Neuropathy
Possible Causes

- Mitochondrial insufficiency
- Poor energy production
- Hypothyroidism
- Other diseases
- Kidney disease, liver disease, connective tissue disorders
- Vitamin deficiencies
- B-vitamins, vitamin E, niacin are crucial to nerve health
- Tumors
- Trauma
- Accidents, sports injuries, repetitive tasks
- Infections
- Lyme disease, shingles, Epstein-Barr virus, hepatitis C, leprosy, HIV
- Drugs/medications
- Chemotherapy, statins, etc.
- Pesticides
- Exposure to toxins
- Heavy metals (lead, mercury, arsenic), industrial solvents
- Diabetes
- Syndromes
- MS
- Autoimmune diseases
- Sjögren's syndrome, lupus, arthritis, Guillain-Barré
- Alcoholism
• Heavy metals
• Hormones
• B12, Folate
• Immune system, CBC, CMP, ANA, HS-CRP, Rheumatoid factor, Sed Rate
• HbA1C, Insulin, fasting blood sugar
• Circulation
• Blood pressure
• Neurotransmitter levels
• Antioxidant levels
• NO2 levels
• Antibodies, Thyroglobulin antibodies
• Complete Thyroid Panel ——— TSH, free T4, free T3, T3 uptake, Reverse T3, Tpo

Testing
Pharmaceutical Alternatives

deliver medication directly to the affected tissue.

- (reduce side effects and anesthetics etc.)
- Antihistamines, pain relievers (Ketamine)
- Compounded topical creams -- may contain nortriptyline, doxepin, Effexor, Cymbalta
- Anti-depressants -- Tricyclics (amitriptyline)
- Anti-seizure meds -- Neurontin, Lyrica
- Pain relievers -- NSAIDS, Narcotics, Steroids
Nutritional Alternatives

- NO2 support—Hawthorn, citrulline, L-arginine, NEO-40
- Omega-3 fatty acids—Fish oil, flax oil, EPA/DHA
- Acetyl-L-carntine, Bio PrQ, MCT oil, coconut oil
- Mitochondrial energy support—Coenzyme Q10, NADH, or nicotinamide riboside, ribose
- Magnesium, calcium, zinc, trace minerals
- Natural vitamins E with mixed tocopherals, niacin, niacinamide, vitamin D3
- Vitamins—Active B-vitamins (especially methyLcobalamin, methyl folate, P5P), vitamin C
- Liver/kidney support—NAC, glutathione, ALA, milk thistle, etc.
- Chelation if necessary—DMSA, EDTA, DMS, chelation, etc.
- Gymnema, trace minerals, GTF chromium
- Blood sugar modulators—ALA (alpha-lipoic acid), magnesium, cinnamon, bitter melon
- Enzymes—Digestive and anti-inflammatory
  - Betaglucans, astragalus, holy basil, etc.
- Immune Modulators—PEG, anti-inflammatory herbs, colostrum, prolamine rich peptides (PRP),
Dietary Considerations

- Use sea salt, pink salt, or Himalayan salt rather than table salt
- Drink water (lots of it)
- Higher protein and fat consumption will result in better control of blood sugar
- Consume a large variety of colored vegetables and fruits
- Eat more alkaline foods—vegetables, fruits
- Reduce carbohydrates to about 15% of calories
- Eliminate trans/hydrogenated fats from diet
- Add beneficial oils to diet—coconut, olive, grape seed, etc.
- (Sensitive dietary considerations are considered)
- Anti-inflammatory diet—eliminate gluten, dairy, and any known food allergies or
- Eliminate processed sugar
Exercise

- Aerobic exercise--walk, jog, swim, move your body
- Weight, squeeze muscles
- Resistance training--weights, bands, body

Improves circulation, elimination, nutrient delivery, release of anti-inflammatory molecules

Exercise