



## Leader Heights Healthcare is pleased to announce a **BRAND NEW APPROACH** to the Treatment of **Peripheral Neuropathy**

New Understandings in the Field of Peripheral Neuropathy are now providing **New Hope** to those who suffer with the Agony and Misery of this Disease.

If you're someone who deals with the misery and agony of peripheral sensory neuropathy; the ongoing *soreness, numbness, burning, stinging, tingling, tightness, pain and distress of this very aggravating condition; the feeling of walking on pins and needles or ground up glass, or have the sensations of little bugs crawling all over you* when none are actually there, or are a family member of someone who does, this report **may be one of the most worthwhile reports you've ever read.**

There is some **NEW AND VERY EXCITING NEWS IN THE FIELD OF NEUROPATHY TREATMENT** that may very well provide you with the help of which you've been searching for so long!

Until now **one of the most discouraging conditions for patients and doctors alike**, has been an inability to help most people in any significant way with the challenges of peripheral neuropathy, primarily because it's a disease that's mostly eluded the understanding of science. **We're very pleased to report to you – times are changing.**

This report will share with you the latest advancements in neuropathy understanding; **what they are, the kinds and causes, as well as how the various symptoms affect people differently.** Then, **a new and exciting neuropathy treatment approach** will be revealed.

You may be wondering, "Why doesn't my doctor know of this?" It's very simple. At the time of this writing, there are very few health care offices of any kind throughout the entire nation utilizing this program. It's **so new** that unless your doctor is directly connected with the researchers and developers, then he or she probably doesn't even know this program exists.

## Peripheral Neuropathy – What Is It?

Peripheral neuropathy is a disease afflicting 20 million people in the United States. That's about 1 out of every 17! **Most are over the age of 45**, at a time when they should be enjoying their lives the most. When looking at the name, **peripheral** means “that which is at or near the perimeter.” **Neuro** means “nerve” and **opathy** means “pathology or sickness.”

In speaking about peripheral neuropathy (often just called **neuropathy**), the name **refers to distressed, damaged, sick and/or dying nerves** that are located in the outer aspects of the body and which are usually close to the surface of the skin.

### Three Primary Kinds of Neuropathy

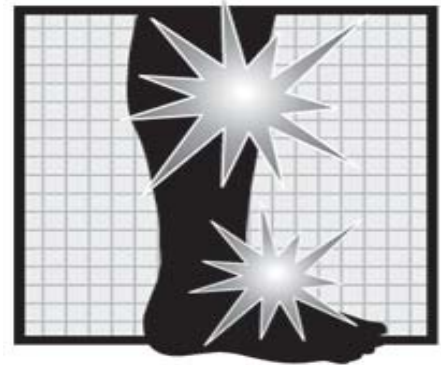
There are **three primary** kinds of neuropathy. They include **Motor** Neuropathy, **Autonomic** Neuropathy and **Sensory** Neuropathy. Current understanding in the fields of motor and autonomic neuropathy have not yet brought forth many answers for people who deal with these kinds of neuropathy. Motor and Autonomic Neuropathy are most frequently viewed as permanent problems associated with partial or full paralysis of nerves or muscles. It is for that reason this report is focused on **Sensory Neuropathy – the kind that most people deal with.**

### Peripheral Sensory Neuropathy

Peripheral **sensory** neuropathy is a kind of neuropathy that causes numbness and/or various kinds of pain in the feet and legs (and sometimes the hands and fingers) that creates a great deal of distress and agony for many, many people! **It is the most commonly experienced kind of peripheral neuropathy.**

In this form of neuropathy the tiny nerves that serve the skin become “disconnected” and fail in their ability to transmit normal sensations to the brain, such as in decreased touch perception, or with hyper-excited nerves.

**Unique challenges are found in different people.** For some, it results in various forms of **numbness**. For others, the nerves are undergoing abnormal internal stimulation when no such outside stimulation is present, and often results in different types of **pain** ranging anywhere from *burning, aching, shock-like sensations, hot or cold feet or legs, tight, vice-like sensations around the legs or ankles, pins and needles - to the feeling of dozens of bees stinging you when you are barely touched, and for some, the feeling of hundreds of little bugs crawling all over your feet and legs when none are really there.* Significantly compounding the problem, one very frequently experiences both numbness and pain – meaning too little **AND** too much stimulation of different nerves.



Numbness, pain, achiness, burning, “bee sting” or shock-like sensations; the feeling of little bugs crawling on your feet or legs, swelling, tight, vice-like sensations around the legs or ankles, weakness, falls and balance issues. These are just some of the various symptoms of.....

#### **PERIPHERAL NEUROPATHY**

Additionally, one may experience both sensory and motor neuropathy, which when compounded with numbness and balance issues, increases the likelihood of injury from falls that frequently result in fractures and broken hips.

## Causes and Risk Factors – A Growing Concern

**Peripheral Sensory Neuropathy** comes about from many different causes – also known as “risk factors.” These risk factors are divided into **three** different categories. They include **metabolic** (chemical), **mechanical** (compressive), and **genetic** (hereditary). Each of them creates their own set of unique challenges for those who suffer with this disease. Let’s take a look at all three . . .

### Metabolic & Chemical

The **most common** metabolic cause of neuropathy that we see in our office is **neuropathy coming from diabetes**. The problem is growing steadily worse as this very concerning and prevalent disease affects more and more people at an earlier age – and as people live longer.



**Diabetes Is Bad!**  
**Diabetic Neuropathy**  
**Makes You Feel Even Worse!**

**Nearly 60% of all people with diabetes develop diabetic peripheral neuropathy.** As if the pain, numbness, burning, stinging and swelling that go along with diabetic neuropathy aren’t by themselves bad enough, many people develop ulcers and gangrene, with nearly **86,000 people** in the United States experiencing diabetic-related amputations each year because of uncontrolled peripheral neuropathy.

**It’s one of the most feared complications, and it strikes people with a sense of hopelessness at the prospect of losing part of a limb and their natural means of mobility.** When neuropathy is combined with all the other issues that frequently go with diabetes, it is a “very concerning” disease. It’s very common for diabetics to experience most, if not all the symptoms of neuropathy described herein.

Adding to the metabolic and chemical causes, a large percentage of people who have undergone **chemotherapy** also develop peripheral neuropathy, as many of the chemicals aimed at killing cancer cells also damage peripheral nerves cells. In addition to the already described symptoms of neuropathy, many people report **other unique and abnormal sensations** as a result of peripheral nerve damage - such as the feelings of walking on foam rubber, or their toes “feeling as large as fence posts.”

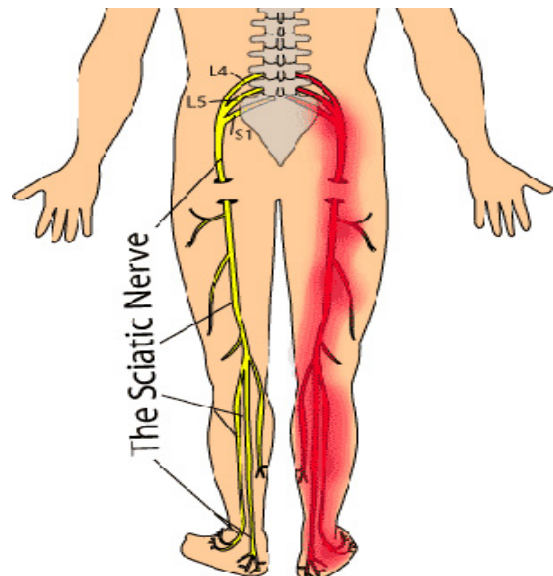
The descriptions of abnormal sensations surrounding neuropathy are almost endless! Rounding out the metabolic and chemical category are problems such as alcoholism, toxins, liver and kidney disorders, as well as individuals unknowingly causing or contributing to their neuropathy by taking some very common prescription drugs.

## Compressive (mechanical) Neuropathy

Moving to the next category are the **compressive** (mechanical) **forms of neuropathy**. These causes are also very common, and most often result from **mechanical joint problems that compress the nerves** as they emit from the spine (or are compressed inside other joints such as the ankle or wrist) before they reach their final destinations. We've all heard of the very common and painful condition known as Sciatica.

**Sciatica is a form of neuropathy** which causes pain and/or numbness in the back or leg(s); a condition that is caused by compression of the sciatic nerve as it emits from the lower spine, usually due to disc bulges, disc herniations, mechanical misalignment of the vertebra, or because of disc degeneration; also known as spinal arthritis (another mechanical joint problem of the spine).

The nerve transmissions become disrupted in the spine, **much like what happens to water flowing through a hose if you "put a kink in it" - the normal flow of the water ceases.** In the nerve, this disruption of nerve impulses results in numbness, pain or both.



Another form of compressive (mechanical) neuropathy is that of **Carpal Tunnel Syndrome**, where the nerve is *mechanically compressed* in the wrist often resulting in pain, numbness or weakness of the hand or fingers. In fact, **any nerve** that becomes compressed due to *mechanical* joint problems, **whether it be in the back, neck or otherwise**, and causes a disruption of the tissue function that it serves, is scientifically known as mechanical neuropathy.



**Restless Leg Syndrome and Periodic Limb Movement Disorders** are other such conditions also frequently caused by compressive joint problems. While not always, these conditions frequently contain many of the same neuropathic symptoms described in this report such as pain, tingling, burning, tightness and so on – as well as an uncontrollable urge to move the legs and feet to find relief.

The doctors at Leader Heights Healthcare have had wonderful success in helping most people with these mechanical kinds of neuropathy challenges.

## Genetics & Hereditary

Moving from the most to the least common, the final category of neuropathies are those caused by a **genetic or hereditary factor**. They include neurological challenges such as Friedreich's Ataxia and Charcot Marie Tooth Disease. These are fairly rare and while very significant to those afflicted, make up less than 1% of neuropathies. Multiple Sclerosis, while not necessarily known to always be hereditary, is also a form of neuropathy.

## ISCHEMIA – A Major Cause of Sensory Neuropathy

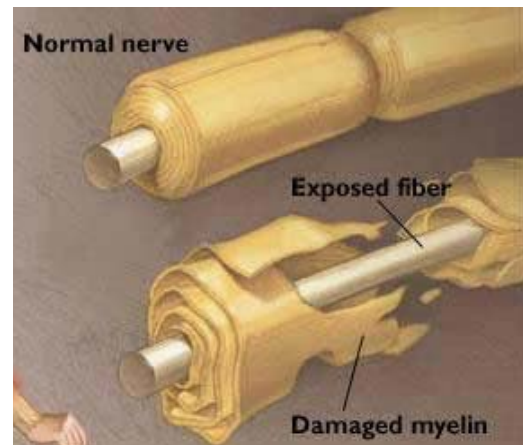
**It has been found through extensive research** that one of the causes of neuropathic pain is a body destroying process known as **ISCHEMIA**. Ischemia is one of those scientific words which simply mean **“tissue death due to starvation.”** This is vitaly important to understand, because **peripheral nerves are LIVING TISSUES THAT NEED TO BE FED.**

**All living things require nutrients and oxygen** and need to be as free of poisons and toxins as possible in order to grow, thrive and prosper. **Your peripheral nerves are NO exception!** When functioning *normally*, nerve tissues receive nutrient rich, highly-oxygenated blood that is **carried to them by microscopic capillaries**; tiny-tiny-tiny blood vessels that are easily clogged. When they **DO** become clogged, many nerve tissues fail to receive the needed nutrients & oxygen.

When this happens they become damaged – and begin to die! It's the same that happens when an occluded artery causes a massive heart attack – only with neuropathy, it happens on a *massive scale* **damaging literally millions of microscopic peripheral nerves.**

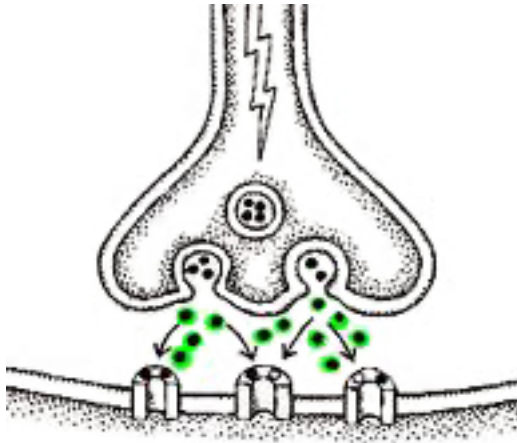
**In the case of diabetes**, too much glucose in the bloodstream causes the blood cells to become 'sticky' and function improperly, causing them to clog the capillaries. **This prevents the nerve tissues from receiving the nutrients and oxygen they need.**

In **compressive forms of neuropathy**, the direct physical pressures placed on the nerves by aberrant joint function shut down the flow of O2 and nutrients to the nerves – much like what happens **if you run over a water hose with a car tire!**



**One of the BIG KEYS in successful neuropathy treatment is to improve blood, nutrient and oxygen transport in the capillaries to support the birth of new peripheral nerves.**

As neuropathy advances, the damaged nerves begin to affect the connections between the tiny nerve endings. These connections, called the synapse, are where the symptoms of neuropathy begin. At the synapse, chemicals are released that allow one nerve ending to communicate with

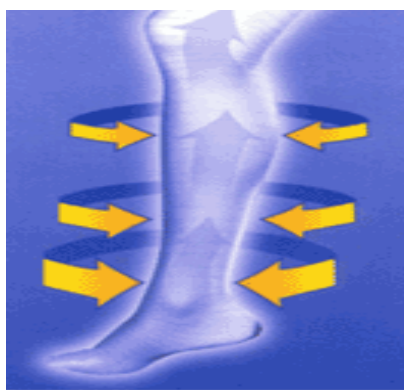


the next nerve ending. In cases of neuropathy, some nerve endings are secreting too many chemicals (“over-firing”) while others are not secreting enough chemicals (“under-firing”). This results in a wide variety of symptoms including pain, numbness, electric-like shocks, burning, and many other abnormal sensations. Over time, it is quite common to have nerve endings that are over-firing and under-firing at the same time.

In cases involving chemical toxins, such as chemotherapy, the drug toxins can damage the nerve endings as they attempt to kill the cancer. And in mechanical neuropathy, pressure on the nerve at the constriction point can shut down nutrient and oxygen flow into the nerve tissue, resulting in the same over-firing and under-firing at the synapse.

Nutrient and O2 restriction to nerves first damages an insulating coating around them known as **myelin**. Myelin is a substance which protects the nerves and aids in transmission of the nerve signal itself. When myelin is damaged, the whole nerve is damaged, leading to over-firing and under-firing of the nerve endings. This is what causes the symptoms of peripheral neuropathy.

Myelin is a substance made chiefly of cholesterol and surrounds the nerve fiber much like the rubber coating that wraps around an electrical wire. When this coating erodes away, the nerves short-circuit, once again leading to the symptoms of peripheral sensory neuropathy.



**Hot or Cold Legs or Feet, and Tight Vice-like Sensations around the Legs and Ankles are also Symptoms often seen in Neuropathy.**

To make matters worse, once oxygen restriction damages the myelin, the nerves have difficulty coordinating pore and capillary dilation in the skin, preventing proper skin perspiration and the ability of the legs to “breathe” as they should.

This often leads to more challenges such as swelling, **tight, vice-like sensations in the legs and ankles** as well as hot or cold feelings in the feet or legs.

As you can see, once this snowball starts rolling, it’s often like a line-up of falling dominoes leading to more and greater problems.

**The good news with peripheral sensory neuropathy** is that peripheral nerves can heal and go through a process of rebirth, if the proper procedures are put in place and if the cause of the condition can be caught in time.

## **For Most People – Oral Medications Just Don't Work Very Well!**

As previously discussed, there are few common conditions that create as much ongoing concern or agony as that of peripheral neuropathy. As the numbness and/or pain grow worse, it can even cause many people to want to give up on life. When the challenges get this bad, many people are willing to try practically anything – any cream, any drug, any pill, powder, potion, lotion or syrup!! Unfortunately, **painful sensory neuropathies are RARELY correctable with drugs.**

You may be surprised to learn most drug treatments for neuropathy are **NOT EVEN INTENDED to treat neuropathy**, but are actually designed to treat other conditions! For example, Neurontin (Gabapentin) is actually an anti-convulsive designed to treat seizures. Elavil (Amitriptyline), Tofranil (Imipramine) and Cymbalta (Duloxetine) are anti-depressants. There are a few others. It's true some people might find some temporary relief, for a while – until these drugs stop working - but **long-term failure and disappointment with almost every conventional treatment for neuropathy - is most always the end result.**

The individual meets with discouragement time and time again, until many begin feeling like a yo-yo on a string – frequently bouncing from the heights of hope - to yet another let down! The end result is many patients simply carry on down the road of “continued hopelessness.”

Unfortunately, **in the deepest midst of this disease** some people develop so much pain that minutes – every minute - seems like hours! They turn to sleep medication to get them through the night, or Valium, Percocet, Oxycontin and other high-powered pain killers to get them through the day . . . just to find a moment away from the misery – just to get by.



## **“Is There Any Real Hope For Neuropathy Sufferers?”**

For many people suffering with the symptoms of peripheral sensory neuropathy, the answer is **YES!**

Leader Heights Healthcare is pleased to share with you a new and exciting neuropathy treatment approach that is providing hope to people suffering with peripheral neuropathy!

Some people experience the symptoms of neuropathy because of compressive (mechanical) nerve irritation. Some people have neuropathy due to metabolic and chemical causes. Yet, most people have a combination of compressive nerve irritation and metabolic/chemical causes.

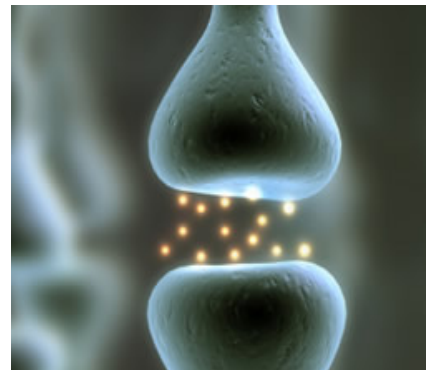
## **Our Peripheral Neuropathy Treatment Program Addresses Both The Compressive Nerve Irritation And The Metabolic/Chemical Causes**

- 1. Nerve Release Therapy:** utilizing gentle manipulation, traction and manual therapy, the pressure on your nerves will be reduced or eliminated. This allows them to heal and begin functioning normally.
- 2. Ankle Nerve Blocks:** Those nerves that are malfunctioning by either over-firing or under-firing (or both) will be identified. Utilizing a series of ankle injections, the affected nerves will be gradually de-sensitized over a period of weeks. This allows the connections at the nerve endings to be re-set, much like what occurs when you reboot your computer when it no longer runs the way it should.
- 3. Nerve Stimulation/Electrotherapy:** following each nerve block session, a special form of electrotherapy will be administered maximize the effect of the injections and to stimulate healing by gently pulsating the affected nerves. This is usually continued at home with daily 30-minute sessions.
- 4. Home Care (nutrition, stretching and exercise):** recommendations for nutritional supplements, daily stretching and simple exercise will be made at the appropriate time. This will help you resume your normal daily activities as quickly as possible.

These procedures are **remarkably safe** and for most people, **essentially painless!** Maximum results are usually obtained in about 8 weeks. This may vary according to the severity of your condition.

### **Covered By Medicare And Most Major Health Insurance Plans**

Nearly all insurance plans cover this treatment, including Medicare, Blue Cross, Blue Shield plus many others. We handle all the paperwork and bill your insurance carrier directly.



Getting your nerves to properly communicate with each other is the goal of our Neuropathy Treatment Program

## **Leader Heights Healthcare**

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