

“Five Signs of Peripheral Neuropathy

1. Numbness
2. Burning or freezing sensations
3. Throbbing
4. Prickling or tingling sensations
5. Shooting/electric sensations

Peripheral neuropathy is a condition where the nerves that connect our central nervous system (brain and spinal cord) to our extremities have been damaged. Peripheral nerves carry more than just pain messages. Other nerve fibers carry information about temperature, pressure and proprioception (localization of a body part). This is why a neuropathy sufferer may have burning, freezing or throbbing sensations. They often find it difficult to walk, go up and down stairs and maintain their balance. Falling is a serious risk for neuropathy sufferers. Many are miserable because of the chronic symptoms they experience, the loss of sleep and the overall impact on their quality of life. There are numerous causes for peripheral neuropathy ranging from diabetes to statin medication use. Most cases are diagnosed as idiopathic, meaning that the cause is unknown. The following is a list of the more common causes:

What can cause Peripheral Neuropathy?

- Diabetes Type 1 or Type 2
- Statin Drugs
- Nerve Entrapment Syndromes
- Nerve Compression due to Disc Protrusion or Stenosis
- Chemotherapy Treatment
- Vascular Compromise
- Metabolic Syndromes such as Thyroid Imbalances
- Nutritional Deficiencies like low B12, Folic Acid, or Minerals
- Heredity/Genetic Abnormalities
- Auto-immunity due to Food Sensitivities
- Anemia
- Impaired Gut or Liver or Kidney Function

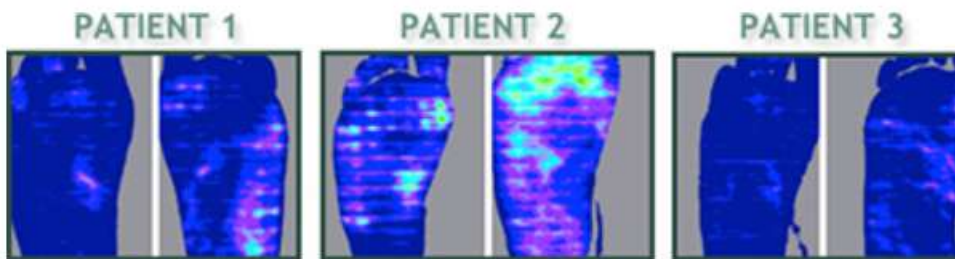
Infrared Light Therapy (IRT)

IRT increases circulation to nerves and other local tissues. Infrared light is also thought to stimulate the chemical, nitric oxide. Nitric oxide plays an important role in increasing circulation and assisting nerve conduction. The improved circulation of blood and oxygen to the treated area reduces inflammation and increases the rate of recovery of damaged nerves.

How Infrared Therapy Increase Circulation

Red and infrared diodes cause an increase in local circulation as measured by a Scanning Laser Doppler. Brighter colors indicate increased circulation. The images below were obtained on the feet of 3 individuals. As expected, each person has a baseline blood flow (circulation) which is unique and thus the magnitude of their response to light therapy is also unique. Age, disease status, exercise status and weight, are among variables that determine baseline flow. These 3 individuals demonstrate different baseline blood flows and each had an increase in blood flow following infrared treatment.

The following 3 pairs of images show pretreatment baseline on the left and post treatment on the right using an infrared boot device for 20 minutes.”



(Dr. Mark Shelley, D.C <http://www.olympicspine.com/peripheral-neuropathy-relief-report/>)