NEUROPATHY

The peripheral neuropathy can be a mononeuropathy (damage to a single peripheral nerve) or a polyneuropathy (malfunctioning of multiple peripheral nerves at the same time). The symptoms of this disorder depend on the type of peripheral neuropathy.

Sensory neuropathy: The symptoms of sensory neuropathy are numbness, tingling, pricking, pin/needle sensation, hypersensitivity and burning sensation in the hands and feet. The symptoms can spread up the arm and leg.

Motor neuropathy: The symptoms of motor neuropathy include muscle weakness, paralysis, twitching/cramping of muscles, wasting/thinning of muscles, impaired balance, and coordination. Autonomic neuropathy: The symptoms of autonomic neuropathy include rapid heart rate, bowel/bladder symptoms, diarrhea/constipation, blood pressure changes, increased/decreased sweating and erectile dysfunction in men.

Other reasons for peripheral neuropathy include an injury to nerves, low levels of vitamin B12, infections like shingles, Epstein-Barr, Hepatitis C, and autoimmune diseases like Guillain-Barre syndrome, lupus, and necrotizing vasculitis. Excessive alcohol intake, tumors pressing on the nerves, chronic liver/kidney disease, thyroid disorders, certain medications including phenytoin, thalidomide, toxins like arsenic, mercury, inherited disorders like Charcot-Marie-Tooth disease are some other causes of peripheral neuropathy.

CAUSES

- **Diseases such as diabetes, rheumatoid arthritis**
- **Trauma to nerves**
- **Vitamin deficiencies such as B12 or folate**
- **Infections such as leprosy, HIV/AIDS**
- **Genetic disorders**
- **Tumors**
- **Certain medications such as cancer therapy drugs**
- **Toxins such as organophosphate pesticides**
- **Alcohol, excessive over a long period of time (alters absorption of various vitamins and nutrients in the body.**
- **Tarsal Tunnel Syndrome occurs when a nerve in the inner ankle becomes pinches as with adult acquired flat foot syndrome, causing pain or tingling in the foot and toes.**
- **Reflex sympathetic dystrophy is a rare nerve condition that causes pain and abnormal swelling of the limbs, usually occurring after an injury or surgery to the affected limb.**
- **Chemotherapy can have deleterious effect on your nerves, and if nerves in your lower extremities or feet become damaged, peripheral neuropathy can develop.**
- **Injuries to lower extremities or low back can cause damage to surrounding nerves. eg herniated disk, spinal stenosis, lower extremity fracture.**
- **Idiopathic (when cause is unknown)**

NUTRITION

Most common deficiencies are Vit. B12 (cobalamin), Copper, Vit. B1 (thiamine), Vit. E (tocopherol) and Vit. B6 (pyridoxine). Check also to see if you have too little or too much Calcium and Magnesium.

Because Diabetic Neuropathy is so common, become fastidiously careful to avoid sugars and carbohydrates in the diet, and focus on eating natural foods, raw foods.
The Keto diet is a diet that would be good for diabetes – no sugar, no flour, low carbs, lots of protein and fats.
See Dr. Cousen's book: "There is a Cure for Diabetes". This diet can get help very quickly so you may have to reduce or stop diabetic needles or pills – monitor your blood sugar carefully so you are not

overdosing.

Using Niacin

Many suffer from lack of circulation to the extremities such as toes and fingers. Taking Niacin (Vitamin B3) and Lipoic Acid together really seem to do the trick. Warning, you will get an uncomfortable flush when taking Niacin – which is what you want, don't get the non-flushing type of niacin.

A common help for neuropathy is to take 500mg B3 (niacin, not the non-flushing type), which gives you an uncomfortable feeling for a 1/2 hr, then dissipates. It drives the blood to extremities. After taking this daily for a couple of weeks, the uncomfortable flushing will be quite a bit less, but still effective. Take 1-2 Lipoic acid capsules throughout the day will aid in the niacin flush.

HERBAL to stimulate circulation

Cayenne (capsicum)
Tarragon (artemisia dracunculus)
Turmeric (Curcuma longa)
Black cumin (Nigella sativa)
Holy Basil (Ocimum sanctum)
Rosemary (rosmarinus officinalis)
Sage (Salvia off)
Cannabis (Cannabis sativa)
Ginger (zingibar)

ESSENTIAL OILS

Eucalyptus
Lavender
Bergamot
Nutmeg
Ginger
To use essential oils, dilute a few drops in 1 oz carrier oil, apply to the area.

HOMEOPATHY

Generally take 30c strength, start with once a day. Homeopathy is taken on empty stomach, away from eating, brushing teeth, drinking coffee. Pick the remedy that is closest to the presenting symptoms.

Kali Phos is an effective, natural homeopathic medicine for numbness in hands and feet in cases of peripheral neuropathy. Kali Phos also helps in treating prickling sensation in hands and feet. Along with this a general fatigue or weakness is also present. A person needing Kali Phos tends to have a nervous, sensitive and irritable nature. Kali Phos is also indicated for cases of muscle weakness and paralysis.

Arsenic Album is useful for treating burning sensation in the hands and feet in cases of peripheral neuropathy. The burning sensation may extend to arms and legs. Arsenic Album is also helpful for weakness and heaviness in the limbs in cases of peripheral neuropathy. Apart from the above, a tingling sensation in the fingers is also an indicating feature to use Arsenic Album.

Picric Acid is a natural homeopathic remedy used to treat a pin-needle like sensation in the hands or feet in cases of peripheral neuropathy. This sensation may be present in legs and arms. A weak, tired feeling in the limbs is also present. Exertion tends to make the complaint worse, and the limbs may get cold.

Oxalic Acid is considered in cases of peripheral neuropathy where there is numbness and tingling in the limbs. Sharp and excruciating pains in the limbs also point towards the use of this medicine.

Hypericum is a natural medicine prepared from the fresh plant named Hypericum Perforatum or St. John's Wort. The natural order of this plant is Hypericaceae. The main indicating features to use Hypericum are numbness, tingling in hands or feet attended with burning pains. A crawling sensation

may also be present in the hands and feet in some cases.

Causticum **is a well-indicated homeopathic cure for treating muscle weakness in cases of peripheral neuropathy. There is marked muscle weakness in the limbs along with a sensation of formication (like ants crawling) in the limbs. Causticum is also used in cases of paralysis.**

Plumbum Met **offers a natural cure for peripheral neuropathy in which the patient experiences wasting or thinning of the muscles of the limbs. Paralysis of limbs is also treated well with this medicine.**

Aconite **for burning, tingling sensations in hands and feet.**

Agaricus **is a highly preferred medicine for managing numbness in feet along with tingling, crawling, prickling and formication sensation. One may also complain of weakness and heaviness in the feet. Numbness of legs upon crossing them is also indicative of Agaricus use.**

Cantharis **for tingling or burning sensations in soles of feet.**

Magnesium phosphate **for spasms and muscle cramps.**

Kalmia **is a top remedy when nerve pains accompanied by numbness. Pains are of a shooting nature. Nerve pains always shoot in the downward direction**

Magnesium Phos **is used for severe nerve pain where warm applications provide relief. Pain worsened by cold air. The pain can be shooting, cutting or stitching. The pain is almost unbearable**

Aconitum **is used when nerve pain occurs after sudden exposure to cold winds. The person becomes very restless due to severe nerve pains. There is marked physical and mental anxiety and increased thirst for cold water is always felt.**

Belladonna **can be used for nerve pain appears suddenly in short attacks, and disappears suddenly. The nerve pain accompanied by marked redness and heat in the body. Pains get worse by touch or noise of any kind.**

Chamomilla **is used for unbearable nerve pain with irritability and violent anger**

Note: R44 by Dr. Reckeweg is a circulation formula containing: Crataegus (rattlesnake venom); Laurocerosus (cherry laurel); Oleander; Spartium scoparium (scotch broom)

OTHER HELP

- **Stop smoking if you are smoking. It affects your blood circulation, narrowing the blood vessels so oxygen in the blood can't get through.**
- **Taking a warm bath can soothe and help alleviate pain symptoms.**
- **Regular exercise can help combat pain, increases blood flow to arms and legs.**
- **Watch the blood sugar – if you are diabetic, follow the strict diabetic food plan to naturally bring down the blood glucose levels.**
- **Foot Soak – use oils like peppermint or chamomile or epsom salts. Careful not to have water too hot so it burns the skin.**
- **Neuropathy socks**
- **Get good night's sleep**
- **Control Alcohol Intake**
- **Massage to back, legs and feet.**
- **Check with Chiropractor to see if any problems with lower back or feet that can be adjusted.**
- **Bowen Therapy can be also used for hip, leg and feet problems.**
- **Cranio Sacral Therapy can also be used for hip, leg and feet problems.**
- **Foot Massagers can be obtained 'online" and used to improve circulation.**