

What Is



Peripheral Neuropathy?

Congratulations. You've taken the first important step toward restoring your health. I know Peripheral neuropathy is a big word, but it's a worse disease. By the end of this report you'll know the causes and how to care for peripheral neuropathy.

To make it easier for you to understand your problem and peripheral neuropathy, I'm going to explain to you what causes it and how you treat it.

First of all... peripheral neuropathy is a severe disorder of your nerves.



Symptoms of Peripheral Neuropathy

Peripheral neuropathy usually begins with tingling, numbness, or prickling in your toes or fingers. This numbness may spread up to your hands or feet and feel like burning, freezing, throbbing and/or shooting pain that is often worse at night.

If you've had any of the symptoms mentioned in this report, you should call the office for an evaluation immediately after reading this report. It's that important.

Your pain may come and go or it may be constant. We've found that some types of peripheral neuropathy begin suddenly and others can take years. We like to make people aware of their problems, so they can work with us to get rid of their peripheral neuropathy, not just cover up their symptoms.

Some of the major symptoms of peripheral neuropathy include:

- Loss of balance and coordination
- Burning sensation or freezing pain
- Muscle weakness
- Extremely sensitive to touch
- Sharp, jabbing pain
- Unusual sweating
- Feeling like you are wearing a glove or sock
- Abnormalities in blood pressure or pulse
- Difficulty sleeping due to pain in feet and legs

Your symptoms can vary depending on which nerves were damaged and how long you've had the problem. If you have any of these symptoms you should **CALL IMMEDIATELY** for an evaluation. The sooner you act on your symptoms and begin treatment, the less damage you should incur.

Causes of Peripheral Neuropathy: The Numbers

Research has shown that about **40%** of all cases of peripheral neuropathy have a variety of causes such as heredity, autoimmune disorders, nutritional imbalances, tumors, infections or toxins.

About **30%** of all cases are caused by diabetes. The remaining **30%** of peripheral neuropathy cases are not currently linked to a cause.

Let's talk about the number #1 cause of peripheral neuropathy... Diabetes

If you have diabetes, you are at risk.

Diabetes is the number one cause of peripheral neuropathy. Approximately **60%** of people who have Diabetes will contract some form of peripheral neuropathy, so if you have diabetes, you have a strong chance of having peripheral neuropathy.

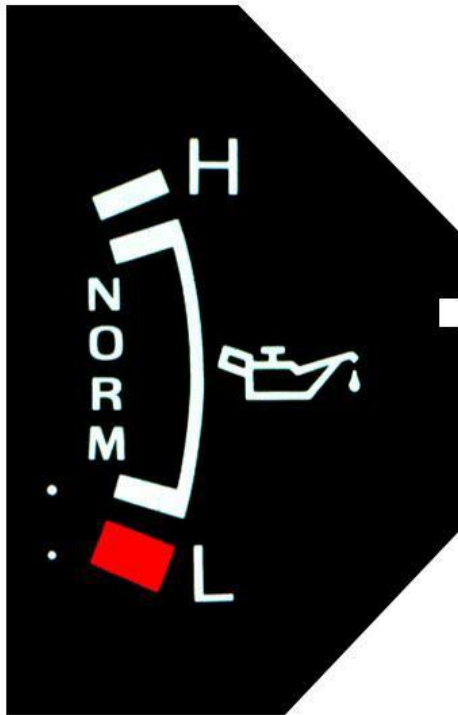
Although the exact causes of diabetic neuropathy are unknown, several factors contribute to the disorder. For instance, diabetics suffer from having high levels of blood glucose that they have to 'fight to control'. These high glucose levels cause chemical changes in their nerves which impairs their nerves' ability to transmit signals.

These high glucose levels also have the potential to damage their blood vessels that carry oxygen and nutrients to their nerves. This is like a time bomb. Once their nerves are damaged, signals either STOP being sent through their body, or the incorrect signals are sent. Then they have symptoms. The damage has already started by the time they have symptoms.

In short, their nerves 'malfunction'.

When incorrect signals are sent because of this disease, a person can get tingling or burning sensations that are normally designed to protect them, (i.e. they might feel like their foot is cold, but really the temperature is fine).

Here's something I want you to learn. **Symptoms of pain are not bad**, they are good.



What do I mean by that? Symptoms tell you something is wrong in your body. Have you ever had an upset stomach? Your body was telling you something.

Here's another way to look at it. If you're driving down the highway and your oil light comes on, or your oil gauge reads ZERO, that probably means something is wrong with your engine.

It means you should go to the nearest station, as quickly as possible and get some oil.

IMMEDIATELY!

Otherwise you're going to have an engine that will stop running for lack of oil.

This RED oil light going off or oil gauge showing you're out of oil is just a "symptom". **It's not the problem.** Your engine oil level is

the problem. The oil light/gauge is the symptom. It's just letting you know something is WRONG. That's all. You don't need a new gauge.

Your body is no different. When you start to have numbness or tingling, or even pain, those are symptoms. **Drugs cover up symptoms.** For example: If your RED oil light goes on or the oil gauge shows ZERO, do you pull over and cut the wire?

No you don't. Why would you do that? The RED light or the oil gauge is your car's system trying to tell you that your engine is out of oil and it's in severe danger of damage.

Your Body Is Doing The Same Thing!

Your symptoms are not the problem. Stop trying to get rid of the symptoms with medications. You can use medications to help your symptoms while you're taking care of your problem, but don't think getting rid of your symptoms is FIXING your problem. It's not!!

Think about this. If NO signals were sent, you could be in pain from infection, burning yourself or in an extremely dangerous situation, but you wouldn't realize it because your nerves were no longer sending signals, so symptoms are good.

Other Causes of Peripheral Neuropathy You Need To Know About

There are other situations that are known to cause peripheral neuropathy

- Vitamin deficiency - especially B12 and Folates
- Alcohol abuse
- Toxins - prolonged exposure to toxins, such as heavy metals, gold compounds, lead, arsenic, mercury, and organophosphate pesticides
- Shingles
- Autoimmune diseases - this includes lupus, rheumatoid arthritis or Guillain-Barre syndrome
- AIDS
- Heredity
- Cancer therapy drugs and statin (cholesterol lowering) drugs
- Severe trauma or injury
- Hypertension (high blood pressure)
- Low Back Pain (Lumbar Nerve Radiculopathy)

And remember, sometimes the causes of neuropathy cannot be determined by physicians. Why? Because they do not do the tests we do. We do some special tests at our office that help us to determine whether you have a diagnosis of peripheral neuropathy.

Like I said, people with peripheral neuropathy may have tingling, numbness, unusual sensations, weakness, or even a burning pain.

A peripheral neuropathy weakness may be generalized throughout your body or may affect one muscle or an entire muscle group exclusively. We can determine that in your evaluation.

Don't forget, peripheral neuropathy is not the only thing that can cause muscle weakness either. There are diseases of your neuromuscular system, injuries, metabolic diseases, and other things like toxins that can also cause measurable muscle weakness.

You need to know if you have a peripheral neuropathy or something else. If you need to be referred to a specialist we'll do that too. The only way to find out what's causing your pain is by performing some special non -invasive, non-painful tests. These are tests that you'll find are very effective in diagnosing your problem, if you have a TRUE peripheral neuropathy.

If you have a peripheral neuropathy, you should take care of your problem before it turns into a full blown disease that can disable you for life.

Just like your car's oil gauge, your symptoms are WARNING you of an impending danger. Don't just cover them up with drugs and think you're FIXED. You are not. You just cut the oil gauges wire, that's all. Do the right thing and find out what's really going on in your body and work on solving the problem and not just covering up your symptoms.

Here are six aspects of peripheral neuropathy you might want to think about.

1. A high amount of glucose (sugar) in your urine can cause increased urine output and this leads to dehydration. **Dehydration causes increased thirst and water consumption.**
2. The inability of your insulin to perform normally in your body has effects on your protein, fat and carbohydrate metabolism. What I'm saying is everything in your body is affected by your insulin. Insulin is an anabolic hormone, so it encourages the storage of fat and protein. Most people don't know this but insulin is important when you talk about weight gain/loss too.
3. Don't forget, an **insulin deficiency** eventually leads to weight loss despite an **increase** in your appetite.
4. Some untreated diabetes patients also complain of fatigue, nausea and vomiting. If you have any of these SYMPTOMS you should call our office immediately.
5. Patients with diabetes are prone to developing infections of the bladder, skin, and vaginal areas. If you had any of these symptoms, make an appointment for an evaluation today.
6. Fluctuations in your blood glucose levels can lead to blurred vision and extremely elevated glucose levels can lead to lethargy and coma.

Now let me say something about „real' vitamins? I have to mention this because a patient with a vitamin deficiency, particularly B12 and folate can have symptoms of a peripheral neuropathy.

So am I saying a vitamin deficiency can actually cause a peripheral neuropathy? **YES** it can!

Why are vitamins that important to you?

There are six nutrients that are considered essential to life and health. They are: proteins, carbohydrates, fats, vitamins, minerals, and water.

These nutrients are needed for your body to FUNCTION properly, and if your diet is based on unhealthy foods, not enough good water, etc., you're going to have vitamin deficiencies.

Vitamins and minerals are considered (small) **micronutrients** because they are needed in smaller quantities than the (large) **macronutrients** like (protein, carbohydrates, and fat).

What About Water and Peripheral Neuropathy?

When your body does not absorb an adequate amount of any of the micronutrients, and this includes water, **diseases can occur**. That includes peripheral neuropathy.

Remember, micronutrients are vitamins, minerals, and **water**. When you are **dehydrated**, (and most people are) diseases occur.

When you're not getting the proper intake of good pH balanced water, disease occurs. All my patients are required to drink this special alkaline water I have available FREE to my patients, because I understand the importance of hydration.

It's important to understand what your nutritional needs are and how to reach them and water is a very important component of taking care of diabetes and peripheral neuropathy.

Taking care of your ENTIRE system is all about prevention.

NOTE: If you take care of your body now and how it's supposed to function, and you give it what it needs in terms of nutrition and water, you are less likely to have peripheral neuropathy disease.

Most people **THINK** as they get older they're supposed to have symptoms of old age, disease, etc. Nothing could be further from the truth... if they know how to take care of their body.

It's as simple as that.

And that's what we do at my office, and this includes peripheral neuropathy.

If you're having a problem or symptoms of a peripheral neuropathy, we can help you determine your specific needs based upon your overall health and condition.

But you have to call the office before we can tell you whether you qualify for our care.

Your Nerves Control Everything

Whether you know it or not, your nerves do control everything that happens in your body.

Your nerves alert you that something is wrong in your body.

When your nerves malfunction, something is wrong.

When your nerves malfunction, disease is most likely just around the corner. For example, when you have an electrical malfunction in your home, your lights don't work.



This is what can happen with an electrical malfunction in your home. Your body is no different. When your body malfunctions, it can get a disease like Peripheral Neuropathy.

Now the next question you probably asking yourself is...

Is there any real treatment for my peripheral neuropathy?

The answer is YES! There is a natural alternative. Your treatment depends on the cause, how long you've had your symptoms, your current and past diet, your REAL vitamin intake, your water intake, etc.

At our office the first step is to look for the REAL cause of your problem though.

If you have a vitamin deficiency or a water deficiency, etc., we can help you to correct them. Doing this will help your peripheral neuropathy. If you have a short in your fuse box at home, you'd want to fix it before you have a fire right?

Well we have a great system in place to help your neuropathy without the use of any drugs, which means no side effects. We have very specialized equipment that gently stimulates nerves to return them to normal function by sending impulses through the nerves, waking up the dormant nerves which have begun a process of degeneration (Trans Neural Degeneration), abnormal function, and eventually death. We also utilize a highly specialized system of phototherapy designed to treat peripheral neuropathy along with mechanical stimulation to increase circulation and promote healing of nerves, as well as our other treatment protocols. Our treatment is a multi faceted approach because peripheral neuropathy can be a multi factorial disease. If you believe you have a peripheral neuropathy, contact our office **immediately**, since most causes of diagnosed peripheral neuropathy can be successfully treated at our office.

Dr. Jack Kucheran, Calgary, Alberta

Call (403) 291-0603 NOW!

For your \$49 Complete Neuropathy Exam

This special offer is only for the first 10 patients of the month.

“My feet were numb on the bottoms near the toes and on the pad of my foot and I had no feeling at all. It just felt like leather on the bottom. Since you’ve been using that new thing on them I’ve started to get feeling in my feet, I feel cold on my feet when I step on something cold. I could put them in really hot water and did not feel them either. I’m feeling heat now. I’m getting more feeling in my feet and my ankles don’t swell like they were swelling.”

Audrey A.