are significantly reduced. For example, if a person with diabetes loses weight, watches their diet carefully, and exercises moderately, the nerve damage that is often associated with diabetes will likely be diminished considerably.

In addition, gentle exercise that includes simple stretches is the optimal physical activity that helps to strengthen muscles while protecting compromised and damaged nerves. Swimming is another exercise that is gentle yet effective for strengthening muscles.

Because numbness of the feet is common in people who have neuropathy, it is important to check the condition of the feet daily. This will ensure that the feet do not have any cuts or other blemishes that could become easily infected without proper care.

It is imperative to reduce the pressure that is put on the nerves, particularly those nerves of the hands and feet. For that reason, it is wise to avoid any cross legged seating positions. It is also a healthy idea to avoid leaning on the elbows whenever possible. Avoiding tight fitting socks, stockings, and tights will also ensure that the nerves of that particular part of the body are not exposed to needless pressure.

What Are The Treatment Options And Which Ones WORK?

The first course of action a physician usually takes in managing the complications of neuropathy in a patient is prescribing medication.



There are many people, however, that find medication is not right for them. Either the medication their physician has prescribed for them does not work adequately or they find that the side effects of the medication are so severe that they are almost as bad as having neuropathy in the first place.

Many people discover that using both medication and alternative treatment methods provide the best management of pain and other symptoms. These alternatives could be as simple as using a neuropathy cream designed to provide

soothing topical relief to those areas of the body that most need the pain relief to those more complex methods of relief such as hypnosis.

Some types of medication a doctor might prescribe for treating neuropathy are:

- Over the counter pain medications are typically tried as a first course of action to manage the pain often associated with neuropathy. These can be effective for mild cases but generally don't have much effect on more serious pain.
- Prescription pain medications such as those containing codeine. These prescriptions pain medications are often used only as a last resort due to the likelihood that people will become dependent on them. They can also wreak havoc on the one's body.
- Anti-seizure medications such as Topomax, Lyrica, Dilantin, and others are usually used to control the seizures caused by epilepsy. There has been success, however, with using such medications when treating neuropathy as well. This is likely due to the medication's ability to suppress the actions of the affected nerves. Unfortunately, these also come with severe side effects and can be extremely costly.
- Lidocaine patches are infused with libocaine. Libocaine is a topical pain medication. The patch can be applied in the area of the most severe pain up to four times daily. This helps numb the pain but does not help to regain feeling and use.
- Antidepressants, such as Cymbalta and Pamelor, have been successful in treating the pain associated with neuropathy. Much like how the anti-seizure medications work to suppress the actions of the nerves, antidepressants act to suppress the chemical responses to pain that the brain and spine receive.

An Overview of Prescription Remedies



While there are a number of prescription remedies that offer some relief for the effects of neuropathy, using these often come with a price. The side effects of these medications can be pretty severe.

Even the almost benign over the counter pain medications such as ibuprofen and acetaminophen can have serious side effects when taken on a long term basis. Prescription pain relievers such as those in the opiate family, like codeine, can become habit forming so care must be used when taking them.

Anti-seizure medications can, likewise, have serious side effects. Some of these side effects, such as memory loss, dizziness and drowsiness, can seem fairly harmless. They can, however, make it difficult to perform those tasks that require prolonged concentration or a wide range of movements. In addition, driving while on these medications can prove to be a difficult chore.

Antidepressants have their own set of side effects that can often make it difficult to choose between taking the medication and suffering the side effects of neuropathy. Dizziness, constipation, nausea, drowsiness, and a decrease in appetite are just a few of the possible side effects of antidepressants.

A very serious side effect that can be sometimes seen in people who take either anti-seizure medications or antidepressants is an increase in suicidal thoughts and mood swings. For this reason, the person taking the medication, as well as those people to whom they are close, should

be aware of any mood swings that are unpredictable or any increase in the amount of suicidal thoughts.

The pros and cons of this approach must be weighed very carefully. These should be considered as a last resort since there are so many effective treatment options available. Unfortunately, the medical community has been conditioned to treat everything with prescription drugs; that is why so few people know that there ARE additional treatment options available.

There Has To Be A Better Way... What Other Options Are There?

In addition to the traditional route of prescribed medicines, there are also a variety of different herbs, vitamins and essential oils that can help provide relief from the symptoms of neuropathy. The list compiled below is, by no means, exhaustive. However, a few of the notable natural remedies that have been shown to provide relief include:



Essential Oils and Topical Treatments:

- **Capsaicin:** This naturally occurring substance found in hot peppers binds with a specific protein that actually blocks the reporting of pain to the brain! Capsaicin has been used very successfully to treat the pain of peripheral neuropathy but many feel the benefits are outweighed by the burning sensation that it causes. Due to its blend of unique ingredients, - Neuropathal has eliminated the burning sensation associated with Capsaicin!
- **Aloe Vera Juice:** Sufferers of Peripheral Neuropathy have been shown to benefit strongly from Aloe Vera's blood enhancements. Since aloe reverses "sludge blood" and boosts circulation to extremities, those suffering from peripheral receive massive benefit from this amazing plant.

- **Arnica:** Derived from the Arnica Montana flower native to Europe, this unique extract has been clinically proven to open capillaries and facilitate the transport of blood and fluid accumulations through a dilating action of subcutaneous blood capillaries. This helps neuropathal get to the source and start acting much faster than other treatments
- **St. John's Wort:** Used successfully by many people to ease nerve pain.
- **Evening Primrose Oil:** Can slow, and even stop, the progression of diabetic neuropathy
- **Geranium Oil:** This oil has been clinically proven to help ease the effects of nerve damage. It is used in a variety of commercial products aimed at treating the effects of neuropathy.
- **Other Essential Oils:** Throughout history, essential oils have demonstrated amazing healing abilities. There are several additional oils that have been successfully used to treat the pain additional complications associated with neuropathy.

Supplements:

- **Vitamin B-6** supplements often have a positive effect on the symptoms of neuropathy. This should be taken as a B vitamin complex for the maximum in effectiveness.
- **Vitamin B-12** should be taken in the form of **Methylcobalamine** (also called Methyl B12) for maximum absorption in the body.
- **Vitamin B1** is most effective when taken as **Benfotiamine**, a soluble form that can be found in roasted crushed garlic, onions, shallots and leeks.
- **Folic Acid** helps your cells utilize vitamins and minerals and is essential in the nerve healing process.
- **Vitamin B2** is effective in relieving many diabetes related ailments.

Other Therapies:

In addition to prescription medications and more natural remedies, there are other therapies and treatments for diabetic neuropathy that people have found

success with. Some of the other strategies that can provide relief from the symptoms of diabetic neuropathy include:

- **Acupuncture:** This is an ancient form of medicine that involves placing specialized needles at strategic points around the body in order to address the pain felt by the patient.
- **Hypnosis:** This has been successful for some people seeking relief from the pain.
- **TENS:** TENS is an acronym for transcutaneous electrical nerve stimulation. The procedure involves sending brief and gentle electrical impulses to those nerve centers that are the most painful for the individual patient.
- **Massage:** This can be soothing to the skin and, when combined with capsaicin based neuropathy cream, it can provide a high level of pain relief.



So What Is The Best Option For Me?

Generally, it will require some trial and error to find the best pain relief option for you. Everyone that suffers from neuropathy does so in a unique way and that's why it is best to experiment and try various options.

The majority of patients will see the best results from the combination of a topical treatment and natural food supplements. This approach allows the body to heal itself naturally from the inside, as well as the outside, and avoid causing further damage from harmful narcotics.

Neuropathy creams can be a soothing solution for many of the side effects created by neuropathy. Infused with capsaicin, neuropathy creams help to relieve pain, numbness and tingling.



Capsaicin Can Be Effective... But What About The Burning?

Because capsaicin is derived from chili peppers (it's what make them HOT), it is important to note that it can cause an uncomfortable burning sensation in certain cases. Several ingredients have been found to eliminate this burning sensation as well as enhance the pain inhibiting effects of the cream. You can find those ingredients [HERE](#).

Because neuropathy cream is applied to the skin and not swallowed, the risk for side effects is much lower. In addition, it does not have any of the side effects that are seen in the medicines that are prescribed by doctors such as dizziness and drowsiness and it is not habit forming.

Tips for Sufferers of Neuropathy

Suffering from a serious and chronic condition such as diabetes, and its equally serious and chronic side effect of neuropathy, can be difficult to cope with on a day to day business. There can be much frustration as doctors perform test after test and try to rule out other conditions.

Equally frustrating can be the search for relief from the symptoms of diabetic neuropathy. The tingling, numbness, and pain that are commonly found in the hands and feet can be difficult to control without resorting to seemingly constant medication changes. In addition to that frustration is the fact that many prescription medications have such severe side effects it is sometimes difficult to justify continuing the search for an effective one.

A combination of several treatment methods along with some more natural approaches such as neuropathy cream and a regiment of good lifestyle choices may provide better relief for many people rather than only relying on prescription medications.

Foot Care



Paying special attention to foot care is vital to maintaining the health of a person who has neuropathy. Daily inspections of the feet should be performed. These inspections should focus on preventing problems or treating any blisters, cuts, or other abrasions found before they turn into more serious infections.

Because it must be applied to their skin, using neuropathy creams gives people who suffer from diabetes, a prime opportunity to carefully look over the condition of their hands and feet. This is an important step in self care as many people who suffer from neuropathy report a diminished sensation of touch in those affected areas. This puts sufferers at a higher risk for infection in those extremities.

Avoiding tight socks or stockings will help to relieve pressure on already sensitive feet. Cotton socks allow air to circulate while providing a soft and comfortable fit. A special hoop that is semi circular in shape, and available in most medical supply stores, can help to ensure a more restful sleep by keeping blankets off sore or hot feet.

Eating choices

Eating a low fat and high fiber diet is particularly important for a person with neuropathy. More fruits and vegetables as well as whole grains should be implemented. The daily fluid intake, focusing on water, should be increased to avoid dehydration and improve digestion which may be sluggish if neuropathy has begun to progress to the inner organs.

Some people may find it beneficial to eat several small meals throughout the day rather than three large meals. This can help to maintain a constant level of blood sugar while also enabling the person to feel fuller for longer periods of time. Coupled with a short walk after each meal, it is a simple yet effective change

that can improve the quality of life for those who suffer from the effects of diabetic neuropathy.

Physical Activity

Being physically active helps people to lose weight and stay limber and flexible. In addition, regular exercise helps to make the heart and lungs stronger. For a person who has been inactive, however, it is important to start exercising slowly.

Walking is a low impact way to exercise. Other low impact exercises that minimize the stress to the body include yoga and swimming. An ideal program of physical activity combines a few different types of exercises in order to stave off boredom and help to work different areas of the body.



Attitude

Having a disease such as neuropathy can be hard to live with day after day if you don't take steps to ease the pain. It is important that people with neuropathy do not let their illness define them.

Of course, the initial diagnosis can be overwhelming as there are so many new things to learn and think about. Making lifestyle changes, for example, is important. It is also important not to try to implement them all at one time, however. A good place to start is to eat only one helping of meat at dinner and, if a second helping is desired, eat more vegetables instead. Consider taking a five or ten minute walk after dinner, if that can be managed.

Be sure to not focus solely on the neuropathy. Go out to see a movie with friends or have a movie night at home. Chat with friends and family over the phone or online. Enjoy a good book or a good book on tape. Combine a doctor's appointment with lunch out with a friend afterwards. Or invite that friend in for a cup of tea while chatting about memories.

The activity itself is not important, what is important is to make sure that fun is still a part of the life of a person who has neuropathy. Such relaxing and fun activities can help to ensure the focus is not solely on coping with a chronic condition but also on enjoying a fulfilling and rich life.

So...What Should I Do Next?

When I was diagnosed with neuropathy, the doctor told me that there was no cure and that I would just have to live with it for the rest of my life, and I did, for 10 more years. I had lost hope and gave up on trying to find relief.

Don't lose hope that you will find a way to treat your symptoms and pain. Through trial and error, you will find a solution that works for you. In my case, I decided to take action and work with a group of specialists to create a treatment option that would work for me as well as those around me.

Neuropathal Cream is that solution. I sincerely hope that you too can find a way to relieve the pain and discomfort.

If you would like to try a free sample of Neuropathal, please visit this link: [Free Sample](#)

If you have any questions at all, please feel free to contact me directly at djenkins@neuropathytreatmentgroup.com or by calling me at **208-906-8310**.



Thanks for taking the time to read this important report

Sincerely,

David Jenkins