



B R A U C H L A CLINIC

CHIROPRACTIC AND FUNCTIONAL MEDICINE

Peripheral Neuropathy:

Peripheral Neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling and the most debilitating, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow. As the blood vessels that surround the nerves become diseased, they shrivel up, which causes the nerves to not get the nutrients they need to survive. When these nerves begin to "die" they cause pain, muscle weakness, balance problems, numbness, tingling and many additional symptoms. There are many different causes of Peripheral Neuropathy including diabetes, chemo-induced neuropathy, hereditary disorders, inflammatory infections, auto-immune diseases, protein abnormalities, exposure to toxic chemicals (toxic neuropathy), poor nutrition, kidney failure, chronic alcoholism, and certain medications – especially those used to treat cancer and certain infections. The main problem is that doctors have said to just live with the problem(s) or try the drugs/medications, which most people don't like taking because they make them feel uncomfortable, gain weight, have brain fog/memory trouble, and many other side effects.

3 Factors Must be Determined for Neuropathy Symptom(s) Relief:

- What is the underlying cause(s)?
- How much nerve damage has been sustained?
- How much treatment will be required?

At Brauchla Clinic we have 3 main goals for Neuropathy Treatments:

- Increase Blood Flow
- Stimulate Small Fiber Nerves
- Decrease Brain-Based Pain

The number of treatments needed to allow the nerves to fully recover varies from person to person. As long as there has not been at least 85% sustained nerve damage there is hope!