

3 Natural methods

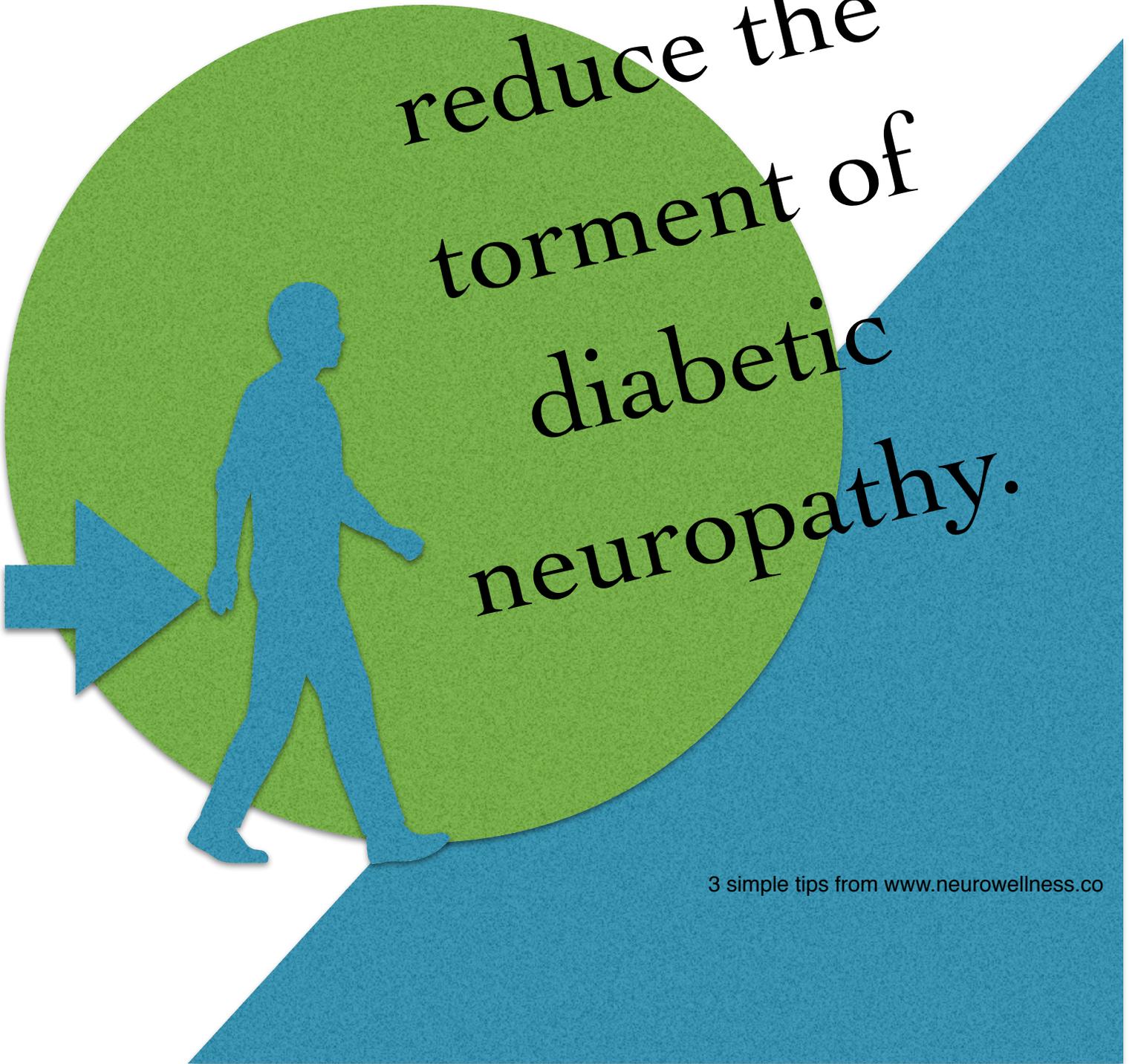
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3 natural methods to instantly reduce the torment of diabetic neuropathy.

So, you have diabetic neuropathy. Your feet are tingly, numb, and burning. It started a little while ago, and now it seems to be getting worse. Your doctor prescribed Gabapentin, and it helps a bit but you don't want to be on drugs for the rest of your life, so you are searching for an answer, "Google, what can I do to heal my neuropathy?"

The problem is the internet is full of snake oil salesmen, looking to part you from your money. You could spend hundreds, and even thousands to find that you are no better off than when you started. I understand your pain. Where do you turn, in a world full of misinformation, to find the right answers?

What if there were actual answers out there in the sea of distorted advice? What if there were some scientifically proven methods that once implemented the right way can help you heal naturally? What if you could start improving your neuropathy, instead of sitting by feeling it slowly get worse?

You can.

First, know that I have done the research for you. I've read the studies, and helped my patients heal their neuropathy. Every year we have improved our methods, and discarded those that didn't work, adding new ones that do. In a clinical setting, the success rate is well over 95% (over 95% of patients see improvement in their neuropathic symptoms)

“Sounds great doc, but this is driving me crazy!” “What can I do **right now?**”

Here’s 3 simple things you can do right now to get some immediate relief. You’d probably like to get some sleep, or just a break from those crazy feet.

In clinic, patients comment on the methods that seem to help the most when their feet are at their worst. Here’s the three go to techniques neuropathy sufferers use to provide some relief “Right Now”.

1. **Massage with a natural healing balm, or cream, like Motion Medicine.**

This technique provides several immediate benefits. It stimulates the nerves, and improves blood flow to them at the same time. By doing these two things at once, you can gain some instant relief, and get on with your life.



In a clinical setting, we use a product called Motion

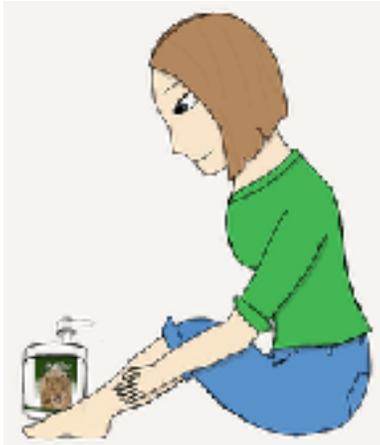
Medicine. Adding this can help reduce pain even more than massage alone. We have tried several different products and while all of them helped, Motion Medicine seems to give the biggest bang for your buck, because of its combination of ingredients that reduce inflammation, pain, and aid in tissue repair.

So, here’s what you need to do:

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1. Apply quarter sized amount in the palm of hand, and rub into feet, toes, and areas of discomfort.
 2. Go slowly.
 3. Add more cream as needed.
 4. Rest with your feet up for a few minutes
 5. Be careful, feet will be slippery!

Sit down with your Motion Medicine (or other balm, Neuragen PN from Walgreens will work too) within reach. Get a quarter sized amount in the palm of your hand, and apply it to your feet and toes. Rub your feet and lower legs, gently but firmly, paying special attention to the areas that are bothering you the most - usually the toes, between the toes, and the pad of the foot. Go slowly, and

focus on each toe, spending about 5 minutes per foot, applying the cream. Add more cream if needed as you go along. If you can have someone do this for you, that is great, but you can do it yourself as long as you can still reach your feet.



After applying, it's good to rest with your feet up for a few minutes. Also, remember that because of the Aloe and other ingredients in Motion Medicine, your feet will be "slippery when wet" for a few hours. Be very careful if you plan to bathe or shower, as you could easily slip on a smooth wet surface.

You can do this several times a day if needed, but it is an especially good thing to do in the evening, as diabetic neuropathy is often worse at the end of the day before going to bed.

2. Hot and cold.

Hot and cold therapy stimulates blood flow, and certainly seems to make a difference in the short term for many patients. So here it is in the top three.

Tools:

You are going to need a couple of buckets, and some hot water, and some cold water. (And towels, don't forget the towels, this can get splashy)

How to:

Put hot in one bucket (test it with your hand, you don't want to burn yourself, but you want the temperature of a good hot bath.), cold in the other bucket. Fill them to mid calf level. If desired dissolve some Epsom salts in the hot water, and add your favourite essential oil. Do not use boiling water. For the cold it's good not to have ice floating in the water, but if you need to use some to make the water nice and cold, that's fine.

Immerse both feet in the Cold water, for 30 seconds (if you can tolerate it). Then switch your feet into the hot for 2 minutes. Repeat three to 5 times. You can do this a couple times each day if desired.



Simple! (A bit wet on the floor, but simple)

3. Nerve stimulation brush

It's easy, and many swear by it's ability to reduce discomfort.

Tools: Nerve stimulation brush - found in the local hardware store, and usually called a "toilet" brush. Buy a new one. Use it only for this.



How to:

Take the brush and using medium pressure, tap it against your feet and legs, working your way around so that you cover the whole foot. Don't forget your toes, and the pad of your foot. Don't hit it too hard, the goal isn't blood

letting. Just gentle stimulation. If red bumps appear, use less pressure.

This has the effect of quickly stimulating nerves, and blood flow, quickly easing discomfort. It's something you can do 3 or 4 times per week. Combine with hot/cold, but it's best not to apply Motion Medicine directly after using the nerve stimulation brush.

That's a great start!

All three of these have proven to be a great help to patients when things are at their worst. These three things can be combined with multiple natural interventions, to see improvement in almost all cases of neuropathy.

There is hope! Need more help? Check out the blog at NeuroWellness for more neuropathy healing science, tips, and tricks.

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