

A photograph of a man with grey hair, wearing a red long-sleeved shirt, leaning over and examining a patient's foot. The patient is wearing white pants. The man's hands are gently holding the foot, and he appears to be checking for any signs of neuropathy. The background is plain white.

Neuropathy Treatment Myths Revealed

Discover the top natural, but highly effective, ways to eliminate the pain, burning and numbness.

Neuropathy Treatment Myths Revealed

Millions of people suffer daily from the pain associated with peripheral neuropathy. If you or someone you know is looking for relief, then this important message might help change everything...

What is Neuropathy?

Think of the lack of sensation felt when touching something while wearing gloves, or the tingling feeling that happens when an appendage goes numb. Envision the natural response to being near an open flame or a piece of ice. It is our nervous system that determines these sensations.

In the United States, over twenty million people are afflicted with a condition that renders their nervous system inadequate, an ailment classified as neuropathy. Neuropathy is a painful condition that can often have an effect on an individual's daily life and the ability to maintain a normal and active lifestyle.

Neuropathy is a complex condition that stems from nerve damage related to the peripheral nervous system; the system of nerves located outside of the brain and spinal cord. It is an uncomfortable condition that diminishes one's sense of feeling/touch. Neuropathy is not limited to a single disease; it is considered a collection of disorders that develop when damage to the peripheral nervous system transpires, specifically in the nerve cells or nerve axons. Neuropathy forges a communication breakdown between the brain and nervous system, essentially acting as a barrier that interferes with the comprehension of messages the nerves are receiving.

For example, our brain communicates with our sensory nerves that a plate might be hot, the sensory nerves respond by sensing the heat coming off of the plate, and conclude that touching the plate might result in a burn. When this line of communication is not working correctly an individual has a hard time computing if something is hot or cold, and may not sense if an injury will occur.

Neuropathy is a chronic disorder and can be a debilitating condition. Without proper treatment, neuropathy can cause severe long-term complications. The diagnosis of neuropathy is critical for recovery. It is important to understand what causes neuropathy, common symptoms, and risk factors that our daily choices may have in developing this painful condition.

Classifications of Neuropathy

Neuropathy is primarily classified in the following three ways:

- 1) Mononeuropathy- single nerve or nerve group
- 2) Multiple Mononeuropathy - two or more nerves in different areas
- 3) Polyneuropathy - many nerves

Neuropathy can also be classified based on:

- 1) location within the body - symmetrical or asymmetrical
- 2) functional classification - motor, sensory, autonomic or crossed
- 3) type of onset - acute, sub-acute or chronic

Mononeuropathy

Neuropathy that solely affects a single nerve or nerve group is classified as mononeuropathy. Mononeuropathy is associated with systemic disorders that could cause damage to a single nerve or group of nerve cells. It is more commonly found in individuals suffering from:

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

Mononeuropathy has a host of additional causes, and is also often a result of:

- Personal injury
- A deficiency in B Vitamins
- Niacin or Vitamin E, as all are pertinent to nerve health
- Alcoholism
- Nerve trauma

Prolonged periods of swelling or pressure placed on a specific point in the body (such as the hands, feet or face) can cause the development of mononeuropathy.

Mononeuropathy has an array of associated symptoms in the affected areas; such as:

- A loss or reduction of feeling
- Paralysis
- A tingling or burning sensation,
- Weakness in the surrounding muscles

It is recommended to speak with a doctor if any of the aforementioned symptoms become noticeable. Several tests are available in diagnosing this particular classification of neuropathy, including but not limited to:

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

Multiple Mononeuropathy

Multiple Mononeuropathy occurs when two or more nerves 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
- Vitamin Deficiency
- B Vitamin, Niacin and Vitamin E
- Infections
 - Lyme Disease
 - HIV

This form of neuropathy is often caused by an infection or some sort of bacteria that has entered into the body. Symptoms of multiple mononeuropathy include:

- Nerve Pain
- Muscle Weakness
- Odd Sensations
- Multiple Symptoms Combined

Symptoms are typically felt on one side of the body where the damaged nerve cells are, but can spread as the neuropathy progresses. Medical professionals diagnose through physical examination or by compiling and comparing a list of symptoms. Neuropathy can be difficult to diagnose, and multiple mononeuropathy falls under the same pretense. Other tests that could diagnose multiple mononeuropathy would include electromyography and or a nerve conduction test. Treatment options are available for multiple mononeuropathy.

Polyneuropathy

Polyneuropathy consists of several nerves malfunctioning at the same time throughout the body. Polyneuropathy typically has no warning or preemptive signs, though some do feel gradual alerts leading up to the diagnosis of polyneuropathy. Polyneuropathy patients often experience the neuropathy in a pattern that generally begins in the feet and moves its way up towards the thighs and then hands.

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

- Numbness
- Pins/Needle Like Pinching
- Tingling
- Burning
- Feeling of Raw Skin
- Sensitivity to Touch

The causes of all neuropathies, polyneuropathy included, are vast and can be hard to pinpoint due to the fact that a number of factors are typically associated. Often times, neuropathies stem from more than one of the following common causes:

- Diabetes
- Age
- Genetics/Inherited Disorders
- Drugs

- Chemotherapy
- Nerve Trauma/Pressure
- Alcohol Abuse/ Alcoholism
- Infections and Autoimmune Diseases, including but not limited to:
 - AIDS/HIV
 - Hepatitis C
 - Shingles
 - Lyme Disease
 - Epstein-Barr
- Environmental Hazards
- Exposure to poisons
- Vitamin Deficiency
- B Vitamins, Niacin, and Vitamin E are all crucial to Nerve health

Polyneuropathy has several treatment options available in aiding and relieving the painful symptoms and discomfort associated with this class of neuropathy.

What Exactly Causes Neuropathy?

Neuropathy has a host of factors associated with it, and to pinpoint one direct cause is nearly impossible as there are typically many causes that factor into it. Research suggests many factors have yet to be discovered as a cause, and new information is consistently being unveiled and associated with neuropathy.



One of the leading causes associated with neuropathy is diabetes. 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 include:

- Alcohol Abuse
- Kidney Failure
- Vitamin Deficiency
- Traumatic Injury
- Infections, including but not limited to:
 - Lyme Disease
 - HIV
 - Shingles
 - Hepatitis C
- Metabolic Disorders
- Exposure To Dangerous Toxins
- Amputation
- Chemotherapy
- Multiple Sclerosis
- Autoimmune Diseases
 - Lupus
 - Rheumatoid Arthritis
 - Guillain-Barre Syndrome
- Tumors

- Genetics

Neuropathy Avoidance

Peripheral Neuropathy can happen to anyone at any age. However, one can reduce his or her risk by avoiding large consumptions of alcohol, staying clear of environmental or industrial toxins, and eating vitamin enriched foods, as well as maintaining 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 many medical professionals who have made it their career 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 that neuropathic treatment can help reduce nerve pain, and in some cases eliminate nerve pain forever.

Neuropathy Symptoms



Nerve damage can often lead to painful sensations and immobilizing symptoms. We have taken a brief look at the various types of neuropathy and the associated symptoms. The most common form of neuropathy is peripheral polyneuropathy. Peripheral polyneuropathy affects the hands, feet and legs and occurs on both sides of the body. The painful feeling from peripheral neuropathy is often described as a tingling or burning sensation.

Neuropathy symptoms directly affect a multitude of nerves. The nerves most often affected are the motor nerves (which control muscle movement) and the sensory nerves (which helps the body detect sensations such as hot and cold as well). Neuropathy also commonly affects the autonomic nerves, which directly influences the health and wellbeing of internal organs such as:

- Heart

- Blood Vessels
- Bladder
- Intestines

Neuropathy can make it extremely difficult to walk and operate on a normal basis. The afflicted areas often become highly sensitive to touch and pressure. Many people have such intense pain that they end up making the mistake of becoming inactive, in hopes of relieving the pain or at least causing it to temporarily subside. The nerve pain and symptoms can last for long periods of time, though can be lessened once 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.

Different Causes of Neuropathy

As discussed, neuropathy has several different classifications and causes. The symptoms vary and differ from case to case, especially depending on the underlying cause.

Diabetic Neuropathy

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

The statistics are staggering considering 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 is 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 possible, so that a proper diagnosis can be made.

High levels of blood sugar restrict proper blood flow and can cause damage to the nerve cells, especially in the feet and hands. 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 in 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, also known as optic neuropathy. Cranial neuropathy can also affect the nerves that merit hearing and transport 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

Diagnosing Neuropathy

If feeling any unfamiliar symptoms, it is important to seek the advice and counsel from a medical professional. Diagnosing neuropathy can be tricky and is a rather lengthy process. If you have a reason for concern it is imperative that you seek out medical attention quickly to begin the process of diagnosis. 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 and compare it with your physical results before going further with testing.



If there is a need for further testing, the following tests will 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 teach you how to cope with life after diagnosis.

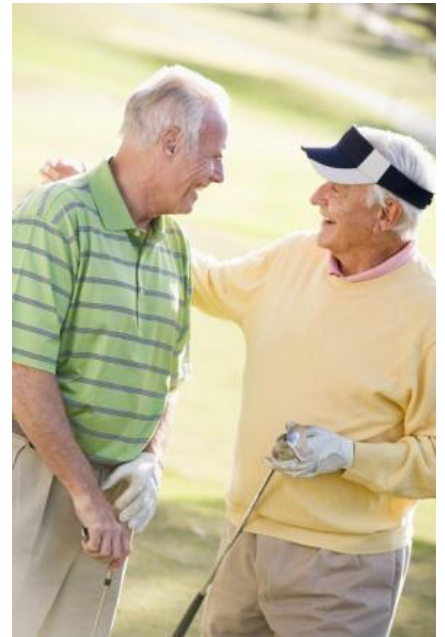
Neuropathy and Lifestyle

Peripheral neuropathy is a condition which has a big effect on a regular daily life, and if left untreated that effect could have severely negative impact. The pain and

symptoms common of neuropathy often limit one's mobility and ability to function in normal life situations. Neuropathy symptoms have an implication on one's social, vocational and functional life, which can lead to the neuropathy patient gaining feelings of anxiety and depression.

Normal everyday activities and hobbies become more difficult as neuropathic pain worsens. Household responsibilities as simple as washing dishes and folding laundry can become bothersome and painful. Fun leisurely activities like dancing and walking become sidelined until something can be done about the chronic pain. Many neuropathy sufferers resort to staying off their feet to find temporary relief. However comforting it may sound to stay off sore, numb feet, the fact is that the less the sufferer uses the limbs and joints the less functional the joints become.

When muscles are not exercised, they become stiff and lose their range of motion. Neuropathy can cause muscle weakness as well as muscle stiffness, which means if not properly treated, neuropathy could lead to a life of immobility and eventually a complete loss of freedom. 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 adding mobility.



Implementing Changes

Living a healthy lifestyle will help improve overall health for anyone, 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 as well. Adhering to the following suggested lifestyle changes will have numerous benefits for a neuropathy sufferer.

- Add a high amount of fruits and vegetables to your diet
- Eat foods full all antioxidants, vitamins and nutrients
- No smoking
- No drinking
- Morning stretching

- 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 additional supplementation 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

Damage done to the nerve endings sends off various painful symptoms, mainly affecting 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. Symptoms can worsen from a lack of neuropathy treatment.

Nerve pain can become unbearable and limit productivity. 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 when contemplating a neuropathy treatment plan to take into consideration the impact that the choice will have on your daily life and your 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 can be natural or pharmaceutical. Neuropathy patients can choose to treat their neuropathy pain with over the counter medicine, prescription medicine or with natural alternatives such as vitamin supplements, herbs or other natural methods. Choosing a natural route to neuropathy relief is a safer option that is geared toward a lifelong journey and treatment plan. The pharmaceutical options such as prescription medication and over the counter medication will temporarily relieve painful symptoms.

Medication

There are several different classes of medications for treating neuropathy. Since neuropathy has no cure, the only form of treatment for it is to discover a way to ease painful neuropathy symptoms. In this section, we are going to discuss the most common form of treatment – pharmaceutical 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 medications are overall safe if taken in small dosages, but if overused they can result in damage to the kidneys and liver.

Non-steroidal anti-inflammatory drugs (NSAID)

NSAID medications are 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 –
 - a. Aleve
 - b. Motrin
 - c. Advil
2. Non-Aspirin –
 - a. Ibuprofen

b. Motrin IB

NSAID medications 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. Though as with any pain medication side effects are a possibility. Possible side effects include:

- Stomach Ulcers
- Diarrhea
- Nausea
- Fatigue

Antidepressants

Endorphins are natural chemicals in our body which naturally help to relieve pain. Antidepressants are said to help treat neuropathy pain by blocking pain signals before they get to the brain and to also help release endorphins. Antidepressants are supposed to help reduce pain and improve mood and even help one sleep better. Doctors will often prescribe the following tricyclic anti-depressants to neuropathy patients:

- Amitriptyline
- Desipramine
- Imipramine

Again, as with any prescription medication, side effects are something to consider. Side effects include: dizziness, drowsiness, dry mouth, dry and itchy 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.

Warnings to Consider

Though the use of prescription medication can be effective in relieving 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, eventually affecting one's emotional, physical and mental stability.



Neuropathy can be emotionally, physically and mentally taxing without adding further complications such as depression, suicidal thoughts, anxiety and irritability. To prevent side effects which can 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 tiring. The idea of instant nerve pain relief may sound very appealing, especially to someone who has spent years suffering with painful neuropathy symptoms. The point of neuropathy treatment is to find a treatment that is safe, effective and that provides long lasting pain relief – a natural method for treating neuropathy can provide all three.

Neuropathy sufferers have several natural alternatives to prescription medication available to them. There are several options 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 and designed to heal itself from within. Unfortunately, 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. Natural methods are the safest way to avoid complications.

Acupuncture

Acupuncture is an alternative option for treating certain ailments using strategically placed needles. Needles are partially inserted into the body and then manipulated in order to help with the following problems:

- Pain relief
- Infertility

- Migraines
- Treats diseases
- Prevents diseases

Acupuncture is an ancient Chinese medicinal treatment. Many Chinese people believe the method can be 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 extensive, especially upon seeing the piece of equipment that provides the electrical shock. Sending electrical volts through your body is a form of electrical therapy that has proven to relieve nerve pain. The use of TENS to effectively treat nerve pain has been proven in hundreds of clinical reports. TENS is a safe, non-invasive treatment option which sends low frequency stimulation to the nerves, helping increase blood flow that helps activate opioid receptors in the central nervous system.

Therapy



Sensitivity in the feet often causes neuropathy sufferers to find it difficult to walk without excruciating pain. Even softer surfaces such as carpet and grass can create an intense level of pain. Many men and women suffering with nerve pain symptoms like tingling, numbness and muscle weakness would rather spend their days in a chair than walking and having to endure such intense 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 help lessen nerve pain as well as improve mobility.

Physical Therapy

There are several goals involved in physical therapy participation after being diagnosed with neuropathy, mainly:

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

Though a neuropathy patient may reach their goal of movement and pain tolerance when walking, it is advised to continue participating in physical therapy. Neuropathy patients who continue to adhere to their physical therapist maintenance instructions avoid taking a step backwards in their therapy progress. 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 devastating effects that neuropathy can have on an individual's lifestyle and daily normality, it is often advised that newly diagnosed neuropathy patients 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 help limit the devastating impact that peripheral neuropathy can have on daily life by:

- Improving sensory motor skills
- Educating patients on how to avoid dangerous toxins and prevent exposing themselves to industrial or environmental hazards
- How to self-care
- Educating 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 complementary therapy, and 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 can improve blood circulation as well as help loosen stiffened muscles, helping provide relief to the damaged area. 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

Studies have found that light, daily exercise reduces nerve pain. Individuals suffering from neuropathy often report that it is too painful to walk or exercise, but when patients refrain from using their limbs they become stiff from the lack of movement and a loss of mobility often occurs, which can worsen the problem.

There are several low impact exercises that can help keep limbs loose and improve blood circulation. Walking and swimming are two wonderful options, and 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 are a great tool for mild neuropathy nerve pain.



Unfortunately, many report feel a burning sensation when Capsaicin and Lidocaine are applied to wet skin. Though, this is the only known side effect of Lidocaine patches and Capsaicin ointment.

Neuropathy Support Formula

Those that have suffered with neuropathy for any duration of time, know how frustrating and disheartening finding actual relief from neuropathy treatment can be. Many attempt to find long lasting results time after time, only to turn up empty handed, often after spending too much money for too little relief.

After years of clinical testing and research, the Neuropathy Treatment Group has formulated a treatment option clinically proven to reduce and effectively treat nerve pain from peripheral neuropathy. The Neuropathy Support Formula is proven to be highly effective in not only relieving nerve pain, but also at reversing neuropathic symptoms.

The Neuropathy Support Formula is a natural alternative to prescription medication. The Neuropathy Support formula has the ability to help relieve the nerve pain associated with neuropathy, without the concern of the 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 peripheral neuropathy and diabetic neuropathy sufferers.

The Neuropathy Treatment Group consists of a team of dedicated researchers, who discovered that neuropathic pain is most effectively relieved by natural ingredients such as Benfotiamine, R- Alpha Lipoic Acid and Methylcobalamine. Through much testing and regulating, the perfect combination and formulation of these natural ingredients was developed; a formula that has proven to not only help ease nerve pain but help regenerate damaged nerve cells. 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 only four short months. Many reports from Neuropathy Support Formula users state that they no longer suffer with any neuropathy pain, thanks to the powerful natural ingredients found in this formula.



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		

Ingredients Found in the Formula

The ingredients found in the Neuropathy Support Formula (NSF) are beneficial to the treatment of neuropathy for many reasons:

- The formula has proven to help reduce if not totally eliminate neuropathy symptoms, such as the tingling and numbness often felt in the hands and feet
- Users report a decrease in the overall pain associated with neuropathy
- NSF ingredients strengthen and support nerves and nerve linings
- Aid in reducing stress and anxiety
- Improve balance and coordination

Most doctors and physicians reluctantly admit that the treatment options for neuropathy are limited. Many resort to prescribing pharmaceutical medication that may help temporarily relieve the pain, but will not actually cure the symptoms. Numbing the pain does not fix the symptoms, and it often creates more problems due to the side effects from the medications prescribed to numb neuropathy symptoms. We have formulated a natural way, free from side effects, 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. Vitamin B1 contains an important component called benfotiamine, which differs from thiamine (typically found in other treatments that contain B1 in their formula) in that benfotiamine is easily digested, whereas thiamine is not nearly as bioavailable. Thiamine and other forms of B vitamins tend to disperse through the body quickly, without having time to absorb into the system. 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, increasing overall nerve health. Benfotiamine is less toxic than thiamine, and in clinical studies administered there were no adverse side effects, making benfotiamine a safe and effective neuropathy pain treatment option.

Methylcobalamine

Neurological studies have shown that Methylcobalamine, a component of 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, and it is effective in the growth of new nerve cells if taken in high dosages.

R-Alpha Lipoic Acid

Much research suggests that R-Alpha Lipoic Acid is the key component to neuropathy pain relief. R-Alpha Lipoic Acid is a powerful antioxidant that is both water and fat soluble, and is beneficial in helping cells transport and distribute glucose. This powerful antioxidant has the power to bridge the barrier between the blood and brain disconnect associated with neuropathy, and reconnects the communication necessary to get the blood flowing 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, making it a much more bioavailable compound for our bodies to digest. R-Alpha Lipoic Acid is a huge aid in the relief of painful neuropathy symptoms such as burning, aching and numbness, by providing better blood flow and oxygen to the damaged

nerve cells. R-Alpha Lipoic Acid is often referred to as the “super antioxidant” due to its unique ability to break down glucose and distribute it into the damaged nerve cells.

Vitamin B2

Vitamin B2 is one of the eight B vitamins that help the body convert food into energy. It also helps keep the nervous system functioning adequately. B2 is also known as Riboflavin. Riboflavin is an antioxidant that fights off the free radicals that cause the body pain, aging and an assortment of health concerns.

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

Vitamin B6

Vitamin B6 helps promote higher energy levels and red blood cell production. It also helps carry oxygen throughout the body, improving nerve health. It is an essential component to the B complex vitamins.

Vitamin D

A lack of Vitamin D can result in skeletal abnormalities, muscular weakness, and weak bones. Those suffering with neuropathy tend to lose coordination and muscle strength. Studies have shown that by adding vitamin D supplements to their dietary needs, most neuropathy sufferers gain an increase in muscle strength, and coordination will improve.

Feverfew Extract

Feverfew is a popular herb used to treat a myriad of different health concerns. It 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 obtained from the leaves of the feverfew plant. Feverfew extract has been used in the treatment of neuropathy

by reducing pain and sensitivity. Feverfew is also a popular resource for other symptoms that include rheumatic pains and inflammation.

Oat Straw Extract

Oat Straw is recommended 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 passion flower has the ability to increase levels of a chemical found in the brain called gamma aminobutyric. Gamma aminobutyric lowers certain brain cell activity, creating a calming effect on individuals. This herb has also been known to assist in the treatment of anxiety and insomnia.

Skullcap Extract

Skullcap extract is a natural plant that has a calming effect on the body and aids in inflammation. It is often prescribed to treat numerous conditions and its calming effects have been helpful in the treatment of the following health concerns:

- Muscle Spasms
- Calming of Nerves
- Tension Headache
- Anorexia Nervosa
- Anxiety
- Fibromyalgia
- Restless Leg/Foot Syndrome
- Insomnia

The leaves of 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

Choosing not to find relief for your neuropathy can actually lead to a dire situation. The symptoms of neuropathy not only inflict intense nerve pain, but can also effect and eliminate freedom and mobility – in some cases indefinitely. Without treatment, limbs (feet in particular) can become stiff, and lose feeling completely, and many neuropathy sufferers are unaware in the event of an injury or an open wound. Due to the lack of feeling or numbness, the open wound can easily become infected, often eventually resulting in the need for amputation. Statistics say that nerve damage and associated injury from neuropathy is one of the leading causes for amputation.

Neuropathy treatment is possible, and will change your life. We know firsthand the effects neuropathy can have on individuals and their loved ones, which is why we have committed our work to helping educate, inform, and treat those suffering with this debilitating condition. We are not here to scare you into a treatment option, we strongly believe no one should have to suffer with the painful symptoms associated with peripheral neuropathy.

It IS Possible to Live Happily Ever After

After years of attempting to find something that will actually work to relieve your painful neuropathy symptoms, you may be skeptical that something as simple as an all-natural supplement will actually work.

Most who have chosen to use Neuropathy Support Formula as part of their daily treatment found that within four short months, they experienced a drastic decline in their neuropathy pain and symptoms. Some even reported to a complete elimination of their neuropathy symptoms! 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 the choice of a safe treatment. 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 are certain that the Neuropathy Support Formula will change your life. In fact, we are so sure, that we fully 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.

Put simply, 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! No one should have to live with the painful effects associated with peripheral neuropathy. If our formula doesn't work, it costs you nothing. And if it does, it can change your life. Imagine living pain free and regaining the active life you once knew, the Neuropathy Support Formula will help you get there!

Right now, you have two choices...

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

Or you can take action today, right now, to restore your health and find relief for your painful neuropathy symptoms. Start 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 the life you had before neuropathy slowed you down. You can start reducing the symptoms, and reversing your nerve pain, by taking action now. Order Neuropathy Support Formula today.

Order today, right now, while it's still hot on your mind, and be prepared to regain your life.

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