

**Numb Toes
and Other Woes:
More on
Peripheral Neuropathy**



John A. Senneff

Foreword by
Richard D. Marks, Jr., M.D.
(and PN patient)

Numb Toes And Other Woes More On Peripheral Neuropathy Numb Toes Ser Vol

John A. Senneff



Numb Toes And Other Woes More On Peripheral Neuropathy Numb Toes Ser Vol :

Numb Toes and Other Woes John A. Senneff, 2001 This book deals with a serious nerve disorder causing pain or muscle weakness for millions This book Toes and Woes delves deeper into pain and other treatments currently being used with updated clinical studies and covers several exciting new therapies just now coming out of laboratories It also provides fresh information on nutrient supplementation as an alternative treatment for peripheral neuropathy *Forthcoming Books* Rose Army, 1999-08 *Numb Toes and Aching Soles* John A. Senneff, 1999 Numb toes and aching soles *The Numb Foot Book* Alexander McLellan, Mark Spitz, 2008-08-01 In addition to addressing the treatment and prevention of peripheral neuropathy or numb foot the author provides a list of support groups and a list of helpful medications and the companies that produce them Numb Toes and Other Woes Origin Biomed Publishing, 2001-01-01 Examines the nature of neuropathic pain in depth Updates studies on the efficacy of various drugs including several new pharmaceuticals as well as other medical and alternative procedures used to treat neuropathic pain Highlights specific nutrient supplementation strategies and reports on the most beneficial forms of certain supplements based on new information Reports on novel treatment approaches such as nerve regeneration cellular therapies including gene therapy stem cell technology and nerve cell disablement and promising newly developed drugs awaiting government approvals Describes unusual neuropathies best ways of working with doctors and new sources of patient assistance **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 The Numbness Of Feet Treatment Eliseo Hoxit, 2021-03-31 Peripheral neuropathy refers to the conditions that result when nerves that carry messages to and from the brain and spinal cord from and to the rest of the body are damaged or diseased It is a common disease so it is serviceable to learn how to deal with it In this book we are gonna find out how to cope with peripheral neuropathy in the feet Inside you ll discover The best diabetic neuropathy natural treatment Proven natural remedies for neuropathy What vitamins are good for neuropathy Effective treatments for neuropathy in the feet and legs Quick treatments for diabetic neuropathy in the feet At home home remedies for neuropathy Home remedies for nerve pain in the feet that will give you your life back Peripheral Neuropathy Janice F. Wiesman, 2016-10-18 Healing and symptom relief from an expert in treating this debilitating and dangerous condition Nearly one in fifteen people that s 20 million people in the United States suffers from peripheral neuropathy or nerve damage Caused by such conditions as diabetes cancer vitamin deficiencies and kidney disease as well as certain drugs and toxins

neuropathy brings numbness tingling and burning in the feet legs and fingertips Neuropathy can be more than uncomfortable it can be disabling people whose fingertips are numb may find it hard to button clothing and complete other everyday tasks Neuropathy is often dangerous as well people who cannot feel their feet are more likely to stumble and fall and they may not notice injuries that need medical attention Dr Janice F Wiesman a neurologist with twenty years of experience helping people who have neuropathy find relief shares her special insights into this painful and debilitating condition With exceptional clarity Dr Wiesman begins by outlining the basics of nerve anatomy and function She explains how peripheral neuropathy is diagnosed and treated describes neuropathy s disparate causes and offers readers lifestyle changes that can help keep nerves healthy A useful glossary defines terms patient stories offer real world experiences and illustrations provide a visual key to the condition A detailed resources section points the reader to reliable web sites and organizations that offer more help Concentrating on the most common types of neuropathy Dr Wiesman provides hope help and comfort to patients families and caregivers

Neuropathy Cookbook Marilyn Sidney, 2021-03-15 Neuropathy is damage or dysfunction of one or more nerves that typically results in numbness tingling muscle weakness and pain in the affected area Neuropathies frequently start in your hands and feet but other parts of your body can be affected too Neuropathy often called peripheral neuropathy indicates a problem within the peripheral nervous system Your peripheral nervous system is the network of nerves outside your brain and spinal cord Your brain and spinal cord make up your central nervous system Think of the two systems working together this way Your central nervous system is the central station It is the control center the hub from which all trains come and go Your peripheral nervous system are the tracks that connect to the central station The tracks the network of nerves allow the trains information signals to travel to and from the central station your brain and spinal cord Neuropathy results when nerve cells called neurons are damaged or destroyed This disrupts the way the neurons communicate with each other and with the brain Neuropathy can affect one nerve mononeuropathy or nerve type a combination of nerves in a limited area multifocal neuropathy or many peripheral nerves throughout the body polyneuropathy

[The Strange Symptoms and Challenges of Peripheral Neuropathy](#) James M. Lowrance, 2013-04-09 Over 100 types of PN have been identified according to medical research organizations This demonstrates the fact that each person will experience the physical results of damaged or diseased nerves differently than do their fellow patients Some people feel more of the burning sensation while others may feel very strong tingling that literally feels as if a colony of ants are stinging them simultaneously on their feet and or legs Some PN patients are affected exclusively within their feet and they may experience not only tingling and burning sensations within them but they may also feel stabbing pains as well Others may feel pressure type sensations within their feet and or their hands as if they are swollen when they are actually normal size and no fluid retention edema is present in them Yet other PN sufferers may feel a tightening sensation within their extremities as if they are wrapped tightly with spandex bandages or they are wearing tight

fitting socks or gloves While PN can affect the upper and or lower extremities these are certainly not exclusive to the disease The trunk of the body can also be involved and all organs inside the body can potentially be involved as well This is usually the case with nerve damage or neurological diseases that are severe and widespread within the body systemic or that involve conditions such as fibromyalgia This means that physical sensations may not be the only manifestation of PN but other signs of the disease can include hypo functioning of bodily organs the inadequate operation of them and even a complete failure of them in extreme cases This would include effects that can occur within the kidneys the heart and the lungs Within the the chapters I discuss some of the challenges presented to PN patients resulting from mild moderate and severe PN symptom manifestations I will also relate some of my personal experiences with the disease as I continue through each chapter I will not be discussing causes for the disease specifically in this particular written work but readers can find more about causes and treatments in my companion book titled *Peripheral Neuropathy Causes and Treatments* To my surprise of my approximate 75 published written works my original peripheral neuropathy book has been my largest seller since it was published in late 2010 This revealed to me that it addresses a very common and rapidly growing health problem My purpose for this new book eBook is to help patients with PN conditions know that they are not alone with the sometimes strange and unusual symptoms of their disease and to help those with friends or loved ones who are sufferers understand how diverse and sometimes severe symptoms of nerve related diseases can actually be

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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

Peripheral Neuropathy In Feet Ezequiel Droste,2021-03-31 Peripheral neuropathy refers to the conditions that result when nerves that carry messages to and from the brain and spinal cord from and to the rest of the body are damaged or diseased It is a common disease so it is serviceable to learn how to deal with it In this book we are gonna find out how to cope with peripheral neuropathy in the feet Inside you ll discover The best diabetic neuropathy natural treatment Proven natural remedies for neuropathy What vitamins are good for neuropathy Effective treatments for neuropathy in the feet and legs Quick treatments for diabetic neuropathy in the feet At home home remedies for neuropathy Home remedies for nerve pain in the feet that will give you your life back

Neuropathy Philip A. Straw,Philip a Straw D C,2014-06-04 Do you suffer from the debilitating pain tingling or numbness of peripheral neuropathy or have a loved one who does If so you know how tough it can be to manage the symptoms of this distressing condition especially common among seniors But there is more to managing neuropathy than simply popping pills and Dr Philip Straw is here to help For more than fifteen years he has been working with diabetes and peripheral neuropathy patients and his experience has uncovered a wealth of knowledge about the care and treatment of this sensitive condition In his informative guide *Neuropathy* you ll find important insight about what peripheral neuropathy actually is and why many of the standard treatments remain ineffective You ll also find helpful suggestions about alternative treatments to try and learn what exactly you should expect from a health care professional who is treating your neuropathy Most importantly you ll find instructions for taking charge of your health through diet and nutrition including recipes that have helped countless patients over the years Containing plenty of practical advice in easily understandable language this valuable guide is a must read for anyone whose life is impacted by neuropathy and its difficult symptoms

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