necessary tools to uncover the underlying cause of this 'silent' nerve damage.

Some patients will eventually become unable to walk at all. Others start with a tingling, pin pricking feeling that turns into deep sharp stabbing pains and burning electric shocks. These debilitating problems can also be at their worst at night while trying to get to sleep, because the PAIN never goes away. In fact, once started **IT ONLY GETS WORSE!!**

Currently, ordinary medicine has no cure for PN at this time. The extremely powerful drugs dispensed to patients do **NOT TREAT** the **NERVE DAMAGE**! They numb the brain to numb the pain. Most patients can not tolerate a drugged existence but feel they have **NO OTHER OPTION** against this horrifying pain.

Our office offers a solution.

Certified Neuropathy Professioanls are Members of the Neuropathy Treatment Centers of America. These practitioners were trained by one of the leading chiropractic neurologists in the world, Dr Joe DiDuro, Chiropractic Neurologist and Clinical Researcher. Dr DiDuro has worked with patients suffering from PN for the last 10 years. discoveries that has helped thousands of people get their life back. Certified Offices in the treatment of neuropathy have experience working with PN patients. These members understands that PN patients have very low quality of life; that the pain of neuropathy touches every aspect of affected a person's existence.

Everyday We Have More Success Relieving Neuropathy Pain

Why Not You?

Reduced Pain and Cramps

Reduced Tingling or Numbness in the Fingers, Toes or Legs

Ability to experience touch without Pain

Reduced Feeling of Cold, Burning or Pain in the Feet and Legs

Improved Sense of Balance and Coordination

Less Dependency on Medications

Improved sleep

Less Restless Leg

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Please visit our websites for more educational information & patient testimonials visit:
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E-mail: miramarchirorehab@att.net

What is Peripheral Neuropathy ??????????

NeuroTCA
Neuropathy Treatment Centers of America

Peripheral Neuropathy (PN) is the term used to describe disorders of the peripheral nerves. Even though 10 to 20 million people in the US suffer with PN information is hard to come by. Approximately 50% of diabetics will develop the condition. Many people using **statin pills**: 'cholesterol drugs', will be affected by this mysterious and under-recognized malady.

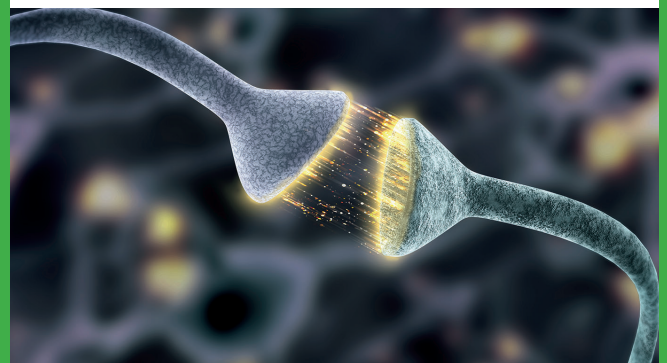
Neuropathy means “disease or abnormality of the nervous system”, which is not a very helpful definition. We think of neuropathy as any damage to the nervous system. Carpal Tunnel Syndrome, Herniated Discs and Strokes are all insults to different areas of the nervous system, all with different symptoms. Diabetes is a systemic disease that affects all nerves of the body from the brain, eyes and small nerves of the heart and digestive system, to the nerves in the hands feet and legs.

The peripheral nervous system is made up of the nerves that branch out of the spinal cord to all parts of the body.

Peripheral nerve cells have three main parts: cell body, axons, and dendrites (nerve/muscle junctions). Any part of the nerve can be affected, but damage to axons is most common. The axon transmits signals from nerve cell to nerve cell or muscle. Most axons are surrounded by a substance called myelin, which facilitates signal transmission.

Daily Activities Neurpathy Guidline

1. wear shoe Orthotics and/or arch supports
2. exercise for 15 min in morning hours
3. **ONLY** exercise with Backward rotation techniques
4. assume good posture throughout day
5. Think and talk positive ..lead to positive actions
6. drink plenty of water with preferably orange and cranberry juices
7. learn daily about Facts of neuropathy and natural treatments
8. regular spinal checkups with a **doctor** of chiropractic medicine
9. consult with your **doctors** regularly for proper advice



Only after some time do the sick and damaged nerves develop the positive signs of neuropathy; tingling, burning, biting, stabbing, shooting pains. This too is a reaction of the brain and nervous system, unfortunately this overreaction tears apart the fiber of patients' lives.

Each patient will describe their pain in their own individual language of 'pain'. This can easily confuse a doctor not trained in the recognition and treatment of these patients. So the patient usually continues to suffer, going from doctor to doctor, to stronger and stronger doses of pills until they are either completely drugged up and out of it, or lost in their own world of suffering.

Some neuropathies come on suddenly, others over many years. Some people are affected only by a weakness in the arms and legs which leads to difficulty standing, walking, or getting out of a chair. The loss of sensation from the feet, ankles and toes contributes to patients not having a 'good sense' of where there feet are in space, touching the ground, and this causes them to fall very easily. These under-recognized sensory losses **CAN ONLY** be detected with the proper clinical exam. This office has the