

# NUMB TOES AND ACHING SOLES:

Coping With  
Peripheral Neuropathy



The strange affliction which causes pain  
or weakening muscles for millions. Possible  
treatments with over 200 patient comments.

Foreword by

**Dr. Gil L. Wolfe**

Department of Neurology  
University of Texas  
Southwestern Medical Center  
at Dallas, Texas

**JOHN A.  
SENNEFF**

# Numb Toes And Aching Soles Coping With Peripheral Neuropathy

**Claudia I. Henschke, Peggy  
McCarthy, Sarah Wernick**



## **Numb Toes And Aching Soles Coping With Peripheral Neuropathy:**

**Numb Toes and Aching Soles** John A. Senneff,1999 Numb toes and aching soles      [You Can Cope with Peripheral Neuropathy](#) Mims Cushing,2010-05-07 Peripheral neuropathy is one of the most common diseases most people never heard of and yet upwards of 20 million Americans have it It is estimated that 60 to 70 percent of people with diabetes have mild to severe neuropathy That fact alone is staggering Other causes include vitamin deficiencies autoimmune diseases kidney liver or thyroid disorders cancer and a variety of other medical conditions According to the Neuropathy Association the extent and importance of peripheral neuropathy has not yet been adequately recognized The disease is apt to be misdiagnosed or thought to be merely a side effect of another disease However people from all walks of life live with this neurological illness that has been described by those who have it as a tingling or burning sensation in their limbs pins and needles and numbness You Can Cope with Peripheral Neuropathy 365 Tips for Living a Full Life was written by both a patient expert and doctor and is a welcome addition to the information on this subject It covers such diverse topics as What to ask at doctor appointments Making the house easier to navigate with neuropathy Where to find a support group Using vitamins and herbs for treatment Tips for traveling And much much more You Can Cope With Peripheral Neuropathy is a compendium of tips techniques and life task shortcuts that will help everyone who lives with this painful condition It will also serve as a useful resource for their families caregivers and health care providers      **The New Sjogren's Syndrome Handbook** Sjogren's Syndrome

Foundation,2004-10-18 Afflicting nearly four million Americans Sjogren s syndrome is an autoimmune disease that commonly causes dryness of the eyes mouth and nose and that can lead to complications including profound fatigue depression and lymphoma While there is no cure for Sjogren s much can be done to alleviate the suffering of patients This extensively revised handbook offers everything you need to know to cope with this disease The New Sjogren s Syndrome Handbook Third Edition is a comprehensive and authoritative guide produced by the Sjogren s Syndrome Foundation and its medical advisors and edited by physician Daniel J Wallace a leading authority on auto immune disorders This expanded edition provides readers with the best medical and practical information on this disorder bringing together the current thinking about Sjogren s in an easily readable and understandable book The handbook illuminates the major clinical aspects of the syndrome and is loaded with practical tips and advice to assist those seeking information Indeed it offers a wide ranging look at the many faces of Sjogren s covering diagnosis the various organ systems that can be affected the possible psychological problems and the many treatment options as well as an appendix listing the resources available for patients with the disease It is a valuable aid that patients can use while discussing their illness with their physician and an excellent resource for family members And because Sjogren s is greatly underdiagnosed this handbook is a particularly valuable resource for healthcare professionals The most reliable and informative guide available The New Sjogren s Syndrome Handbook Third Edition is the first place for patients to look when they have questions about this little known but serious chronic disease      *The Encyclopedia of*

*Autoimmune Diseases* Dana K. Cassell, Noel R. Rose, 2014-05-14 A comprehensive guide to diseases of the immune system listing names symptoms research treatments available and more

**Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain** Celeste Cooper, Jeffrey Miller, 2010-02-05 A guide to coping with fibromyalgia myofascial pain and chronic fatigue syndrome Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present Offers techniques to dispel the side effects created by these illnesses Fibromyalgia chronic myofascial pain and chronic fatigue syndrome are often seen as interchangeable conditions a belief held even by many health care providers Nothing could be further from the truth however they do often coexist Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others Written by a registered nurse and a psychologist who has been treating these conditions since 1994 this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind body connection to restore well being The authors provide a thorough guide to numerous treatment options from diet exercise and herbs to mindfulness meditation chi kung and nonsteroidal anti inflammatory drugs NSAIDs They also offer techniques to dispel the brain fog that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well being

*Lung Cancer* Claudia I. Henschke, Peggy McCarthy, Sarah Wernick, 2003 Claudia Henschke offers specific recommendations who needs to be checked where to be tested and what to expect This book provides information on diagnosis treatment and survival accompanied by inspiring words from survivors

Essential Guide to Behcet's Disease Joanne Zeis, 2002-09

**Physical Rehabilitation - E-Book** Michelle H. Cameron, Linda G Monroe, 2007-04-05 The only physical rehabilitation text modeled after the concepts of the APTA's Guide to Physical Therapist Practice 2nd Edition this detailed resource provides the most complete coverage of rehabilitation across the preferred practice patterns of physical therapy all in one place Each chapter is consistently organized to make it easy to find the information you need with clear guidelines examples and summaries based on the latest clinical evidence to help you improve quality of care and ensure positive patient outcomes In depth evidence based coverage of more key content areas than any other rehabilitation resource of its kind including orthopedics neurology and wound management ensures a comprehensive understanding of rehabilitation supported by the latest clinical research More than 65 case studies present a problem based approach to rehabilitation and detail practical real world applications Over 600 full color illustrations clarify concepts and techniques A FREE companion CD prepares you for practice with printable examination forms and reference lists from the text linked to Medline abstracts and reinforces understanding through interactive boards style review questions and vocabulary building exercises

**Physical Rehabilitation for the Physical**

**Therapist Assistant** Linda G Monroe, 2010-10-05 Prepare for practice with the book tailored specifically for physical therapist assistants Physical Rehabilitation for the Physical Therapist Assistant provides a clear easy to read evidence based guide to the PTA's role in patient management covering the core concepts related to physical rehabilitation and emphasizing the PTA's role in intervention A treatment oriented focus addresses each of the four categories of the American Physical Therapy Association APTA Preferred Practice Patterns musculoskeletal neuromuscular cardiopulmonary and integumentary The final section of the book addresses interventions which overlap many practice patterns Written by rehabilitation experts Michelle Cameron MD PT and Linda Monroe MPT in consultation with Susan Schmidt a practicing PTA and Carla Gleaton the director of a PTA education program this text will be a valuable resource both in the classroom and in professional practice Comprehensive evidence based coverage of rehabilitation includes sections on pathology examination evaluation diagnosis and prognosis clinical signs and intervention emphasizing the PTA's role in intervention Unique A consistent organized approach covers physical therapy intervention by disorder with full discussions of each condition found in a single chapter Format follows the Guide to Physical Therapist Practice 2nd Edition so you become familiar with the terminology used in therapy practice Clinical Pearls highlight key information Unique Full color illustrations clearly demonstrate pathologies and interventions Case studies with discussion questions guide you through specific patient interactions to build your clinical reasoning skills Glossaries in each chapter define key terms to build your clinical vocabulary Unique Student resources on the companion Evolve website enhance your learning with vocabulary building exercises boards style practice test questions examples of commonly used forms and references from the book linked to Medline

**Peripheral Neuropathy** Norman Latov, 2006-11-08 Peripheral neuropathy the variety of conditions that result when the nerves that connect to the brain and spinal cord are damaged or diseased is commonly associated with diseases such as diabetes HIV alcoholism and lupus Although widespread it affects 10 20 million people in the United States information about the condition has been difficult to obtain This essential guide explains what is known about peripheral neuropathy including its causes and manifestations and what can be done to manage it Topics include drug therapy for the condition and its symptoms interventional therapy alternative medicines caring for the feet and much more This book will enable patients to make informed decisions about their care

**The New Sjogren's Syndrome Handbook** Evelyn J. Bromet, Sjogren's Syndrome Foundation, 2005 Now in its third edition this book provides the most comprehensive information about this little known but potentially debilitating disorder which affects mostly women describing its symptoms and offering an extensive discussion of how it affects the various systems of the body Illustrations

**Nutrients for Neuropathy** John A. Senneff, 2002 Here is a new natural approach for dealing with this painful and debilitating condition You will read how you can reduce or perhaps even eliminate the need for expensive medications with their unwelcome side effects Written by the author of the much acclaimed Numb Toes books on peripheral neuropathy Nutrients for Neuropathy is full of clinical studies and references yet written in the

reader friendly style of those two books Everything is covered in this science based guide The most bio available nutrient supplement forms Suggested dosages and best times to take Safe upper limits and possible drug interactions A specific nutrient supplement program And much much more Book jacket

**Consumer's Guide to Dietary Supplements and Alternative Medicines** W. Marvin Davis, 2006-09-26 Learn the benefits and hazards of certain dietary supplements The term dietary supplement can include vitamins minerals herbal and botanical products Consumers freely use supplements for the promoted claims of benefits but often without consideration of the potential risks The Consumer's Guide to Dietary Supplements and Alternative Medicines is a critical balanced look at the different classes of supplement products and whether many claims of benefits are true or simply product hype Respected supplement authority Dr W Marvin Davis exposes what is truth what is fiction and what is not known for many supplements you may be taking If you take dietary supplements or even think about taking them this book clears the mystery behind the product claims The term dietary supplement can include vitamins minerals herbal and botanical products Consumers freely use supplements for the promoted claims of benefits but often without consideration of the potential risks The Consumer's Guide to Dietary Supplements and Alternative Medicines is a critical balanced look at the different classes of supplement products and whether many claims of benefits are true or simply product hype This book by respected supplement authority Dr W Marvin Davis exposes what is truth what is fiction and what is not known for many supplements you may be taking If you take dietary supplements or even think about taking them this book clears the mystery behind the product claims The Consumer's Guide to Dietary Supplements and Alternative Medicines brings you the benefit of Dr Davis's extensive knowledge about physicians the pharmaceutical industry and research in pharmacology and toxicology in order to shatter misconceptions about supplements and the supplement industry The book's no nonsense discussion about this much hyped industry is even handed and straightforward and provides clear headed advice every consumer of supplements needs The guide explores various supplements interactions with prescription drugs the placebo effect as a factor for beneficial claims historical instances of supplements that have proved hazardous to consumers and receiving directions for supplement use from an unconventional medical healthcare practitioner It clearly explains the potentials of supplements through the use of illustrative clinical case studies from medical literature in simplified easy to understand language This extensive source is comprehensively referenced and includes tables of supplements with their possible benefits and hazards The Consumer's Guide to Dietary Supplements and Alternative Medicines exposes the truth about therapeutic fundamentals of supplements why there is strong resistance to supplements as unconventional remedies by physicians the pharmaceutical industry's perspective on supplements six major myths about dietary supplements liver support remedies soy formulations cancer cures the fountain of youth actions of hormonal and antioxidant products vitamins minerals amino acids and enzymes new biochemicals such as alpha lipoic acid and choline derivatives carotenoids anthocyanins and flavonoids aloe vera the unappreciated pharmacology

of ascorbate historical instances in which consumers have avoided catastrophe the future of the supplement field much much more The Consumer s Guide to Dietary Supplements and Alternative Medicines may be the best available resource of important information for every concerned health conscious consumer considering dietary supplements of any kind

*Goodman and Fuller's Pathology for the Physical Therapist Assistant - E-Book* Charlene Marshall,2023-04-28 Gain an understanding of diseases and disorders to effectively assist the Physical Therapist Goodman and Fuller s Pathology for the Physical Therapist Assistant 3rd Edition provides a solid background in pathology concepts and how they affect the role of the PTA in client rehabilitation With an easy to read approach chapters define each disease or systemic disorder then describe appropriate physical therapy assessments plus guidelines precautions and contraindications for interventions Case studies show how treatment ideas may be applied in everyday practice From PTA educator Charlene M Marshall this market leading pathology text provides the practical tools required to treat patients knowledgeably and effectively It also includes a fully searchable eBook version with each print purchase Concise information on disease processes and systemic disorders provides a background in the underlying pathology of diseases helping PTAs to ask their patients appropriate questions and to adapt therapeutic exercise programs Easy to follow format is organized to first define each disorder followed by sections on clinical manifestations and medical management Chapter objectives outlines and vocab builders at the beginning of each chapter introduce the topics and terminology to be presented Medical Management sections address diagnosis treatment and prognosis for each condition discussed Focus on the Physical Therapist Assistant s role provides the PTA with specific guidelines to the rehabilitation process for patients with diseases and disorders Special Implications for the PTA sections allow students to easily reference information on working with patients with specific diseases or pathologic conditions Nearly 800 drawings and photos reinforce student understanding of diseases conditions and general pathology principles Standardized terminology and language is consistent with the Guide to Physical Therapy Practice familiarizing readers with the standard terminology used in PT practice Abundance of tables and boxes summarize important points making it easy to access key information E chapters add supplemental information on behavioral and environmental factors the gastrointestinal system the reproductive system lab tests and values and more NEW Updated and revised content throughout provides students with the current information they need to be effective clinicians NEW Clinical Pharmacology Spotlight provides an easy reference summary of the basic pharmacology information for each pathology NEW eBook version is included with print purchase The eBook allows students to access all of the text figures and references with the ability to search customize content make notes and highlights and have content read aloud **The Gale Encyclopedia of Neurological Disorders** Stacey L. Chamberlin,Brigham Narins,Gale Group,2005 Contains nearly four hundred alphabetized full length articles on neurological disorders and drugs and treatments for neurological disorders and includes further reading lists The Official Patient's Sourcebook on Charcot-Marie-Tooth Disorder James N. Parker,2002 This book has

been created for patients who have decided to make education and research an integral part of the treatment process. Although it also gives information useful to doctors, caregivers and other health professionals, it tells patients where and how to look for information covering virtually all topics related to Charcot Marie Tooth disorder. Also Charcot Marie Tooth Disease Variant Charcot Marie Tooth Roussy Levy Disease Hereditary Areflexic Dystasia Hereditary Motor and Sensory Neuropathy Hereditary motor and sensory neuropathy Hereditary Motor Sensory Neuropathy from the essentials to the most advanced areas of research. The title of this book includes the word official. This reflects the fact that the sourcebook draws from public academic government and peer reviewed research. Selected readings from various agencies are reproduced to give you some of the latest official information available to date on Charcot Marie Tooth disorder. Given patients' increasing sophistication in using the Internet, abundant references to reliable Internet based resources are provided throughout this sourcebook. Where possible, guidance is provided on how to obtain free of charge primary research results as well as more detailed information via the Internet. E book and electronic versions of this sourcebook are fully interactive with each of the Internet sites mentioned; clicking on a hyperlink automatically opens your browser to the site indicated. Hard copy users of this sourcebook can type cited Web addresses directly into their browsers to obtain access to the corresponding sites. In addition to extensive references accessible via the Internet, chapters include glossaries of technical or uncommon terms.

**Library Journal**, 2000-04 *Psychological Perspectives in HIV Care* Michelle Croston, Sarah Rutter, 2020-07-29 The care paradigm for people with HIV has shifted from managing progressive illness with a poor prognosis to managing a chronic condition. Despite this improvement, people living with HIV continue to experience considerable stresses, so promoting their holistic wellbeing is a key aspect of long term care. This book provides an accessible introduction for healthcare professionals who work with people living with HIV. It is designed to help readers understand how care in practice can be more person centred and psychologically focused whilst promoting compassion, health and wellbeing. Topics covered include self awareness, attachment theories and communication as well as key aspects of providing care for people living with HIV such as stigma in young adults, neurocognitive issues, the sexualized use of drugs, managing neuropathic pain and the needs of older adults living with HIV. Invaluable reading for health professionals working within multidisciplinary teams that provide care for people living with HIV, this book is also a core text for those studying in the area. *Wisconsin AIDS/HIV Update*, 2000

**The Best of Diabetes Self-Management**, 2002 From the most trusted magazine in its field, this is the only book that addresses the health care topics that every person with diabetes needs to know. Written in straightforward, easy to understand language, *The Best of Diabetes Self Management* covers a broad range of essential information:

- 1 How to achieve excellent blood glucose control without tears
- 2 The most current and easy to understand meal planning guidelines
- 3 The latest cholesterol guidelines for people with diabetes
- 4 The newest drugs and insulins, how they work, along and together
- 5 How to head off complications and the best treatments
- 6 The latest on herbs and vitamins
- 7 How to make sense of research



studies 8 Tips on raising a child with diabetes 9 Complete information on diabetes and sex That s just a sample of what s covered If you want in depth easy to understand advice on handling the day to day and long range aspects of managing your diabetes this is the one book you need to have on your shelf

## Whispering the Secrets of Language: An Mental Journey through **Numb Toes And Aching Soles Coping With Peripheral Neuropathy**

In a digitally-driven world where monitors reign great and quick conversation drowns out the subtleties of language, the profound strategies and mental subtleties concealed within phrases often get unheard. However, nestled within the pages of **Numb Toes And Aching Soles Coping With Peripheral Neuropathy** a charming fictional treasure sporting with raw emotions, lies a fantastic journey waiting to be undertaken. Written by a talented wordsmith, this charming opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within ab muscles cloth of every word. Within the emotional depths with this touching evaluation, we can embark upon a honest exploration of the book is key themes, dissect their captivating writing fashion, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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