

Neuropathy Expectations

Achieving **SUCCESS** means two things. 1) Stopping the progression and 2) Reversing the damage and your symptoms as much as possible!

Neuropathy is a complex and progressive disease that we must target on multiple fronts. This means EVERYTHING we provide (medical devices, treatments, supplements, visits, topical creams, etc.) has a reason and these are ALL vital to your success.

DO NOT SKIP, ADD or SUBTRACT ANYTHING! Follow your office and home treatments and supplement protocol EXACTLY as prescribed. More is NOT better in your healing journey! Do exactly as we have prescribed.

***YOUR home treatments and commitment are CRITICAL** to recovery/improvement of your condition. This needs to be of UTMOST importance in your daily schedule.

Healing of nerves is a slow process. It can take 12 to 18 months to see optimum results, depending on the severity of the issue, your compliance, overall health and lifestyle choices.

As you begin your journey and start waking up dormant and damaged nerves, you might start to notice new symptoms or discomfort, like your numbness turns into a dull ache or pain. You might start to think, my feet are starting to hurt all the sudden; this program is making things worse! This is often NOT the case and a common misconception. As bad as it may sound, this is often a good sign and should only last 1-3 weeks if at. This can usually be managed with the topical creams we recommend. As you continue over the year you will have many more steps forwards than back, do not lose sight of the end goal. It is like going to your favorite vacation spot. It may be a long journey to get there but getting impatient and stopping your journey only robs you of the joy of your final destination.

- At your initial 3-month exam - our main objective is to see if the progression has stopped. Some folks will notice improvement, however some will not. At that time, we are only maybe a 1/4th into your care program. Repairing nerve function is a marathon not a sprint.

The following conditions **will slow down your progress with our program and it will take longer to see results.**

- Diabetes A1C>5.8. Needs to be actively managed with the help of your medical physician.
- History of lower back pain, disc problems or surgeries, especially if multiple surgeries have been performed.
- Obesity
- Smoking or alcohol consumption. **SMOKING in any form MUST CEASE.** It robs blood flow and oxygen to the tissue. Alcohol is inflammatory and spikes blood sugar.
- Taking lots of medications, especially chemotherapy and cholesterol lowering medications.
- Inflammatory diet.

YOU MUST EXERCISE, GET RESTFUL SLEEP, PROPER NUTRITION, MANAGE STRESS, & IMPROVE THE WAY YOUR BODY PROCESSES SUGAR.

If anything about our program is not 100% clear, please ask for clarification. Our contact information for any questions: email: info@restorehealthva.com, phone/text: 703-777-1234.

Refer to the Food Document: Inflammation is the foundation of all diseases including neuropathy. The more you can refrain from inflammatory foods and fuel your body with good high-octane nutrition the faster you will heal.

Refer to the Back Care Instructions. Helpful tips to protect your spine and improve results.