

Featured Topic: Neuropathy (6 slides)

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Do you have burning feet?

- Weakness, numbness, tingling and pain - often described as “burning feet” – are signs of nerve damage called **peripheral neuropathy**
- Peripheral neuropathy is often associated with diabetes
 - 60-70% of people with diabetes have some sort of nerve damage

Complications of diabetic neuropathy:

- People with neuropathy have **5 times increased risk of falling**
- Almost **90% of diabetic foot ulcers** are associated with diabetic neuropathy

High Blood Sugar and Damaged Nerves

- High blood sugar is very irritating to nerves
- The “Why” is not fully understood
- What is important...
 - Keeping blood sugar levels down can prevent nerve damage
 - Once the damage has occurred, it is very difficult to reverse
 - **The earlier** you take action, **the better** the results will be

Easing Painful Nerves

- 3 areas which need to be addressed
 - **Circulation** – proper blood flow carries nutrients and oxygen to the nerves
 - **Inflammation** – plays a significant role in the development and progression of nerve damage
 - **Repair** of nerves and nerve sheath (myelin)
- Promote nerve repair and pain relief with a combination of Bioactive B vitamins, Zinc, Chromium, and Alpha lipoic acid

Bioactive B Vitamins

- Benefits:
 - No liver conversion required
 - Increase nitric oxide, which expands blood vessels and improves blood circulation
 - Reduce nerve pain and allow nerve healing to occur
- What to look for
 - Methylcobalamin: most effective form of B12 in treating nerve pain; essential for nerve repair and regeneration; shown in clinical trials to ease nerve pain, tingling and burning associated with neuropathy
 - P-5-P: reduces nerve pain; shown to prevent progression of nerve damage associated with diabetes
 - L-methylfolate reduces homocysteine; homocysteine interferes with nitric oxide activity
- **This specific combination shown in a clinical trial to reduce nerve pain by almost 90%**
- Combine with other B vitamins for best results: thiamin, riboflavin, biotin, niacin, pantothenic acid

Zinc and Chromium

- Diabetes is frequently associated with low zinc and chromium levels
- Zinc supplements have been shown to improve blood sugar control
- Chromium is very effective at reducing blood sugar levels by increasing the effectiveness of insulin (increasing transport of sugar into cells)
- Additionally, chromium reduces inflammation associated with diabetes

Alpha Lipoic Acid

- Antioxidant that is both fat and water-soluble
- Shown to lower blood sugar levels in people with diabetes
- Regularly used in Germany to treat diabetic neuropathy
 - Shown in clinical trials to reduce symptoms of neuropathy and slow its progression

Black Cohosh + Rhodiola to Stop Hot Flashes (1 slide)

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Help for Your Hot Flashes

- 50% to 75% of women will experience hot flashes during menopause
- **NEW STUDY** compared the combination of black cohosh and rhodiola versus black cohosh alone (in low and high doses) in 220 women with menopause symptoms
 - Results: after 12 weeks of use, the combination of black cohosh and rhodiola reduced menopause symptoms by 71% (as measured on a standard menopause rating scale) **about 35% more than black cohosh alone**
 - Specifically for hot flashes, **the combination reduced the severity of hot flashes by 60-75%** (as measured on a standard menopause symptom rating scale) which was significantly better than the effects of black cohosh alone