



**3 things to *STOP*  
doing to get your**

**diabetic neuropathy  
to *START* healing**

## **So you've had it up to here with diabetic neuropathy. We're totally with you on that.**

You'd love to find a way to stop it from getting worse and start healing. And while you're taking the medicines that mask the pain, you know that it's not the answer to the problem. You know you need to stop the damage, so your nerves have a chance to heal.

If you can stop the damage, then over time - and not very much time - your nerves can begin to heal.

### **Mainstream approach**

Neuropathy starts when the small fibre nerves become damaged by high and low blood sugar levels, toxins, and side effects of common drugs.

The mainstream approach of masking the symptoms with pain killers or anticonvulsant drugs like Gabapentin and Lyrica - only allows things to become worse. It's the reason neuropathy is progressive, and unless something is done to stop the damage, things get much worse.

Most of our patients were along that path - moving from cane to walker to wheelchair.

But there is so much hope. At Healing By Design, we teach you the clinical system that gets you off the downhill slide and starts you on the path to healing. It's a comprehensive training that has helped hundreds restore their health, mobility, and peace.

To get a head start on healing, here are "*3 things to **STOP** doing to get your neuropathy to **START** healing*":

## 1. Say Goodbye to Low-Fat.

Remember the days when “What food is healthy” was easy to answer?

Me neither.

Since the 1950’s our eating recommendations have been a politically filled land of contradictions. It all began with some research published in the late 1950s by Ancel Keys. It led to the common belief over the past 50 years (and still held by some today) that low-fat is healthy.

Science has shown this diet (low-fat) hasn’t reduced heart disease at all and is likely responsible for the explosion of type 2 diabetes we’re seeing today.

If you cut fat out of your diet, you need to replace those calories - and the only choice is carbohydrates. This means a low-fat diet is a high carbohydrate diet. This leads to carbohydrate intolerance (poor blood sugar control) and leads people directly to type 2 diabetes.

It’s why we cover in detail in module 1 of Healing by Design how to move to a diet higher in fat, and much lower in carbohydrate. There are dozens of benefits - including less hunger, lower blood sugars, weight loss, and in 60% of cases, a reversal of type 2 diabetes.

Lower blood sugars mean that high blood glucose will stop damaging your nerves - allowing them a chance to heal. This step alone can make a massive difference in your health and your life.

As a target, you’ll want to aim for 50g of carbohydrates per day or less (30 is ideal). This will mean avoiding most “white” foods, like bread and pasta, potatoes, rice, and empty

carbohydrates. It will also involve adding healthy fat from meat, butter, olive oil, coconut oil.

Don't miss out on your fat. It's what satisfies you and makes you feel full. There is so much healthy food, filled with good fat for you to enjoy.

## **2. Don't let your nerves get aSTATINated.**

Most type 2 diabetics are prescribed a statin drug to lower their cholesterol. Lipitor, Crestor, Zocor - whatever the name, statins are pretty common.

Cholesterol has been labelled the "bad guy" in heart disease and is just an enemy that needs to be destroyed at all costs. This lethal compound supposedly "clogs" arteries up with gunk, leading to heart attacks and death.

One would think that if we could just eliminate it, we'd live forever.

Except for one thing. Your body requires it. As a matter of fact, it actually makes 80% of the cholesterol in your blood. What does this cholesterol do for you?

It's a component of the membrane (outer covering) of every cell in your body. It's especially crucial in the brain and nerve cells (where half of the cholesterol in your body is located), where it helps nerves heal and form connections.

That's the reason there are so many neurological side effects of statins, like memory loss and (ahem) neuropathy. Research tells us the likelihood of neuropathy increases by 4-14 times when you take statin drugs.

In module 2 of Healing By Design, we cover toxins that cause neuropathy (like statins, certain blood pressure drugs, and other environmental toxins.) We also include how to detoxify and eliminate them, as well.

Clinically patients who were able to eliminate statin drugs improved much faster than those who couldn't (which makes sense - cholesterol is one of the building blocks of nerves.)

As with any medication, you have to weigh the benefits to see if they outweigh the risks. In many cases, especially for diabetics, the benefits of statins are marginal, and the risks are high.

### **3. Stop avoiding “Red Meat.”**

There are several essential components for healing and growing nerve tissue. As we already mentioned, cholesterol is vital. One more is vitamin B12.

Its jobs in the body include energy production, building bones, protecting nerves and brain tissue, improving mood, and even keeping you feeling and looking young.

If you become deficient in B12, it can rapidly lead to nerve damage and neuropathy, so it's a good idea to make sure you have plenty in your diet - and if you have neuropathy - to take a supplement as well.

And where do you find a storehouse of vitamin B12? Red meat. Beef. B12 is also found in liver (beef again) and clams in large amounts. And if you've said goodbye to low fat, then eating your steak is a great way to get fat, b12, and almost every other vitamin and mineral your body needs. No wonder it tastes so good!

Even better, most of the “story” that red meat is bad for you has been recently debunked in the research. There's no longer a need to tow the “avoid red meat” line.

Oh, and another item of note:

Early in the testing of the diabetes drug Metformin, it was found that many patients developed a vitamin B12 deficiency. They even considered adding B12 to the drug to avoid this problem - but decided that would be bad PR to tell people it lowered b12 levels.

This makes eating enough b12 (or even taking extra B12) even more critical if you are a type 2 diabetic on Metformin.

It's pretty hard to avoid neuropathy if you have the high and low blood sugars of type 2 diabetes, and then add statin drug damage, and low vitamin B12 damage as well. No wonder so many are struggling with this horrible condition.

B 12 and other deficiencies common in type 2 diabetes are covered in detail in Module 5 of Healing By Design - along with complete guidance and checklists to correct them.

## **What to do now:**

Diabetic neuropathy is a downward spiral of misery and disability.

But it doesn't have to be.

NeuroWellness teaches how to stop the damage and heal nerves, providing relief, restoring mobility, balance, and life.

You can get back to work. Or play. Or sleep.

Let us show you how at [neurowellness.co](http://neurowellness.co).