

# NEUROPATHY



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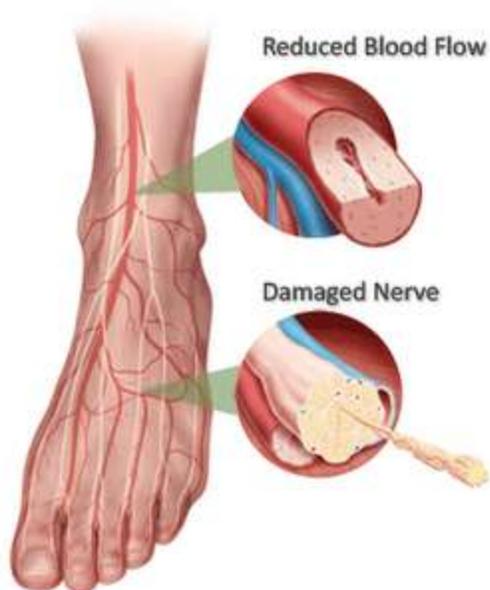
## Definition

Neuropathy is a general term for any dysfunction in the peripheral nervous system. Symptoms include pain, muscle weakness, numbness, loss of coordination and paralysis. This condition may result in permanent disability.

## Symptoms

The most common symptoms of neuropathy include pain, burning, tingling, or numbness in the toes or feet, and extreme sensitivity to light touch. The pain may be worst at rest and improve with activity, such as walking. Some people initially have intensely painful feet while others have few or no symptoms.

Neuropathy usually affects both sides of the body. Symptoms are usually noticed first in the toes. If the disease progresses, symptoms may gradually move up the legs; if the mid-calves are affected, symptoms may develop in the hands. Over time, the ability to sense pain may be lost, which greatly increases the risk of injury.



**Potential complications** — As you lose the ability to sense pain or hot and cold, your risk of injuring your feet increases. Injuries that would normally cause pain (eg, stepping on a splinter, wearing shoes that create a blister, developing an ingrown toenail) do not necessarily cause pain if you have neuropathy. Unless you inspect your feet on a daily basis, a small injury has the potential to develop into a large ulcer. One of the most serious complications of foot ulcers is the need for amputation of a toe, or in extreme cases, the foot itself.

## Cause

Lack of circulation due to a toxic build up and a general debility of the system. The nerves must be rebuilt, and the acid condition of the nerves and the worn sheath around the nerves must be replaced by taking nervines. Besides using the cleansing program, rebuild the entire nervous system and use the cleansing program.

The major causes of poor blood circulation are free radical damage to the circulatory system, a lack of proper nutrition, and acid toxins within the body. When you don't digest enough natural vitamins, minerals, amino acids, and essential fatty acids your veins, arteries and capillaries will break down causing poor blood circulation. Add to that the numerous acids such as soft drinks that people consume and exposure to free radicals in our oxygen supply and it's no wonder we have so many people suffering from poor blood circulation.

## Herbal Aids

- **General Instructions:** The sharp, excruciating pains can generally be relieved by placing a poultice or fomentation of mullein and cayenne over the area.



### Apply Salve to Flannel



Apply over affected area and cover with plastic wrap.



Cover pack with towel. On top of towel apply heat source such as heating pad or hot water bottle.



Relief may also be obtained by applying a liniment of equal parts cayenne and prickly ash tincture.

To remove the cause, rebuild the body with tonics, change the diet and improve the person's general health.

Soaking the affected area in a hot cayenne bath has proved fast and long lasting relief. A good suggestion is for each gallon of hot water try adding one teaspoon cayenne extract.

Cayenne is excellent as an overall circulation support. Dr. Christopher suggests 1 teaspoon taken in water or juice 3 times a day.



**Juices:** Carrot & celery, celery.