

# PERIPHERAL NEUROPATHY



# Who are we?



Hello, my name is Dr. Eric Sherrell, DACM, LAc, My goal is to help you achieve optimum health and wellness.

For the past 20+ years, I have seen the impressive results that acupuncture and Chinese medicine obtain. I love what I do! I will always try my best to create Positive Change in Your Life by providing Natural Effective Health Solutions™.

# What is Peripheral Neuropathy?

A disorder of the nerves- mainly in the feet. It affects the small nerves that connect to your brain and spinal cord. Peripheral nerves are sensory nerves that provide information to your brain such as position, balance, temperature, sharp/dull sensations, etc. When these nerves malfunction weakness, numbness and pain are often the result.

## What are the symptoms?

Burning

Redness

Tingling

Freezing feeling in the feet but warm touch

Numbness

Burning feeling in the feet - normal skin temp

Pain at night

Loss of balance

Swelling of feet

# Do you have any symptoms?

If you do, let me tell you what that means. If you have more than one symptom, or the one symptom you have occurs more than once per week, you have a problem you should be concerned about.



It's never normal to have a symptom. A symptom is your body's way of communicating to you that something is not right and needs to be checked.



# Who does it affect?

- 20 Million Americans have it.
- Mainly adults over age of 65.
- Pre-Diabetics- HbA1C levels 5.7 to 6.5.
  - Neuropathy symptoms can start at this stage.
  - Diabetics- HBA1C levels above 6.7.
- Statin drug users.
- Back pain sufferers.
- Compression on nerves in the lower spine.
- Alcoholic
  - Causes nutrition deficiencies
- Cancer Patients
- Deadly chemotherapy drugs damage nerves.

# Diabetes and Neuropathy

The #1 Cause of Neuropathy is Diabetes.



- Blood supplies the nerves in a complex
- interaction.
  - Too much glucose decreases nerve conduction.
- High blood glucose impairs the ability of
- nerves to function.
  - Called Oxidative Stress.
- High blood glucose weakens the vessel walls decreasing the amount of available oxygen and nutrients.
  - Blood vessel walls in essence collapse Lack of gas called Nitric Oxide.

# Diabetes and Oxidative Stress

Glucose and Oxygen combine in the blood stream to produce useful energy for your body. An imbalance of (too much) Glucose or (too little) Oxygen creates a condition called “free radicals”



High levels of free radicals overload your antioxidant defense mechanisms and cellular damage occurs.



Adrenal Malfunction Causes Hormone imbalance, greatly affects blood sugar levels.

# Inflammation Overload



Are your inflammatory numbers being monitored?

Do you know if what you are eating or doing is causing inflammation?

We have natural solutions to reduce inflammation and reduce neuropathy, otherwise it can lead to permanent nerve damage.

# Nitric Oxide and Diabetes

Diabetics have an impaired ability to produce Nitric Oxide. It is used in nerve transmission and it helps reduce pain- works just like opioids.

Neuropathy suffers lack the vital nutrients that the body needs to heal itself.

Especially the Nerves!



# Why Nutrition?

To provide the basic nutrition necessary to help the blood nourish the nerves.



- Nutrition influences inflammation, which influences pain.
- Getting guidance on how to eat can help you understand your nutritional needs.
- Every person is different, there is no one diet fits all, you need a personalized approach.



# Statins and Diabetes

## #2 Cause of Peripheral Neuropathy

- Damage can be reversed but must be treated early.
  - Permanent Damage if not treated in early stages.
- 4-14 times more likely to develop Neuropathy by taking statins.
- 16% chance you will develop Type-11 Diabetes by taking statins.
- In a 2012 nerves study, patients taking statin for 2 or more years developed undetectable (subjective) symptoms of Peripheral Neuropathy.

# Cholesterol in Neuropathy

Cholesterol doesn't cause Neuropathy. TAKING THE DRUG MIGHT BE THE CAUSE. You need LDL cholesterol to conduct nerve impulses.

- Statin drugs impair LDL synthesis = decreased nerve function.

Decreased cholesterol causes muscles weakness fatigue. Forms the basis for all electrical activity in the body. Your nerves use huge amounts of cholesterol.



# Symptoms of Statin Damage

## #1 Side Effect Nerve Disorders

- Muscle Weakness.
- Cramps/Muscle Twitches.
- Painful Muscles.
- Statins raise your insulin levels.
  - Result is chronic inflammation.
  - Chronic inflammation leads to heart disease.



# Spinal Stenosis and Neuropathy

## #3 Cause of Neuropathy

- Conditions leading to Spinal Stenosis:
  - Lumbar Disc Degeneration
  - Lumbar Disc Herniation
  - Lumbar Facet Arthritis
  - Osteoarthritis
  - Spinal Fusion Surgery
  - Damage to Nerves from Surgery



# How We Can Help!

## Our Therapies:

Acupuncture increases blood flow to nourish damaged nerves. It is a 5000 year old therapy, painless and safe.

Infrared therapy stimulates greater blood circulation.

Herbal medicine taken orally reduce inflammation, increase blood flow to the area and nourish the nerves.

Supplementation gives the body the basic nutrition necessary to nourish the nerves.

# What Can I Expect?

1. A Peripheral Neuropathy Examination will need to be performed.
2. The Doctor will review your results with you and discuss if you are a candidate for treatment.
3. If you qualify, we will also discuss treatment options with you on the same day.
4. Response times vary depending on cause and severity.
  - a. Most feel an improvement within a few visits.



# Why Us?

- We have done research with USF and Florida
- Cancer Specialists with proven results on neuropathy.
- We have treated over 10,000 neuropathy patients successfully.
- Highly specialized treatment, very hands on.
- Direct relationship with doctor and staff.
- Results based... You are here to get better.

## Our Goal

To help you repair your nerve damage permanently. Regain your health and maintain it throughout your life. Together we can work toward achieving Optimal Health for You and Your Whole Family™!

