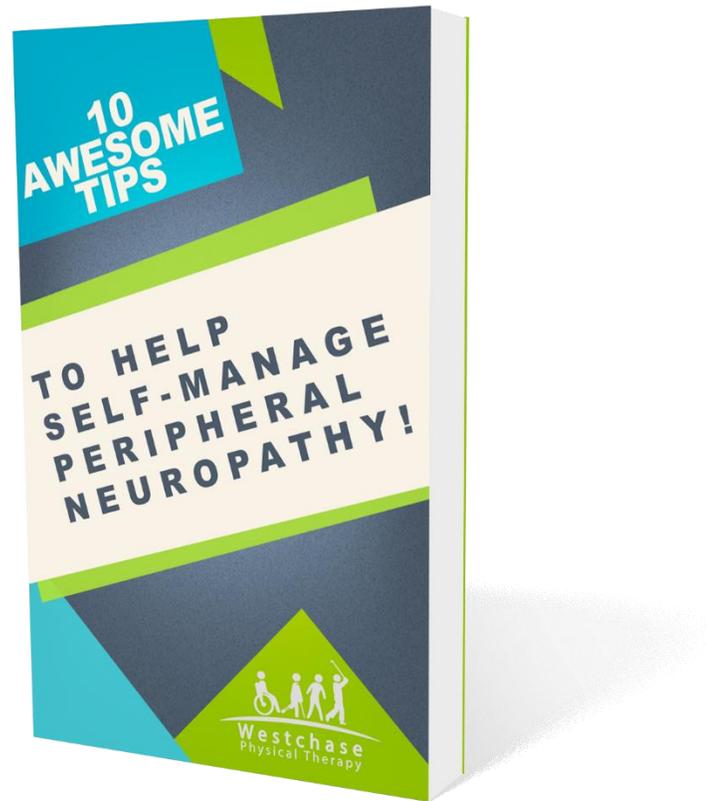


10 AWESOME TIPS TO HELP SELF-MANAGE PERIPHERAL NEUROPATHY!



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10 AWESOME TIPS to help self manage Peripheral Neuropathy!

Peripheral Neuropathy incidence is sharply on the rise. We are seeing more and more sufferers present to our clinic desperate for help! If you or someone you know suffers from Peripheral Neuropathy here are my 10 favorite tips to help self manage this debilitating condition.

1. Get Moving and get some Physical Therapy exercises!

Physical Therapy exercise combats neuropathy pain in a few different ways. It helps keep blood sugar levels in check, which may slow nerve damage. Exercise also increases blood flow to the arms and legs. One study from the University of Kansas Medical Center found that people with diabetic neuropathy who exercised regularly found that their pain didn't get in the way of daily activities such as work, sleep, and relationships. Specific Physical Therapy exercises can also help strengthen the muscular weakness that usual occurs in the hands and feet.

2. Use Anodyne Infrared Light Therapy at home on a regular basis!

Thousands of Neuropathy sufferers use Anodyne Infrared Light therapy at home to reduce pain, improve sensation and improve quality of life. The Anodyne Infrared 'boot' is worn on the leg for approximately 30 minutes a few times a week. There are 12 published studies (4,000 patients total) demonstrating clinical effectiveness of Anodyne with physical therapy, and a controlled study that shows that Anodyne and physical therapy is more effective than physical therapy alone for patients

3. Take care of your feet, especially if you have diabetes!

Nerve damage in your feet can cause them to lose sensation, so you may not realize that you scratched or cut your foot until much later. As a result, you may develop a more serious problem, like an ulcer or infection. To avoid this, you should clean and examine your feet at the end of each day. Also, make sure that you wear comfortable shoes. Pairs that are too tight can pinch your feet and lead to injury.

4. Try a B Vitamin Complex

These play an important role in your nerve health. Not getting enough vitamin B12 can lead to nerve damage. Vitamin B6 is important because it helps the brain produce certain chemicals that send information through our bodies, low levels of these chemicals can worsen pain.

Most people get enough B vitamins through food. But ask your doctor if you should take a supplement. Some studies show supplements can help reduce pain and other symptoms.

5. Soak in a Warm Bath

Not only is the warm water relaxing it can also boost circulation throughout your body. It can provide instant relief. But because diabetic neuropathy can lead to a loss of sensation, make sure the water's not too hot before you get in.

6. Get Your Vitamin D

Your skin produces this nutrient in response to sunlight. It may protect against nerve pain. When researchers from Britain's University of Sheffield studied people with diabetic neuropathy, they found that those who had lower levels of Vitamin D also had more pain.

It's hard to get the recommended 600 to 800 IU of vitamin D from food alone. You may need to take a supplement. In fact, one study found that people with diabetic neuropathy who took a supplement once a week had fewer symptoms after two months.

7. Kick the Butts

Smoking causes your blood vessels to constrict, impairing your circulation. This means your peripheral nerves may get less nutrient-rich blood, which can lead to more pain.

8. Massage

Massage your hands and feet, or have someone massage them for you. Massage helps improve circulation, stimulates nerves and may temporarily relieve pain.

9. Diet

Eat a diet rich in fruits, vegetables, whole grains and lean protein to keep nerves healthy. Protect against vitamin B-12 deficiency by eating meats, fish, eggs, low-fat dairy foods and fortified cereals. If you're vegetarian or vegan, fortified cereals are a good source of vitamin B-12, but again talk to your doctor about B-12 supplements.

10. Take a Nitrogenesis nerve supplement

Ask your doctor about taking a Nitrogenesis nerve supplement to support nitric oxide (NO) production within the bloodstream which supports healthy circulation and delivery of oxygen to working muscles.

Hopefully you find these tips useful. If you have any questions about Peripheral Neuropathy and need some help or advice simply reply to this email or give me a call.

Kind regards

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