

Special Report:

Eleven Neuropathy Myths Revealed

Myth 1. You have to live with it

I suppose if someone takes that approach, then that will become their reality. But I'm much more hopeful than that and you probably have at least a sliver of hope because you requested this report. But I don't just leave it to hope, I go with science, training and experience. After eighteen years in practice with twelve years focused on helping neuropathy sufferers get their lives back, I've seen many lives transformed once they found the right step by step approach. So you don't have to just "live with it."

Myth 2. There's only one thing that causes neuropathy.

Absolutely not. There are many causes. Diabetes is the most commonly known cause, but there are several other causes: mechanical injuries, things we eat and drink, lifestyle habits, unfortunate side effects from procedures, side effects from medicines, and of course hidden things... So there are a variety of causes to dig into.

Myth 3. What you can't see won't hurt you.

This couldn't be further from the truth. Hidden toxins, chronic and often hidden pathogens, and undetected problems in your environment can make you incredibly ill. But if someone doesn't ask the right questions, and run the right tests, then you'll never know what you're dealing with and how to solve it. I love to dig deep to get at hidden causes because what you can't see can really hurt you.

Myth 4. It will just get better on its own.

Oh how we all wish that were the case. I have met *some* people who got progressively better when they had a specific injury to heal from, but for the vast majority of neuropathy cases, this is simply not the case. People tend to get worse and not better unless they take specific action to overcome root causes.

Myth 5. I have numbness and not pain so I don't need to be worried.

This also is far from the truth. Numbness often leads to weakness, loss of balance, difficulty walking, and falls. This can lead to loss of independence. In severe cases, numbness can lead to injuries that go undetected, get infected and require amputation. I've met the patients who are missing toes or parts of their feet or legs. I wish I would have met them long ago. And of course, a lot of people don't just have numbness, they suffer terribly with pain. So for them, it's obvious they have a problem. But you can't ignore the numbness or the pain... it just doesn't turn out well on its own.

Myth 6. My pain hasn't changed recently; my neuropathy must not be getting worse.

Sometimes the pain stabilizes or even lessens as people become more and more numb, but unfortunately, the underlying degeneration continues eroding nerves and blood vessels. This process continues ever so slowly leading to less balance, more weakness, slowing you down, increasing your risk of falling, and threatening your independence. So just because you don't notice the changes, doesn't mean it's not getting worse.

Myth 7. Ok, my neuropathy does have me worried but there must be a magic pill that will solve this.

Unfortunately, this is not the case. Medications can be life-saving, but when it comes to neuropathy there is no cure-all. Some people report improvements from certain medications but my patients often tell me that they have this nagging feeling that they are covering up their symptoms and not addressing the underlying causes. They also worry about the long term side effects of the medications. So unfortunately, the pop the pill magic doesn't apply here.

Myth 8. Surgery will solve this

Surgery can be a life-saver and sometimes the surgeon can see something specific to work on such as a spinal disc choking the life out of your nerves. But most of the time with neuropathy, we're talking about the microscopic nerves and blood vessels in your feet or hands. Tiny ones furthest away from your spine and heart with nothing clear for the surgeon to operate on. And besides, unfortunately, surgery comes with a number of risks.

Myth 9. There's a natural silver bullet out there.

There's just no such thing as a silver bullet when it comes to neuropathy, natural or not. I sure wish there was. My patients really wish there was. Sure, natural supplements can help, but people wonder which ones to take, how much, and what else besides the supplements they should be doing to get their lives back.

Let's face it, neuropathy is a tough problem to address, and it takes a comprehensive approach. It's a bit like baking a cake.

When you make a cake you need to first gather quality ingredients, then measure them out in the right portions, and mix them in the right order, put them in the right container, in the right environment (temperature), for the right amount of time. That's how you get the best results. And of course, experience really helps.

It's one thing to read a recipe and quite another to make hundreds of cakes over many years. It's the same way with overcoming neuropathy. So you can't simply throw one ingredient (i.e. pill) at it and expect to get success.

Myth 10. It takes a long time to see improvement.

My experience is that some people see improvements right away in the first few weeks. And to be honest, others don't get better at all (for a variety of reasons). I can't promise you specific results because there are a lot of variables, but many people see improvements slowly during the coming weeks and months.

And when they look back after that time, they are very happy with what they've learned, the changes they've made, the results they've created, and the future they are looking forward to. And this is great, because the problems often took years or decades to develop. So, these problems often take much less time to improve than what they took to develop, if you do the right things.

Myth 11. I can fix this on my own.

I'm a very independent guy and I try to fix things on my own often (too often if you ask my wife) but this is an area where even smart, dedicated people need help. There are just too many factors. Think about trying to bake a beautiful cake without a recipe, without quality ingredients, without a way to mix them, without proper containers, without an oven, and especially without experience. So the best way is to get expert help. It's a lot faster than trying to figure it all out on your own.

I could keep going, but as I write this, I'm already thinking about more myths that I need to address. So, I better wrap this up.

Please let me know if you need anything,

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