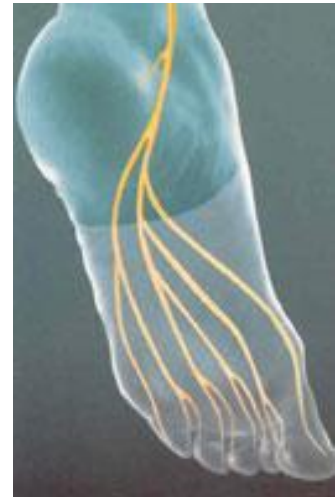


Neuropathy Treatment Myths Revealed

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...

What Is Neuropathy?

Neuropathy is a complex condition that can have an effect on the body's nervous system. Neuropathy can be considered a collection of disorders that develop when damage to the peripheral nervous system occurs. The peripheral nervous system refers to the part of the nervous system outside of the brain and spinal cord; when damage occurs to the nerve cells or nerve axons, it is called peripheral neuropathy. Neuropathy is a painful condition that can have an effect on an individual's life and their ability to maintain a normal active life.



The symptoms of neuropathy (which will be discussed later) are what create limitations to productivity and normal functionality. Neuropathy, simply said, is when there is a communication breakdown between the brain and spinal cord. When there is a breakdown in communication, it is if static is being heard and the nerve endings are getting mixed messages as to what they should or should not be sensing. The brain is what communicates to the sensory nerves that the burner they are about to touch is hot and the sensory nerves communicates back to the brain that they could sense through touch that the burner is too hot. When this line of communication is not working correctly, an individual has a hard time computing when something is hot or cold, terrain changes and if injury has occurred.

Neuropathy is a chronic disorder that affects close to twenty million men and women in the United States alone. This condition is a serious one and those who have symptoms of neuropathy

need to be made aware of the complications that could arise from their lack of neuropathy treatment. And for those who have not been diagnosed with neuropathy need to be made aware of what causes neuropathy, symptoms of neuropathy and how their everyday choices could put them in a category of being at risk of developing this painful condition.

Neuropathy can be classified in the following three ways:

1. Mononeuropathy
2. Multiple Mononeuropathy
3. Polyneuropathy

Mononeuropathy

Mononeuropathy is a form of neuropathy that affects a single nerve or nerve group. The damaged area begins to lose feeling and mobility. This type of neuropathy is often a result of personal injury, however there are systemic disorders that could cause damage to a single nerve or group of nerve cells. Examples of mononeuropathy would include:

- Carpal Tunnel Syndrome
- Ulnar Nerve Palsy
- Peroneal Nerve Palsy
- Axillary Nerve Dysfunction
- Radial Nerve Dysfunction
- Sciatic Nerve Dysfunction

Mononeuropathy can develop if there has been pro-longed periods of swelling or pressure placed on a specific point in the body such as the hands, feet or face. Symptoms of mononeuropathy would include:

- Loss Of Feeling

- Paralysis
- Tingling
- Burning
- Muscle Weakness

Several tests can be done in hopes of determining or diagnosing this particular classification of neuropathy. You will find a list of tests below that a doctor might suggest or prescribe in hopes of discovering whether or not the symptoms being felt have to do with mononeuropathy.

- Electromyogram (EMG) – This test records electrical activity if any found in the muscles.
- Nerve Conduction Tests (NCV) – will help record the speed of electrical activity in the nerves
- Nerve Biopsy
- Blood Chemistry Tests
- Imaging Scans
 - MRI
 - CT Scan
- Thyroid Tests
- X-Rays

Mononeuropathy treatment options will be discussed in another chapter so keep reading!

Multiple Mononeuropathy

Multiple Mononeuropathy occurs when two or more nerves at the same time in separate locations on the body begin to malfunction and send off painful sensations. Multiple mononeuropathy can be a result of several different conditions or illnesses such as:

- Lupus
- Polyarthritis Nodosa
- Rheumatoid Arthritis

- Sarcoidosis
- Infections
 - Lyme Disease
 - HIV

This form or classification of neuropathy is often caused by an infection or some sort of bacteria that has entered into the body and has begun to affect nerves. Symptoms of multiple mononeuropathy would include:

- Nerve Pain
- Muscle Weakness
- Odd Sensations
- Combination

Symptoms are often felt or begin on one side of the body where the damaged nerve cells are. Medical professionals do their best to diagnose through physical examination or by compiling a list of symptoms. Other tests that could diagnose multiple mononeuropathy would include electromyography and or a nerve conduction test.

Treatment for multiple mononeuropathy will be discussed shortly.

Polyneuropathy

Polyneuropathy is when several nerves begin to malfunction at the same time throughout the body. Polyneuropathy can happen quickly and without any warning or preemptive signs or could happen gradually alerting the neuropathy sufferer that something is not quite right. Polyneuropathies patients often experience neuropathy in a pattern that generally begins in the feet and makes its way up toward the thighs and then hands.

Diagnosis is often made through a complete physical or through laboratory testing. The symptoms often associated with polyneuropathy would include:

- Numbness
- Needle Like Pinching

- Tingling
- Burning
- Raw Skin Feeling
- Sensitivity To Touch

The causes of polyneuropathy are vast but the most common causes of polyneuropathy would have to be:

- Diabetes
- Age
- Drugs
- Chemotherapy
- Alcohol Abuse
- Aides
- Environmental Hazards

Treatment options for polyneuropathy will be discussed off and on throughout the book.

What Causes Neuropathy?

It would be nearly impossible to discuss and list all the different causes of neuropathy; one reason is that not every cause for neuropathy has been discovered. The second being that every day new information and research is being unveiled about the topic. What we can discuss is what research as already revealed about neuropathy and neuropathy causes. I just mentioned that there are several causes of peripheral neuropathy so I will now list what those several common causes of neuropathy are and how they can be avoided. We will also discuss in this section if neuropathy can be reversed and if so - how.



One of the leading causes for neuropathy is diabetes so we are briefly going to discuss diabetic neuropathy (closer look will come in a different section). Uncontrolled blood sugar or glucose levels can lead to the damage of nerve cells resulting in the loss of feeling and the start of odd and uncomfortable sensations. Other conditions and illness that could lead to neuropathy would include:

- Alcohol Abuse
- Kidney Failure
- Vitamin Deficiency
- Traumatic Injury
- Infections
 - Lyme Disease
 - HIV
- Metabolic Disorders
- Exposure To Dangerous Toxins
- Amputation
- Chemotherapy
- Multiple Sclerosis
- Shingles
- Autoimmune Diseases
 - Lupus
 - Rheumatoid Arthritis
 - Guillain-Barre Syndrome
- Tumors
- Genetics

As you can see, there are several known causes for neuropathy already some of which are avoidable and others not so much.

Neuropathy Avoidance

Peripheral Neuropathy can happen to anyone at any age; however, if you noticed in the list of possible causes, one can reduce his or her risk by avoiding large consumptions of alcohol, stay clear of environmental or industrial toxins and eat vitamin enriched foods as well as maintain glucose levels. For diabetic patients, you can decrease the chances of suffering with long-term neuropathic pain by making the decision to eat right, exercise and maintain a healthy glucose level.

Reversing Neuropathy

Reversing neuropathy is a goal of medical professionals that have made it their career goal to help individuals diagnosed with neuropathy. Neuropathy has no known cure and in most cases once the damage to the nerve cells has been done there is no reversing the nerve damage. However, research and clinical studies have shown how neuropathic treatment can help reduce nerve pain and in some cases eliminate nerve pain forever! Keep reading for more information on this medical breakthrough.

Neuropathy Symptoms



Neuropathy symptoms are the body's way of communicating that something is dreadfully wrong and in need of medical attention. In the section right before this one entitled *What Is Neuropathy*, we discovered that there are several classifications of neuropathy and each classification comes with its own unique symptoms. In this section, we are going to discuss neuropathy symptoms in general and what causes neuropathy symptoms. Near the end of this book, there will be a section dedicated to neuropathy treatments and their ability to help ease the painful symptoms associated with neuropathy.

We have learned that nerve damage regardless of cause can lead to painful sensations and immobilizing symptoms. We have also taken a brief look at various neuropathy symptoms. The most common form of neuropathy would be peripheral polyneuropathy. Peripheral polyneuropathy affects the hand, feet and legs and occurs on both sides of the body. Painful sensations from peripheral neuropathy are often described as a tingling or burning sensation.

Neuropathy symptoms affect nerves that: control muscle movement also known as motor nerves, the sensory nerves which helps the body detect sensations such as hot and cold as well as affects the autonomic nerves that directly influences the health and wellbeing of internal organs such as:

- Heart
- Blood Vessels
- Bladder
- Intestines

Neuropathy symptoms make it extremely difficult to walk and operate on a normal basis. The inflicted areas become highly sensitive to touch and pressure, therefore nerve pain can become so intense that neuropathic sufferers can make the mistake of becoming inactive in hopes of relieving their neuropathy pain and lessening the symptoms felt by staying off their feet. Nerve pain and symptoms can last for long periods of time unless



the underlying cause for neuropathy has been discovered and treated. However, there are several causes of neuropathy that have yet to be discovered and patients are forced to continue to suffer with the following symptoms until a neuropathy cure or treatment is discovered.

- Tingling
- Burning
- Needle-like pinching
- Numbness
- Muscle weakness

- Loss of coordination
- Itching
- Sensitivity to touch
- Dull ache
- Involuntary muscle spasms

Neuropathy symptoms differ from patient to patient based on what neuropathy classification they fall into as well as how far their neuropathy has progressed. Another deciding factor in neuropathy symptoms has to do with what caused the neuropathy diagnosis as well as which type of diagnosis one has been labeled with.

Different Types Of Neuropathy

We have already looked at the different classifications of neuropathy, what causes neuropathy and the symptoms that neuropathy can bring about; we are now going to look at a few of the different types of neuropathy and how each type of neuropathy is unique and affects the body differently than the other.

Diabetic Neuropathy

Diabetic neuropathy is possibly one of the most familiar types of neuropathy and is a common complication of diabetics. Diabetic patients have to be cautious of the affect that their uncontrolled blood sugar levels could have on the development of neuropathy. If glucose levels stay sporadic and imbalanced for a long period, the diabetic could be facing severe consequences and an added lifelong struggle.

The statistics are staggering in that over half of the individuals diagnosed with diabetes will end up with some form of neuropathic symptoms. Neuropathy in diabetics takes years to develop. Some diabetics do not begin to show signs of neuropathy for ten or twenty years after being diagnosed with diabetes, even then diabetic neuropathy symptoms develop over time. Diabetic neuropathy symptoms include:

- Heartburn

- Difficulty swallowing
- Nausea
- Constipation
- Throwing up
- Sexual problems
- Dizziness

An early sign of diabetic neuropathy would be tingling in the arms and legs. If you are experiencing any of the mentioned symptoms, seek the advice and counsel of a medical professional as soon as you can so that a diagnosis could be made.

High levels of blood sugar can cause damage to the nerve cells especially in the foot area as a result of the blood sugar levels restricting proper blood flow. Diabetics are constantly reminded to take proper care of their feet in order to prevent neuropathy in feet. Neuropathy in feet can be hazardous and if not treated could lead to amputation.

Peripheral Neuropathy

Peripheral neuropathy is a type of neuropathy that affects nerves outside the brain and spinal cord. Peripheral nerves are part of the peripheral nervous system and when damaged begin to affect nerves found on extremities such as:

- Toes
- Feet
- Legs
- Fingers
- Hands
- Arms

Cranial Neuropathy

Cranial neuropathy develops when one of the twelve cranial nerves that exist from the brain are damaged directly. Cranial neuropathy can have an effect on the nerves that transmit visual signals from the retina of the eye to the brain this is called optic neuropathy. The second effect

that cranial neuropathy can have on an individual is on the nerves that affect ones hearing and transports signals from the inner ear to the brain making it possible to hear effectively.

Autonomic neuropathy

Autonomic neuropathy affects the nerves that control the involuntary nervous system. The nerves affected by this type of neuropathy control the following:

- Heart
- Blood circulation
- Digestion
- Bowels
- Bladder
- Perspiration
- Sexual response

The four types of neuropathy covers a majority of neuropathy sufferers but only scratches the surface of all the different types and subtypes of neuropathy conditions.

Diagnosing Neuropathy

It is important that if one feels he or she may be experiencing neuropathy symptoms that he or she seeks the advice and counsel from a medical professional. Diagnosing neuropathy can be tricky and is a rather lengthy process so if there is reason for concern it is imperative that you seek out medical attention quickly to begin the diagnosing process.



The first step a physician will take in diagnosing neuropathy will be to administer a full body physiological exam. Your doctor will want to compile your medical history compare it with your physical results before going further with testing.

If there is a need for further testing, the following tests will most likely be administered:

- Detailed neurological exam that focuses on tendon reflexes and coordination. The test results will either prove or disprove if the nerves are responding correctly.
- An Electromyography (EMG) – this records muscle tissue and its electrical activity. An EMG test can determine if the symptoms you are expressing concern over are truly neuropathic related or a muscle disease.
- Nerve Conduction Test (NCV) – this tests the speed of which impulses travel through the nerves.

Once a diagnosis has been made, follow-up care will be needed in order to discuss neuropathy treatment and how to cope with life after diagnosis.

Neuropathy And Lifestyle

Peripheral Neuropathy is a condition that will have an effect on an individual's life and if not treated could have a severely negative effect. The pain and symptoms that are common place with neuropathy limit one's mobility and ability to function in normal life situations. For instance, numbness is a symptom of neuropathy and can limit the patient's ability to sense or feel terrain changes - risking further injury. Neuropathy symptoms have an implication on one's social, vocational and functional life possibly causing the neuropathy patient to suffer with feelings of anxiety and depression.

Normal everyday activities and hobbies become threatened as neuropathic pains creep in and begin to signal painful sensations throughout the damaged nerves. Household responsibilities as simple as washing dishes become bothersome and painful. Fun leisure activities like dancing and walking on the beach become sidelined until something can be done about the chronic pain. Sitting down and reliving pressure from the feet are how most neuropathy patients treat neuropathy pain. However comforting staying off sore, numb feet may sound, the truth is the less use the limbs and joints receive the less ability they will have to work.

When muscles are not exercised (or even used), they become stiff and lose their range of motion. Neuropathy can cause muscle weakness as well as muscle stiffness which means if not treated neuropathy could lead an individual into a life of immobility and complete loss of freedom. It

may be bothersome to stay on ones feet while experiencing neuropathy in feet, however the alternative is much worse I can promise you that. Adding a few simple changes into your lifestyle can help reduce the pain felt in the hands and feet making movement easier to deal with as well as maintain freedom and mobility.

Implement Changes

Living a healthy lifestyle will help improve health overall, but for those who have been diagnosed with neuropathy making a few simple lifestyle changes could drastically reduce or completely eliminate neuropathy pain and symptoms. If neuropathic patients make the commitment to adhere to the following suggested lifestyle changes, they would see great improvement not only in their neuropathic pain but their overall health as well.



- Implement a diet where vegetables and fruits are a main source of food
- Eat foods full all antioxidants, vitamins and nutrients
- Stop smoking
- Stop drinking
- Morning stretching to help keep muscles from stiffening and causing more pain and possibly immobility
- Attempt low impact exercises daily such as swimming and walking
- Focus on learning different sitting and sleeping techniques to help alleviate pressure on the joints, hands and feet
- Administer daily foot checks to determine if foot injury has occurred
- Wear appropriate foot wear such as loose fitting socks and correctly fitting shoes. Avoid tight fitting hosiery, shoes and socks that will hinder circulation.



Eating right, exercising and neuropathy treatment are the three most effective methods for managing neuropathy and re-establishing a normal life. Neuropathy patients do not have to sacrifice everything they love because of their diagnosis; make the needed changes and get back to enjoying an active and pain free life!

Treatment Options

We have already discussed how the damage done to the nerve endings sends off various painful symptoms that affects most often the hands and feet. Symptoms such as numbness, tingling, burning and needle like pricking make everyday functionality extremely challenging. Gaining control of neuropathy symptoms is the best form of treatment. If the symptoms worsen from a lack of neuropathy treatment, severe consequences could be had – which we will discuss later.

Nerve pain can become unbearable and limit the amount of productivity one can see throughout a day due to the intense chronic pain. Neuropathy treatment is available and is often discussed between patient and physician at the time of diagnosis. Neuropathic sufferers have several neuropathy treatment options at their disposal that should be taken advantage of such as:

- Acupuncture
- Transcutaneous Electrical Nerve Stimulation (TENS)
- Low Impact Exercise
- Therapy
 - Physical Therapy
 - Occupational Therapy
 - Massage Therapy
- Topical Creams
 - Lidocaine
 - Caspian
- Prescription Medication
- Natural Alternatives
 - Vitamin Supplements
 - Vitamin B1
 - Vitamin B12
 - R-Alpha Lipoic Acid
 - Vitamin B6
 - Vitamin B2
 - Vitamin D
 - Herbal

- Feverfew
- Oat straw
- Skullcap
- Passion Flower

It is important that when one is contemplating a neuropathy treatment plan that they take into consideration the impact that their choice will have not only on their daily life but their future health. Why? Neuropathy is a condition to which there is no cure; therefore, when choosing a neuropathy treatment plan, they must calculate how their body responds to the treatment they have chosen.

The choice of treatment is a natural or pharmaceutical one. Neuropathy patients can choose to treat their neuropathy pain with over the counter medicine, prescription medicine or with natural alternative such as vitamin supplements, herbs or other natural methods. Choosing a natural route to neuropathy relief is a safe option that is geared toward a lifelong journey and treatment plan, the opposite side to the coin is pharmaceutical options such as prescription medication. In the next section we will delve into both options prescription and natural and leave readers to conclude their own thoughts and feelings on the matter.

Medication



There are several different classes of medications for treating neuropathy. Since there is no cure for neuropathy, the only form of treatment is to discover a way to ease the painful neuropathy symptoms that create a stumbling block in one's daily existence. In the section above, we learned that there are several ways that one can treat neuropathy symptoms. In this section, we are going to discuss the most common form of treatment – medication.

Medication classification:

- Over The Counter Medicine
 - Acetaminophen
 - Non-steroidal anti-inflammatory drugs

- Prescription Medication
 - Antidepressants
 - Tricyclic Anti-depressants
 - Serotonin-norepinephrine reuptake inhibitors (SNRIs)
 - Selective serotonin reuptake inhibitors (SSRIs)
 - Anti-seizures
 - Opioids
 - Topical Creams
 - Lidocaine
 - Caspian

Acetaminophen

Tylenol is a form of Acetaminophen and helps the body reduce mild pain by lowering the body's temperature. Acetaminophen is often taken to help reduce mild conditions such as:

- Headaches
- Backaches
- Muscle Aches
- Toothaches
- Mild Cold Symptoms

Acetaminophen type medicines are overall safe if taken in small dosages but if over-used, could result in damage to the kidneys and liver.

Non-steroidal anti-inflammatory drugs (NSAID)

NSAID is often preferred over Acetaminophen when attempting to treat more severe levels of pain. NSAIDs are able to help reduce pain levels as well as treat inflammation. There are two classes of NSAID.

1. Aspirin – examples of over the counter medicine that contains aspirin would be:
 - a. Aleve
 - b. Motrin
 - c. Advil

2. Non-Aspirin – examples of over the counter medicine that is aspirin free would include:
 - a. Ibuprofen
 - b. Motrin IB

NSAIDS can have a positive effect by fighting pain and inflammation as well as by blocking prostaglandins from developing. Prostaglandins are chemicals that cause painful inflammation and pain taking NSAID you reduce both. Possible side effects include:

- Stomach Ulcers
- Diarrhea
- Nausea
- Fatigue

Antidepressants

Endorphins are the way the body naturally relieves pain and antidepressants are said to help treat neuropathy pain by blocking pain signals on their way to the brain and release endorphins. Antidepressants are further categorized that are available to help treat neuropathy.

Tricyclic anti-depressants calm levels of neurotransmitters in the brain. Tricyclic can reduce pain and improve mood and even help one sleep better. For help with reliving nerve pain, doctors will often prescribe the following tricyclic anti-depressants:

- Amitriptyline
- Desipramine
- Imipramine

Side Effects dizziness, drowsiness, dries mouth and eyes as well as constipation.

Serotonin-norepinephrine reuptake inhibitors (SNRIs) increase serotonin and norepinephrine one has in their system. SNRIs block serotonin and norepinephrine from being reabsorbed by brain cells.

Selective Serotonin Reuptake Inhibitors (SSRIs) are like SNRIs in that they help increase serotonin levels in the body, yet they differ in that they focus on serotonin levels to help decrease one's pain perception.

Side Effects insomnia, headaches and nausea.

Anti-Seizures

Anti-seizures are medications that were originally designed to treat seizures. Anti-seizure medication is often prescribed to treat diabetic neuropathy due to its ability to slow down nerve signals so that the pain levels are not communicated to the brain. Examples of anti-seizures anti-convulsants would be:

- Pregabalin
- Gabapentin
- Gabarone
- Neurontin

Side Effects drowsiness, weight gain, dizziness and nausea.

Opioids

Also called narcotics, painkillers are prescribed to relieve severe pain quickly but can become addictive.

Side Effects drowsiness, nausea and constipation.

Warning

Though the use of prescription medication can be effective in treating neuropathy pain and symptoms, there are several downsides to selecting medications as the primary form of neuropathy treatment.



Medication can become addictive and have severe adverse side effects that could affect one's emotional, physical and mental stability. Never use narcotics out from under the care of a doctor.

Neuropathy can be emotionally, physically and mentally taxing without adding further complications such as depression, suicidal thoughts, anxiety and irritability. To prevent side effects that could cause severe damage to one's health treating neuropathy naturally is a great alternative to prescription medication

Natural Alternatives

Nerve pain can be relentless and the idea of instant nerve pain relief sounds very appealing especially to one who has spent years suffering with painful neuropathy symptoms. The goal of neuropathy treatment is to find a treatment that is safe, effective and that provides long lasting pain relief – naturally for treating neuropathy.

Neuropathy sufferers have several natural alternatives to prescription medication to choose from that can be implemented into daily life and become part of one's lifelong treatment plan. Natural neuropathy treatment options would include the following:

- Acupuncture
- Transcutaneous Electrical Nerve Stimulation
- Therapy
- Low Impact Exercises
- Topical Creams
- Neuropathy Support Formula

Our body is uniquely designed to heal itself from within, there are times when the body does not function correctly and the need for added supplementation or treatments is what it takes to get the body back on track. Foreign substances added to a malfunctioning body can create further complications and issues.

Acupuncture

Acupuncture is an alternative option for treating certain ailments and condition by way of needle. Needles are strategically inserted into the body and then manipulated in order to help with the following problems:

- Relief of pain
- Infertility
- Migraines
- Treats Diseases
- Prevents Diseases

Acupuncture historically is an ancient Chinese medical treatment that the Chinese believe to be a technique that is used to allow the body to flow and re-balance. Within the last three decades, acupuncture has gained popularity here in the western world and is used and recommended by many medical professionals.

Transcutaneous Electrical Nerve Stimulation (TENS)



Electrical nerve stimulation may seem a little barbaric and when one sees the piece of equipment that provides the electrical shock their feelings may be confirmed. Though the thought of sending electrical volts through your body may make you shudder, the electrical therapy has proven to relieve nerve pain, in fact the use of TENS in treating nerve pain effectively has been proven in hundreds of clinical reports. For those neuropathy sufferers who do not wish to partake in acupuncture TENS is a safe noninvasive treatment that can send low frequency stimulation to the nerves helping increase blood flow as well as help activate opioid receptors in the central nervous system.

Therapy

Due to the sensitivity often felt in the foot area, neuropathy sufferers find it difficult to walk without excruciating pain. Even surfaces such as carpet and grass create an intense level of pain

that men and women suffering with nerve pain symptoms like tingling, numbness and muscle weakness would rather spend their days in a chair than walking about enduring foot pain. Though walking and putting pressure on the feet may cause pain, it helps provide circulation, range of motion and muscle strength. If someone suffering with neuropathy chooses to reduce the amount of movement his or her joints receive, they run the risk of developing stiff muscles, loss of movement and further nerve damage from the lack of blood flow.

In order to prevent a loss of mobility, neuropathy treatments such as physical therapy, massage therapy and occupational therapy can be had to help lessen nerve pain as well as improve mobility.

Physical Therapy

There are several goals or objectives to participating in physical therapy after being diagnosed with neuropathy.

1. Maintaining a full range of motion
2. Strengthening muscles that may have been weakened from the effect of neuropathy



Though a neuropathic patient may reach their goal of movement and pain tolerance when walking, it would be unwise to stop participating in physical therapy. Neuropathy patients should continue to adhere to their physical therapist maintenance instructions to avoid taking a step backwards in their therapy progress. For those neuropathic patients that suffer from diabetic neuropathy specifically should not solely rely on physical therapy as their form of neuropathy treatment, diabetic neuropathy sufferers must focus their time and energy on maintaining their blood sugar levels as their first and foremost form of neuropathy treatment.

Occupational Therapy

Due to the devastation that neuropathy can have on an individual's life and daily normality, it is often advised that the recently diagnosed neuropathy patient seek out occupational therapy. Occupational therapy is vital in helping newly diagnosed neuropathy patients learn coping mechanisms on how to live life with their new diagnosis. Occupational therapy can assist the

patient by teaching valuable new life skills as well as limit the devastating impact that peripheral neuropathy can have on daily life by:

- Improving sensory motor skills
- Educates patients on how to avoid dangerous toxins and prevent exposing themselves to industrial or environmental hazards
- How to self-care
- Educates neuropathy patients on the importance of observation such as terrain changes, safely walking up and down stairs etc.
- How to safely sit, stand and walk that will not risk a drop in blood pressure or cause them to fall.

Massage Therapy

Massage therapy is looked at as a complimentary therapy that when used in combination with other treatments can be beneficial in reducing nerve pain. One complication of neuropathy is the development of stiff muscles due to poor circulation or from lack of use. Adding weekly massage therapy sessions, one can improve blood circulation as well as help loosen stiffened muscles thus providing relief to the damaged area. It appears as though research has shown through several studies that massage therapy has a way of calming the stressed nerve endings and relinquishing the pent up stress found in the nerve endings.

Low Impact Exercises

It may seem absurd that a medical professional would ask his patient complaining of chronic pain when walking to get up and exercise daily, however that is exactly what is needed to help reduce nerve pain. Neuropathy often forces individuals off their feet due to the pain felt when on their feet walking about. What happens is that when neuropathic patients refrain from using their limbs they become stiff from lack of movement and a loss of mobility could occur – worsening the problem.

There are several low impact exercises that can help keep limbs loose and the blood circulating throughout. Walking and swimming are two wonderful options that when consistently done can

help lessen the amount of nerve pain one experiences when walking and performing normal daily activities.

Ointment/Creams

Topical creams such as Lidocaine and Capsaicin have been known to help relieve neuropathic symptoms on a temporary basis. Lidocaine patches and a Capsaicin topical cream both have a soothing effect on damaged nerves. Both Lidocaine and Capsaicin are safe to use frequently throughout a day on neuropathic areas such as the hands and feet. Lidocaine patches and capsaicin ointment is a great neuropathy tool for mild nerve pain.



Side Effects can cause burning sensations when applied to wet skin.

Neuropathy Support Formula

Those that have suffered with neuropathy for any duration of time know how frustrating and disheartening neuropathy treatment can be. One attempt after another is made on finding the one neuropathy treatment that will provide long lasting nerve pain relief yet every time they turn up empty handed. The good news is that your years of continual search can be over! The Neuropathy Support Formula after years of clinical testing has been proven to be highly effective in not only relieving nerve pain but at reversing neuropathic symptoms as well!



Directions: Take two capsules twice daily, once in the morning and once at night.

Supplemental Facts		
Serving Size: 2 Capsules		
Servings per container: 60		
	Amount per serving	% DV
Vitamin B1 (Benfotiamine)	300mg	13,750%
Vitamin B2 (Riboflavin)	4mg	240%
Vitamin B6 (Pyridoxine HCl)	4mg	200%
Vitamin B12 (Methylcobalamin)	2000mcg	33332%
R-Alpha Lipoic Acid	150mg	*
Vitamin D (Cholecalciferol)	500IU	125%
Proprietary Blend:		
Feverfew Extract		
Oat Straw Extract		
Passionflower Extract	43mg	
Skullcap Extract		
*Daily values not established		
Other ingredients:		
Cellulose, Magnesium Stearate, Vegetable Capsules		

The Neuropathy Support Formula is a natural alternative to prescription medication. The Neuropathy Support formula has the ability to help relieve nerve pain associated with neuropathy without the neuropathy patient having to be concerned with addictive tendencies or side effects that often occur with prescription medicine. The natural ingredients found in the Neuropathy Support Formula have been clinically tested by numerous placebo-controlled double blind clinical studies to provide the ultimate relief for both neuropathy and diabetic neuropathy sufferers.

The team of dedicated researchers discovered that neuropathic pain is most effectively relieved by natural ingredients such as Benfotiamine, R-Alpha Lipoic Acid and Methylcobalamine. Through the perfect formulation of these natural ingredients the team at the Neuropathy Treatment Group was able to develop a formula that has proven to not only help ease nerve pain but help regenerate damaged nerve cells as well. During the testing of this product, results showed that the majority of patients using the Neuropathy Support Formula noticed a drastic improvement in their nerve pain symptoms within four months. Reports from other Neuropathy Support Formula users state that they no longer suffer with any neuropathy pain thanks to the powerful natural ingredients found in this formula.

Ingredients Found In The Formula

The ingredients found in the Neuropathy Support Formula are beneficial to a neuropathy sufferer for many reasons.

- 1) The formula has proven to help reduce if not totally eliminate neuropathy symptoms such as tingling and numbness often felt in the hands and feet.
- 2) Users will see a decrease in pain and the burning sensation that plagues neuropathy patients.
- 3) Strengthens and supports nerves and nerve linings
- 4) Helps in reducing stress and anxiety.
- 5) Can improve balance and coordination.

Most doctors have to admit that when it comes to neuropathy treatment they have few options to offer their patients other than a prescription medication to help numb the pain. Numbing the pain does not fix the problem it only creates more problems; the medication used to numb neuropathy

pain can leave the neuropathic patient juggling now both neuropathy pain and side effects from the medication. There is another way to find neuropathy relief – Neuropathy Support Formula. Take an in-depth look at some of the powerful natural ingredients found in the Neuropathy Support Formula – it could change your life forever!

- **Vitamin B1** also known as **Benfotiamine**
- **Vitamin B12** also referred to as **Methylcobalamine**
- **R-Alpha Lipoic Acid**
- **Vitamin B2**
- **Vitamin B6**
- **Vitamin D**
- **Feverfew Extract**
- **Oat Straw Extract**
- **Passion Flower**
- **Skullcap Extract**

Benfotiamine

Vitamin B1 is often found in treatments that claim to help relieve nerve pain symptoms however, the difference between other nerve support formulas and the Neuropathy Support Formula is the form of vitamin B1 called Benfotiamine. Benfotiamine differs from thiamine in that benfotiamine is easily digested whereas thiamine is not. What happens with other formulas with vitamin B is that once taken to relieve neuropathy pain it dispels through the body passing right out without having time to absorb into the system. This is why the Neuropathy Support Formula uses a form of benfotiamine that has the power to weave through cell membranes and penetrate the nerve cells themselves.

Benfotiamine has the ability to deliver vitamin B to the areas of your body where nerve cell damage has occurred more effectively than thiamine ever could, thus providing the body with an overall increase in nerve health. Benfotiamine is less toxic than thiamine and in the clinical studies administered there were no adverse side effects revealed making benfotiamine a safe and effective neuropathy pain treatment option.

Methylcobalamine

Neurological studies have been done revealing that Methylcobalamine vitamin B12, can increase protein synthesis and help regenerate damaged nerve cells! Methylcobalamine is more easily absorbed into the system than the common form of vitamin B12 making it more effective in the growth of new nerve cells if taken in high dosages!

R-Alpha Lipoic Acid

Some would say that R-Alpha Lipoic Acid is the secret to neuropathy pain relief and we would have to agree. The Neuropathy Treatment Group is exposing this secret and bringing it to the world's attention – R-Alpha Lipoic Acid relieves nerve pain! In the Neuropathy Support Formula you will find that the dosage of R-Alpha Lipoic Acid will help relieve nerve pain.

R-Alpha Lipoic Acid is a powerful antioxidant that is both water and fat soluble, and is beneficial in helping the cell to transport and distribute glucose. This powerful antioxidant has the power to bridge the barrier between the blood and brain and make its way to where it is needed most.

Studies have shown that the antioxidant R-ALA is twelve times more effective in regenerating itself than the S-ALA found in most alpha lipoic acid supplements. R-Alpha Lipoic Acid is able to relieve painful neuropathy symptoms such as burning, aching and numbness three of the more common neuropathy symptoms by providing better blood flow and oxygen to the damaged nerve cells. R-Alpha Lipoic Acid is affectionately referred to as the “Super Antioxidant” due to its unique ability to breakdown glucose and discovers a way to distribute it into the damaged nerve cells.

Vitamin B2

One of the eight B vitamins that help the body converts food into energy as well as helps keep the nervous system functioning adequately. B2 is also known as Riboflavin. Riboflavin is an antioxidant that has the important job of fighting off the free radicals that cause the body pain, aging and all sorts of health concerns.

Riboflavin is also needed to help change the vitamin B6 and foliate into the form that can be used throughout the body. Without Riboflavin, the body's red blood cells cannot produce properly.

Vitamin 6

Vitamin 6 helps promote higher energy levels and red blood cell production as well as helps carry oxygen throughout the body improving nerve health.

Vitamin D

A lack of Vitamin D can result in skeletal abnormalities, muscular weakness as well as weak bones. Those suffering with neuropathy tend to lose coordination and muscle strength and by adding vitamin D to their dietary needs muscle strength and coordination will improve.

Feverfew Extract

Feverfew is a popular herb that is used to treat a myriad of different health concerns and has several different names by which it goes by such as:

- Midsummer Daisy
- Wild Chamomile
- Flirtwort
- Febrifuge Plant

Feverfew extract is one of the many forms of feverfew and is attained from the leaves of the feverfew plant. Feverfew extract has been used in the treatment of neuropathy in reducing the pain and sensitivity. Feverfew has been a popular resource for other symptoms that include rheumatic pains and inflammation.

Oat Straw Extract

Oat Straw is prescribed to help treat a wide variety of nerve conditions as well as the painful symptoms that come with neuropathy. Oat Straw seeds carry antispasmodic, cardia, diuretic,

emollient, nervine and stimulant properties that can provide a soothing effect on areas of the body that may be dry, itchy and sensitive to touch.

Passion Flower

Scientists believe that the passion flower has the ability to increase levels of a chemical found in the brain called gamma aminobutyric. Gamma aminobutyric lowers brain cell activity creating a more calming effect on individuals. This herb has also been known to assist in the treatment of anxiety and insomnia.

Skullcap Extract

Skullcap extract is often prescribed to treat numerous conditions; its calming effect on the body has been helpful in treating the following health concerns:

- Treat muscle spasms
- Calming nerves
- Tension headache
- Anorexia nervosa
- Anxiety
- Fibromyalgia
- Restless leg syndrome and other causes of insomnia

The leaves of the skullcap have been used for over two hundred years as an aid to the nervous and musculoskeletal system and have proven to be beneficial in relieving nerve pain symptoms.

Complications From Lack Of Treatment

Reading this book then making a choice to do nothing about your current neuropathy pain and diagnosis will be a huge mistake and one you will have to live with for the rest of your life. I understand how one could become overwhelmed after receiving a diagnosis such as neuropathy,

but closing your ears (or in this case eyes) to the wisdom and advice in this book could have dire consequences which we are trying to help you avoid.

The symptoms of neuropathy does not only inflict intense nerve pain they can in fact eliminate ones freedom and mobility – forever. How? Without treatment, limbs - feet in particular - can become stiff and loose feeling completely causing an individual to undergo further physical harm such as an open wound in the foot. Due to the lack of feeling, the numbness creates the open wound can become infected resulting in the need for amputation. You may be thinking this is ridiculous, uncommon and far-fetched but statistics do not lie. Statistics say that the leading cause for amputation is because of foot neuropathy.

Our goal is not to scare you into treating your neuropathy pain and symptoms, but to show you that there are people and organizations that care enough about you to tell you the truth as well as provide you with enough information to help you make a wise informed choice regarding neuropathy treatment. Neuropathy care is important to us because we have seen firsthand the effects neuropathy can have on individuals and even our own loved ones, that is why we have committed our life and careers to helping educate, inform and treat those suffering with this debilitating condition.

Happily Ever After

After years of unsuccessful attempts at reliving neuropathy pain the thought of something as simple as a natural support formula seems too good to be true, but it isn't. Most who have chosen to use Neuropathy Support Formula as part of their daily treatment found that within four short months a drastic decline in their neuropathy pain and symptoms and even complete



elimination of their neuropathy have been reported. Thanks to the extensive research performed by the Neuropathy Treatment Group, you can finally get the relief you have been looking for.

The Neuropathy Support Formula is a natural and safe way to find the relief you've been seeking. Don't suffer with neuropathy any longer before making this choice. Men and women all across the country made the choice to give Neuropathy Support Formula a chance and they are now enjoying life as it was meant to be lived.

Our 1 Year 100% Money Back Guarantee

We guarantee that if the Neuropathy Support Formula hasn't helped reduce your pain, numbness, burning and tingling... or you are not fully satisfied for any other reason (or for no reason at all)...you will get 100% of your money back on your most recent order. (Minus the cost of S&H).

That's right – that means you can try the Neuropathy Support Formula at my risk, and request a refund at any time within 1 year.

Look; 30 days from now you can be nothing more than a month older, or you can be on your way to eliminating neuropathy pain forever, you decide. You have nothing to lose, because you're protected by a full 1 year guarantee. You have no risk in giving the Neuropathy Support Formula a try. If it doesn't produce results, I honestly want you to ask for your money back! If it doesn't work, it costs you nothing. And if it does, it can change your life.

Right now, you have two choices...

You can continue living with nerve pain and the tingling, burning, and numbness.

Or you can take action today, right now, by looking at the research and clinical trials that have been conducted on the ingredients in the Neuropathy Support Formula and give it a try to find the relief that thousands of our customers are experiencing.

The choice is yours.

Imagine getting back to your life before neuropathy slowed you down. You can start reducing the symptoms and reversing your nerve pain when you take the action and order Neuropathy Support Formula today.

So order today, right now, while it's still hot on your mind. And be prepared to regain you life.

Click [HERE](#) or call one of our specialists at **1-888-840-7142**.