

Velma B. Cox Foundation



**FOR TYPE II DIABETES &
HIGH BLOOD PRESSURE**

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What is diabetic neuropathy & how can it be treated naturally?

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Diabetes is a chronic disease that may lead to complications if left untreated or not managed well. The resulting complications caused by the high blood sugar found in those plagued with the disorder affects many organ systems. Amongst the organs that can be affected are the heart, blood vessels, nerves, eyes, and kidneys. The nerves found throughout the body are especially at risk of being damaged because of high blood glucose aka sugar. Diabetic neuropathy is the term used to classify the nerve damage caused by diabetes. The nerves in the legs and feet are most vulnerable in people affected by diabetes.



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NEUROPATHY

The four main types of diabetic neuropathy are peripheral neuropathy, autonomic neuropathy, diabetic polyradiculopathy, and mononeuropathy. One or more of these neuropathies can be present at one time. Diabetic neuropathy symptoms depend on the type of neuropathy present, and the nerves affected. Most people may not notice they have diabetic neuropathy until symptoms have considerably progressed and nerves are significantly damaged.

Symptoms of diabetic neuropathy include:

Peripheral neuropathy: Numbness, tingling, sharp pains/cramps, muscle weakness, extreme sensitivity to touch, ulcers, infections, bone damage, joint damage.

Autonomic neuropathy: Hypoglycemia unawareness (lack of awareness of low blood sugar), orthostatic hypotension (drop in blood pressure when rising from sitting or lying) and associated

fainting or dizziness, bladder problems, bowel issues, gastroparesis with associated nausea, vomiting, loss of appetite, sensation of fullness, difficulty swallowing, increased or decreased sweating, problems with sexual response.

Proximal neuropathy: Severe buttocks, hip, or thigh pain, weak or shrinking thigh muscles, difficulty rising from a seated position, chest or abdominal wall pain.

Mononeuropathy: Double vision, one-sided paralysis, numbness or tingling in hands or fingers, weakness in hands, shin or foot pain, foot drop (weakness in foot causing issues with lifting the front part of the foot), pain in the front of the thigh.

Diabetic neuropathy is a concerning complication of diabetes that is highly common among diabetic sufferers, but it can be prevented or its progression can be slowed with swift and effective interventions. Adopting a healthy lifestyle or using natural treatments are worth considering.

NATURAL INTERVENTIONS FOR DIABETIC NEUROPATHY

1. Follow a healthy diet:

Consider foods high in fiber-vegetable and whole fruits, wild caught fish, coconut oil/milk, olive oil, nuts/seeds, avocado, lean proteins including grass-fed beef, pasture raised poultry, cage free eggs, sprouted beans/legumes.

- Eliminate most grains especially those made with refined flours
- Drink at least half your body weight in ounces of water
- Limit intake of high sodium foods
- Stick to a low glycemic diet

2. Increase physical activity/exercise:

Engage in at least 30-60 minutes of daily low impact to moderate exercises such as swimming, cycling, or walking.

3. Reduce exposure to toxins and quit smoking

4. Cultivate stress relieving habits: Exercise, prayer, meditation, massage therapy, deep breathing, aromatherapy

5. Protect your skin and feet

- Wear clean socks and clothing
- Keep delicate skin away from extreme heat such as hot showers or sun
- Cut your toenails and file corns

6. Supplements: Alpha lipoic acid, Chromium, Evening primrose oil, Vitamin B12, Cinnamon, Omega 3 fish oil

Disclaimer: This is meant for informational purposes only. Please consult with your doctor before starting any of these treatments.

References:

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