

Healing by Design

SUPPLEMENT PROTOCOL

DR. CAMERON HARRISON



Supplement Protocol

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How did we get here?

Hello, my friends! Let's talk about using the right nutritional protocol to stop nerve damage and heal diabetic neuropathy. Yes, the protocol actually works.

Here's the deal. Your cells are starving. They're starving for the nutrients, energy and the blood flow that they need in order to be able to heal. The cells most affected by this malnutrition are your retina, kidney, and small fiber nerve cells. When these cells don't get vital nutrients they require, they malfunction - That's why you have neuropathy.

The cells begin to die off because of the high blood sugar, toxins and because they lack nutrients. This happens because drugs and type 2 diabetes causes deficiencies of all kinds of different vitamins and nutrients. When you're deficient, then your nerves continue to get sicker and they can't heal.

The only way to stop this damage is to provide a sufficient supply of the missing nutrients. This ensures the cells have an abundance of everything required to heal and grow.

The wrong stuff:

So the problem is you've been having the wrong stuff. You've been taking the drugs to cover up the pain and try to get on with your life. Now, being out of pain is a good thing. You can't heal if you can't get rest, and you can't get rest if you have pain. I'm not against doctors and I am not against drugs. I love my doctors, and I know that allopathic medicine saves lives.

The problem lies with chronic conditions like type two diabetes and diabetic neuropathy. There really aren't any good solutions in the medical realm for it, because it's all about treating the symptoms, and trying to make you feel better. It's not about dealing with the cause, let alone reversing the cause of the problem.

But the solution lies in stopping and reversing the cause of the damage. When drugs are considered the solution - when they only cover up the discomfort and allow it to get worse - that's the wrong answer. Especially if the drugs lead to further nutrient deficiencies.

The right nutritional protocol:

The solution lies in providing a flood of the right nutrients, to help with healing, energy production, and stop further damage to your small fiber nerves. At the same time, if some (or all) of the pain and anti-seizure medications can be eliminated, then you can improve health, clarity of thought, and nerve function all at the same time.

The powerful nutritional protocol includes restoring lost and missing vitamins. Most north americans are sadly deficient in [Vitamin D](#), an essential component of nerve function. Without it, neuropathy worsens dramatically.

Anyone who has taken Metformin (or doesn't eat much red meat) will likely be deficient [Vitamin B12](#), without which your nerves can't produce the energy they need to heal, grow and fire.

[Magnesium](#) deficiency is rampant, and again this mineral is required for proper nerve function.

Then we need to restore nutrients that are largely missing from our north american diet, including [Omega 3](#), (typically found in a quality fish oil. We get plenty of omega 9 and omega 6, but very little omega 3. We also have a hard time processing and absorbings vitamins due to a lack of healthy gut bacteria. This makes [probiotics](#) a necessity.

Also, most sufferers of diabetic neuropathy have blood flow issues compounding the problem. Nitric oxide is a chemical released by the blood vessels that dilates them. If you can't produce it then blood flow reduces, starving nerves, and even leading to problem like erectile dysfunction. This makes nitric oxide support essential. The best sources are eating plenty of beets, or supplementing with [Neo 40](#) or [Arginine](#).

The next essential move is to use proven compounds that both help stabilize type 2 diabetes, blood sugar, insulin sensitivy, and stimulate growth and healing in nerves. These compounds include [Acetyl L Carnitine](#), [Alpha Lipoic Acid](#), [Benfotiamine](#), [Coenzyme Q10](#), and [Hydroxytyrosol](#).

Everything in the protocol has been shown in the research to help with diabetic neuropathy or type 2 diabetes. The goal here is to make sure your body has the nutrients to stabilize blood sugar and heal and grow nerves. I know there are "diabetic neuropathy" products out there, but I

don't advocate taking combination supplements. This is because it's difficult to find the right doses and the right products. It's best to buy each separately, building a powerful nutritional protocol, so you can control the dosage, and the type of supplement you are taking.

The goal of adding the right stuff is to eliminate those deficiencies. Then you have a protocol that actually works to help heal nerves and reverse diabetic neuropathy symptoms.