

ASK YOUR DOCTOR ABOUT INTEGRATING THESE TREATMENT OPTIONS

- 1) Antioxidant and amino acid supplementation
 - Alpha-lipoic acid
 - Acetyl-L-carnitine (ALC)
 - Coenzyme Q10
 - Hydroxytyrosol
 - Gamma linolenic acid (GLA)
 - Specific vitamins (B-12, B-6, B-1, etc.)
- 2) Essential oils such as geranium, helichrysum, rosemary, birch, holy basil, St. John's wort
- 3) Bio-Electro-Magnetic-Energy-Regulation (BEMER)
- 4) Acupuncture, massage, CBD oil



NABOSO NEURO PROPRIOCEPTIVE INSOLES AND MATS

Podiatrist Dr. Emily Splichal teaches the importance of foot activation exercises. After years of research, she designed textured insoles and mats to stimulate the sensory receptors on the bottom of the feet and recommends the "Neuro" insoles for neuropathy. Research behind Naboso technology and how it helps those managing neuropathy can be found on the Naboso website at:

<http://nabosotechnology.com/neuro-rehabilitation/>
If you order, receive a 10% discount by entering promo code **SITFIT** at checkout. The promo code can also be used if ordering by phone, (347) 705-0702, M-F, 9am – 6pm EST.

EXERCISE AND NEUROPATHY

Making fitness a part of your daily routine can help address the muscle weakness related to neuropathy and can help reduce neuropathy pain. Sit and Be Fit workouts have proven helpful for those managing neuropathy.



TYPE OF EXERCISES BEST SUITED TO HELP MANAGE NEUROPATHY

- **Core Strength**
Including strategies for managing center of gravity
- **Balance**
Including a combination of vestibular and vision exercises
- **Foot/Toe/Ankle/Hand**
Including exercises for sensory stimulation, dexterity, flexibility and strength
- **Vibration**
Including impact exercises with the feet and full body vibration
- **Circulation**
- **Heat Generating**
- **Pressure**
- **Sensory Stimulation**
- **Mind-Centered**

SIT AND BE FIT NEUROPATHY RESOURCES

For a free guide with exercises from the categories above, or to order workout DVDs, including the **Neuropathy Workout**, please contact Sit and Be Fit, toll free **1-888-678-9438**, or visit our website, **www.sitandbefit.org**.



NEUROPATHY IN A NUTSHELL

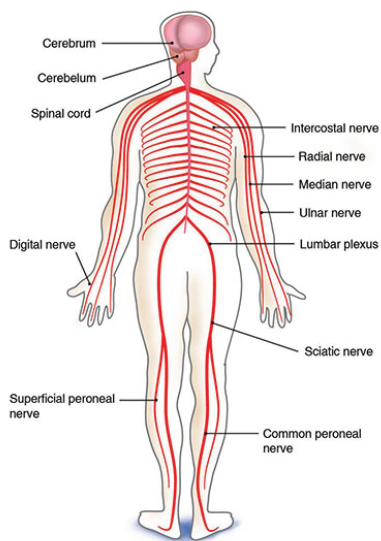
Neuropathy (nerve damage) is not a single condition. There are several types of neuropathy. While the symptoms are similar, the direct causes are different. The most common cause is diabetes, followed by chemotherapy, medications, and poor nutrition. The National Institute of Neurological Disorders estimates that approximately 20 million Americans have some form of peripheral neuropathy.

The majority of symptoms of peripheral neuropathy are sensory, typically affecting circulation in the hands and feet. Any compromise in circulation affects the smallest blood vessels first, then the smallest nerves, making exercise one way to help manage the condition. The important thing is to not give up. Work with your healthcare provider to seek an integrative approach to treatment, combining conventional, complementary and alternative therapies.



Every nerve in your body has a specific function. Peripheral neuropathy occurs when nerves are damaged or destroyed and can't carry messages to and from the brain and spinal cord to the rest of the body. Symptoms depend on the type of nerves affected.

The Nervous System



NEUROPATHIC PAIN: WHAT DOES IT FEEL LIKE?

- twitching
- heat intolerance
- gradual onset of numbness
- sharp, jabbing, burning pain
- extreme sensitivity to touch
- increased episodes of falling or lack of coordination
- difficulty using arms, legs, hands, or feet
- numbness or tingling associated with pain
- muscle weakness and sometimes paralysis

CAUSES OF NEUROPATHY

Neuropathy is considered a neurological disorder rather than one distinct disease. It may be either inherited or acquired.

Causes of neuropathies may include:

- diabetes
- chemotherapy
- medications
- autoimmune diseases
- poor nutrition and vitamin deficiencies (especially Vitamins B, E and niacin)
- exposure to poisons
- infections
- trauma or pressure on the nerve
- tumors
- kidney, liver or thyroid disorders
- bone marrow disorders
- alcohol abuse

MEDICATIONS THAT MAY CAUSE NEUROPATHY

Cancer fighting medications
HIV/AIDS treatment drugs
Anti-alcohol drugs
Anticonvulsants
Heart or blood pressure medications
Infection fighting drugs
Skin condition treatment drugs



For a complete list of medications which may cause neuropathy, along with additional information, visit the Foundation for Peripheral Neuropathy website at: <https://www.foundationforpn.org/>
If you are unable to access the internet, request the complete medication list from Sit and Be Fit.

MORE ABOUT MEDS



TREATMENT

The good news is that peripheral nerves have the ability to heal. It may take months but recovery is possible in some cases. As with other injuries, it may not go completely away. If you notice symptoms, it's important to take action.

1. Seek treatment right away to identify and manage underlying cause in order to prevent further damage.
2. Eat healthy and maintain optimal weight.
3. Control blood sugar levels if you have diabetes.
4. Exercise daily.
5. Avoid exposure to toxins including tobacco.
6. Discuss amino acid supplementation with your doctor as well as other complementary therapies.



ANTIOXIDENT RICH DIET

Divide a small plate and fill 1/2 with antioxidant rich organic vegetables and fruits: spinach, carrots, eggplant, olives, beets, tomatoes, peppers, onions, kale, parsley, peas, pumpkin, broccoli, artichokes, grapes, berries, mangos. Fill 1/4 of the plate with protein: fish, chicken, turkey, tofu, eggs, nuts, legumes and low fat cheese. Fill 1/4 of the plate with: whole grain breads/pastas/rice, legumes, sweet potatoes and seeds. Use extra virgin olive oil, coconut oil, turmeric, garlic, ginger, cinnamon, black pepper, cayenne and clove. Drink green tea and avoid sugar and processed foods.