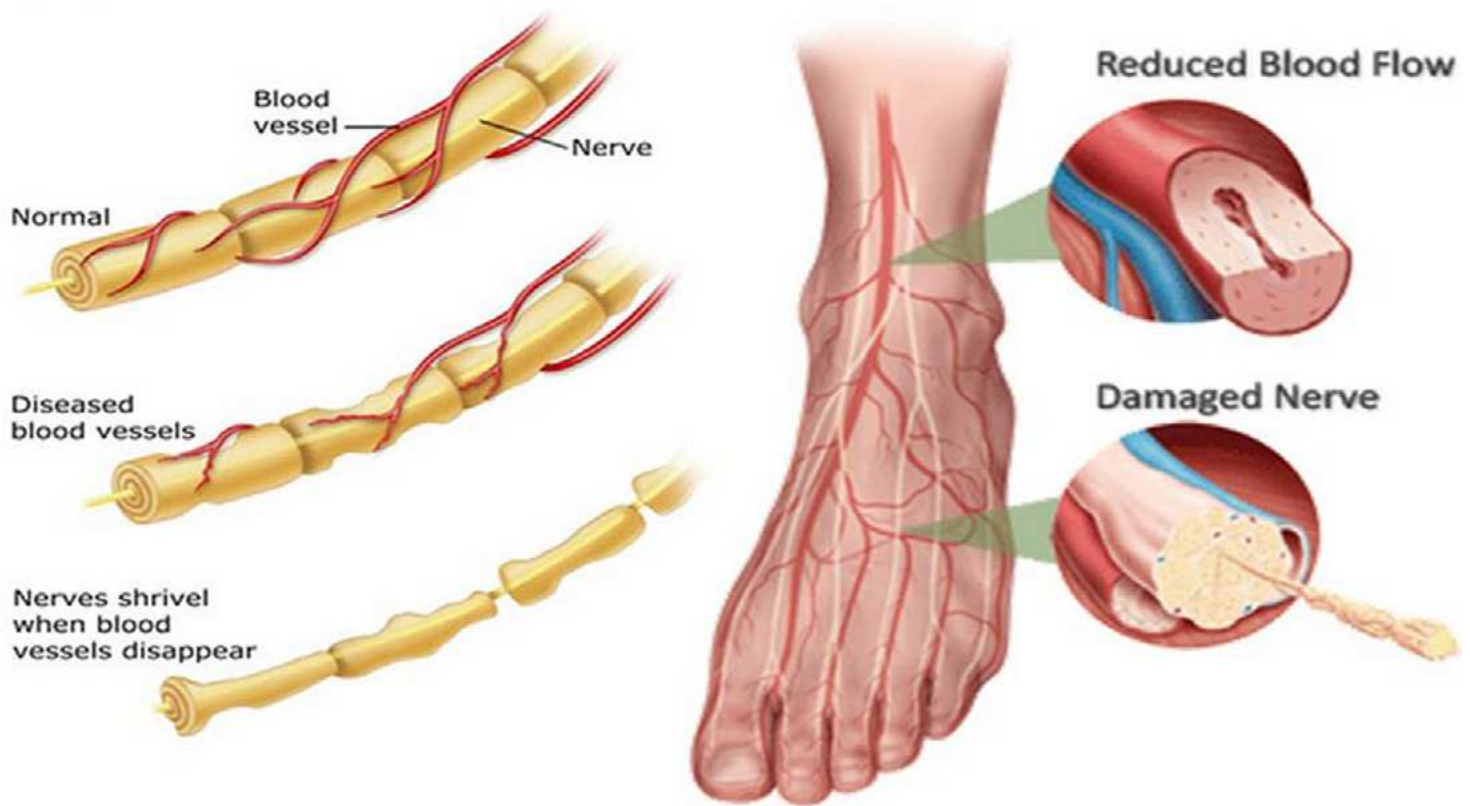


A GUIDE TO
NEUROPATHY
FROM THE NEUROPATHY RELIEF PROJECT



NEUROPATHY
RELIEF PROJECT



What is neuropathy, exactly?

Do you have pins and needles, tingling, or even sharp pains in your hands or feet? Is it impacting your balance and mobility? You may be suffering from neuropathy.

Neuropathy is a disorder of the peripheral nerves—the ones outside your brain and spinal cord—and leads to weakness, numbness, and pain, usually in the hands and feet. It can also lead to issues with balance, sleep, and mobility. Neuropathy can impact autonomic, sensory, and motor nerves and can be caused by medical complications, physical trauma, repetitive injury, infection, metabolic problems, toxin exposure, and even some drugs. People with diabetes also have a high risk of suffering from neuropathy.

Sadly, neuropathy can cause sufferers to lose their independence, feel like a burden to their loved ones, and experience symptoms of depression. Perhaps the most tragic thing of all is that the root cause of neuropathy can be treated and prevented, despite Western medicine telling us there is no cure but to take prescription drugs like antidepressants and pain medications, which only temporarily treat the symptoms.

In the U.S., the statistics show that:

- **23 million** Americans are diagnosed with neuropathy every year
- **185,000 amputations** each year are due to neuropathy
- **90% of people with neuropathy** rely on medications or injections, which are not a good long-term solution and can have serious side effects
- **About 8% of the U.S. population** suffers from peripheral neuropathy
- Obesity and diabetes are on the rise, and the most common cause of peripheral neuropathy is diabetes
- All of these numbers are on the rise

What does this data tell us?

It tells us that whatever we're doing isn't working, and we need to do something different. We need a different approach. everything else is secondary.

If you've been told that there's nothing you can do and that it's only going to get worse, *keep reading.*

There is a way to successfully treat neuropathy so you can experience less pain and more of what life has to offer—if you treat the cause instead of chasing the symptoms.

How do we treat neuropathy at Neuropathy Relief Project?

Chronic conditions can be reversed with a whole-body, comprehensive approach that addresses the causes rather than the symptoms of the disease. Once the body is put in an optimal position to heal itself, it knows what to do.

That's why we treat chronic conditions with:

1. Nutrition/Supplementation
2. At-Home Modalities
3. Professional Support

Although there are some cases where neuropathy can't be cured, over the past four years we've helped more than 4,000 patients get rid of or completely reverse their neuropathy symptoms without medications, injections, or surgeries. We use highly-studied and proven methods that free patients from the endless cycle of disease management and bring them back into a life of true health and well-being.

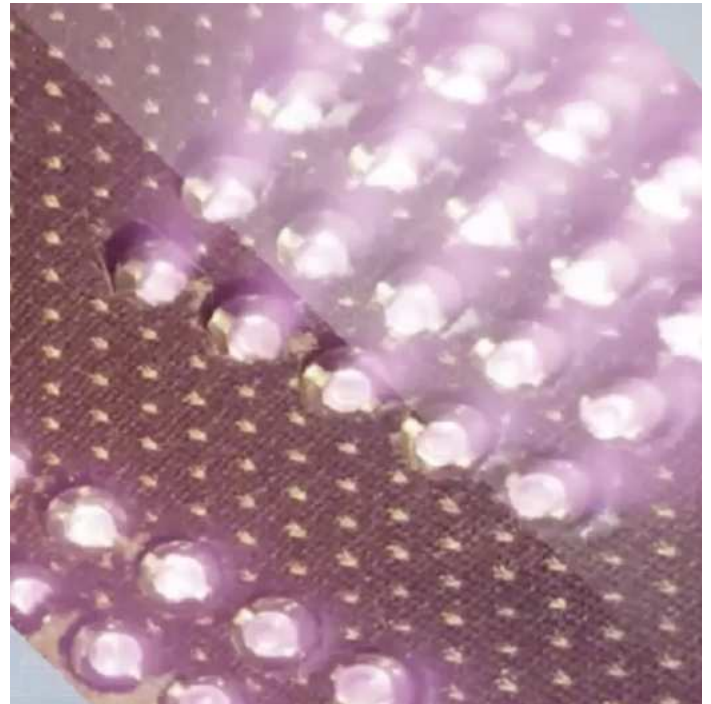


With neuropathy specifically, the goals are to increase circulation and encourage more blood flow to heal the peripheral nerves, rehabilitating the damaged nerves, reducing inflammation, and addressing deficiencies to remove all barriers to healing. **We see success with our patients because we employ a four-part regimen, all of which can be done from home:**

NEUROPATHY NUTRITIONAL & SUPPLEMENTATION PROTOCOL:

Designed specifically for neuropathy, this diet considers a natural vasodilator—nitric oxide—which opens up the blood vessels. You need this to keep the blood flowing in those tiny little blood vessels that nourish the nerves. However, increased amounts of sugars and starches actually decrease the efficiency of nitric oxide, and the typical American diet is full of these high sugar and starchy foods that lead to decreased blood flow to those tiny little blood vessels that your nerves rely on for nourishment. Sugars and starches can also create inflammation in the body, which further acts to decrease blood flow.

The Neuropathy Relief Project nutritional protocol is easy-to-follow and fun—and our patients love it. With our added natural supplements to help the body heal and produce more nitric oxide, the body's capacity for healing is elevated even further.



LOW-LEVEL LIGHT THERAPY:

This safe, effective, and FDA-approved use of near-infrared light stimulates a process called angiogenesis, the creation of new blood vessels, specifically around a damaged area so it can start to heal. Light therapy can reduce pain, improve immune function, accelerate wound healing, and speed up the healing of fractures. It also increases the production of DNA and collagen—the building blocks of tissues—and it increases the activity of fibroblasts, which are the cells that comprise our connective tissue. All of these things are necessary for wounds and injuries to heal so your blood can properly transport nutrients and heal any areas of the body affected by neuropathy.

NERVE RE-EDUCATION WITH ELECTROTHERAPY:

When nerves get sick and start dying off, they forget how to work properly. We rehabilitate them, and they re-learn how to function properly with the support of a 21st-century technology that's successfully used in all the Cancer Treatment Centers of America for nerve damage. Rather than just manage pain, this digital electro-therapeutic stimulator actually re-educates nerves damaged by neuropathy—right from your own home.



PROFESSIONAL SUPPORT:

Finally, get some professional support! With a tailored and customized program, you can move forward with the confidence of knowing you're doing exactly what your body needs on your path to healing.

For example, we offer our patients educational webinars, accountability calls, check-ins, and support while the body heals and becomes stronger. Professional support done virtually allows for more frequent one-on-one attention without the inconvenience of travel, wait times, and booked appointments.

At Neuropathy Relief Project, we know neuropathy and how it can impact your mobility and lifestyle. That's why we're committed to being with you every step of the way on your healing journey. Watch our Free Webinar at www.neuropathyreliefproject.com and click Watch the Webinar

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