

PN News

Yolo County

VOL. 12, No. 10

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Dr. Valerie Monteiro, DC, CCST, ACN

Charles Moore

Mary Sprifke

WNA



This newsletter is designed for educational and informational purposes only. The information contained herein is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. The Pacific Chapter of The Neuropathy Association (PCNA) and the Yolo Neuropathy Groups (PN News) do not endorse any treatments, medications, articles, abstracts or products discussed herein.



Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all.

DAVIS

TUESDAY, DECEMBER 13, 3:30 – 5:00 p.m.

**Program: Round-table Discussion:
Focus on Our Own Experiences**

Davis Senior Center

646 A Street, Davis, 95616

Call: Mary Sprifke (530) 756-5102 or

Retta Gilbert at (530) 747-0186

WOODLAND – NO MEETING, NO LEADER(S)

SACRAMENTO

NO MEETING IN DECEMBER

A festive graphic with the words "happy Holidays!" in a red, stylized font. A green star is positioned above the letter 'h' in "happy". The entire graphic is enclosed in a thin green rectangular border.

MEETING RECAPS



DAVIS NOVEMBER NOTES

By Mary Sprifke

We took a close look at two chapters from ***Defeat Neuropathy Now ... In Spite of Your Doctor*** (2013) by Dr. Valerie Monteiro (D.C., C.C.S.T., A.C.N.) and Dr. John Coppola (D.C., A.C.N.). Written in layman's language, it is clear and informative.

My book report drew lots of questions and comments from our group. My notes follow and I offer full disclosure that I chose some sentences by the authors in addition to drilling down to salient points and paraphrasing.

CHAPTER 7: The Foods You Eat May Be Killing Your Nerves (pp.117-135)

Food today has less nutrient content or density than 100 years ago.



- Less freshness occurs due to long distances between farm and fork.
- Stores offer more 'faux food' like fake sausage patties, butter, frozen entrees, fast food.
- We can measure liquid consumed as gallons of soft drinks, versus drops of water.
- 83% of the population is overweight.
- Eating patterns have changed, with fewer sit-down, slow paced meals

- # Sugar – 158 lbs. per year per person
- # Chips, etc. – 62 lbs. per year
- # Sodas – 53 gallons per year
- # Cheese – 28 lbs. per year

Toxins in commercial foods lead to peripheral neuropathy

- Neurotoxic sweeteners
- Processed salt
- Artificial flavors
- Trans fats
- Food coloring
- Preservatives and chemicals

Over time, bad food can lead to weak digestion, impaired nutrient absorption (gas, bloating, fewer than 2 bowel movements per day, acid reflux)

We are malnourished, not receiving vitamins, minerals and enzymes found in whole foods, including plant derived nutrients, such as magnesium, vitamins C, D, E, A. Nerves are repaired, inflammation is reduced, and blood sugar is controlled by omega-3 fatty acids. And vitamin D is key to nerve and muscle function and helps us process calcium.

Processed foods are overloaded with high fructose corn syrup, artificial sweeteners, hydrogenated oils, trans-fats and neurotoxic chemicals for flavor. They are high in empty calories: starch, sugar and fat.



The authors include a quote from Dr. Oz: “Your genetics load the gun, but it is your life style that pulls the trigger.”

Current refining kills nutrients, with food now being less nutritious due to commercial crops, subject to synthetic or toxic fertilizer and pesticides. The soil becomes depleted of vital minerals and nutrients.

Linus Pauling is quoted, “You can trace every sickness, every disease, and every ailment to a mineral deficiency.”

Pesticides kill insects; herbicides kill weeds, fungicides kill fungal diseases

At Home We Use

- Cockroach / ant sprays and baits
- Flea, tick, powder, sprays and collars for pets
- Kitchen / bath disinfectants for mold and mildew
- Lawn and garden products

Chemicals can enter our body through direct contact such as walking on a sprayed lawn or by eating non-organic food. (Washing food only removes exterior chemicals; the plant has also internalized them.) Over time, all the toxins burden our body: some contain lead, mercury and arsenic; some are carcinogenic; some interfere with hormonal function.

Pesticides, especially organophosphates, cause damage and disruption to the nervous system.

A call-out on page 134: “Studies have shown a direct correlation with pesticide organophosphate levels and peripheral neuropathy.” (From the Harvard School of Public Health Study, 2006).

The text on this page explains the chemical reactions of acetylcholine leading to neuron malfunction. Folks with Parkinson’s, Multiple Sclerosis and Alzheimer’s disease are also susceptible.

The authors recommend natural and often less expensive alternatives such as Burt’s Bees herbal insect repellent that includes a blend of rosemary, lemongrass, citronella and other essential oils. Think twice before spraying DEET.

Chapter 8: Nutrients to Heal Nerves (pp. 137-164)

The authors explain how oxidation in the body can go wrong. About 1-2% of our cells may become damaged and function as free radicals, damaging or killing healthy cells. “The cell will now go on a rampage to steal an electron from another molecule, damaging or killing the other molecule. ... The problem with free radicals is not that they simply kill off other molecules in the body; they actually damage the DNA within the cell ... this sets the stage for chronic disease and neurodegeneration. Increased oxidative stress creates large amounts of free radicals, which can cause destruction to peripheral nerves.”

They recommend several foods high in antioxidants:

Blueberries, cranberries, acai berries, kale, elderberries, strawberries, prunes blackberries, raisins, spinach and raw cocoa beans.



Supplements

Alpha Lipoic Acid (ALA) is an antioxidant that converts glucose to energy and aids in nerve repair.

Vitamin C (2500 mg) protects nerves from oxidative damage.

Vitamin E (up to 2,000 mg/day)/ It is also found in wheat germ, barley, oats, rye, rice, ban, saw palmetto, palm oil, safflower, peanut oil, soybean oil and cocoa butter.

****CAUTION: IF YOU ARE DEFICIENT IN VITAMIN K or ON ANTICOAGULANT MEDICINE,
Consult your doctor about Vitamin E.**

N-Acetylcysteine (NAC)

Gamma Linoleic Acid (GLA)

Acetyl-L-Carnitine (ALC) – It expedites nerve regeneration and conductivity velocity. It slows cardiac neuropathy in diabetics and may limit PN in some chemotherapy patients. It helps prevent pain. (Note: some information may caution against this supplement, possibly from research done after publication in 2013.

DHA - Docosahexaenoic acid is an essential **omega-3 fatty acid** that you can only get from dietary sources or supplements. It is a major structural fat found in the brain and eye accounting for up to 97% of the total omega-3 fats in the brain and up to 93% of the omega-3 fats in the retina.

Omega-3's are also known as fatty acids. Sources are cold-water fish like salmon, sardines, anchovies, tuna, halibut, algae and krill. They recommend avoiding farmed fish. The anti-inflammatory properties help protect nerves, e.g., the myelin sheath around the peripheral nerve.



Essential B Vitamins include:

- B1 – thiamine
- B3- Niacin
- B5 – Pantoic acid
- B6 – Pyridoxine
- B12 - Cobalamin

Monteiro and Coppola summarize: "When the body is under constant mental and emotional stress, poor diet, lack of exercise, hidden allergens from food or environment, chronic toxin exposure (mercury, pesticides), exposure to mold and seasonal allergens, we're causing our inflammatory cycle to run constantly. This will begin to prohibit proper organ and nerve function."

SACRAMENTO NOVEMBER NOTES

By Charles Moore

The Sacramento Peripheral Neuropathy (PN) Support Group met on November 15 and featured John Richards, Doctor of Pharmacy and Compounding Pharmacy specialist. John offered to give some background on typical medications for PN to start his presentation. Then he shifted to take questions from the members in the audience.

The presentation was greatly successful due to John's willingness to consider any question that dealt with pain. What he demonstrated was a vast knowledge of medications and their side effects.

John opened his presentation by first discussing typical medications: Lyrica, Cymbalta, Neurontin—drugs that were originally designed as anti-depressant or anti-seizure medications, but which do help some people with neuropathic pain. But many people complain of side effects with these drugs. For that reason, John chose to talk rather extensively about topical applications, which affect only where the cream or patch is applied (thus avoiding whole-body side effects).

John then noted that EMU OIL has proved effective for many when applied to painful areas. You can obtain Emu Oil at pharmacies and on the web; it is available without a prescription.

One of the PN members mentioned AUSTRALIAN DREAM CREAM. John said that, like other Australian meds, its active ingredient is eucalyptus oil. It has proven effective for some people.

Later a member asked about LOW DOSE NALTREXONE. John admitted that he did not know of the drug's use for neuropathy pain. He said he would check and get back to me via email.

In a phone conversation later, John told me that a fellow pharmacist, age 72, treats his neuropathy pain with Naltrexone in a topical cream.

Today I received an email from John with additional information about Naltrexone:



In its original, commercially made form, it is indicated for alcohol and opioid addiction. However, with what is called low dose naltrexone, they are finding success with pain control and autoimmune diseases. Using Naltrexone

at a low dose, 3%, topically can help with nerve pain. Yes, it would require a compounding pharmacy.

If you are interested in pursuing a topical using Naltrexone, you need to get a prescription from a doctor. The doctor and a compounding pharmacist will probably need to confer regarding specifics of the topical. Once a compounding pharmacy receives a prescription, it usually takes about a week to complete the compounding.

Your fellow PN sufferers will certainly be interested in any results from your use of the drug.

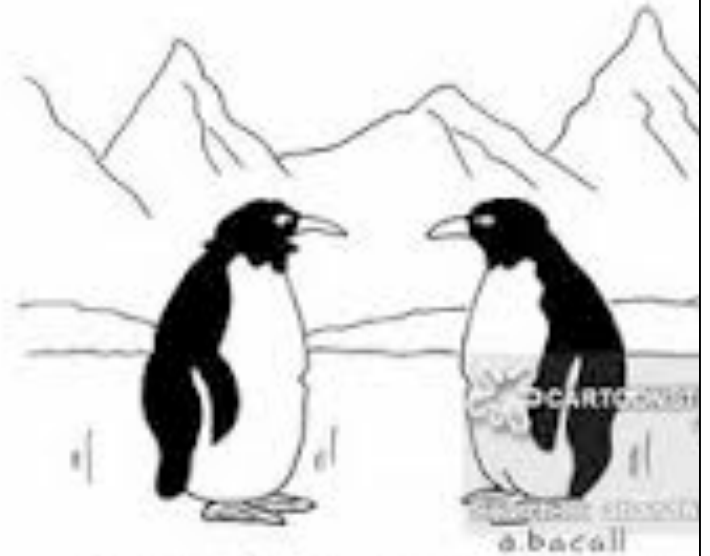
For quite a few years, I have had a prescription for NORCO (i.e., Vicodin with less Tylenol). But it is an opioid and therefore potentially dangerous; it can cause addiction. I use it very sparingly, seldom for PN pain and more often for lower back pain. I make a 30-day supply last for 6 to 8 months.

On January 17, we will have another visit from Dr. Karen Romines, podiatrist, talking about foot care. Karen's talks are always a great hit!

Whenever I have
a problem, I sing.

Then I realize
that my voice
is a lot worse than
my problem.

It's To Laugh . . .



"My feet are always freezing. I hope I don't have
poor circulation."



All of the other reindeer used to
laugh and call him names.



"You say it's a sharp, stabbing pain. Hmmm
... sharp ... stabbing pain."





WNA MEMBERSHIP FORM

Sex ___ M ___ F

Mr./Mrs./Dr./etc.

First Name Middle (initial) Last

Enter your name above exactly as you would like it to be on your membership card and correspondence.

Optional: Spouse or other you want to receive a membership card and to be included on addressed correspondence. Relationship

Street Address City State ZIP

(_____) _____ ☐ Home ☐ Work ☐ Cell _____
Primary Phone Number

(_____) _____ ☐ Home ☐ Work ☐ Cell _____
Alternate Phone Number

E-Mail Address Occupation (or previous if no longer working)

Are you diabetic? ☐ Yes ☐ No

How would you like to receive the newsletter? ☐ By E-Mail ☐ By Standard Mail
E-Mail helps us reduce printing and mailing costs.

Support group you do or will attend? _____

OR ☐ No specific group (Member-At-Large) *A list of support groups is available on the website.*

TOTAL DUES \$30.00 /year + \$ _____ = \$ _____ **TOTAL ENCLOSED: \$** _____
Optional Contribution

Mail to:
Western Neuropathy Association (WNA)
P.O. Box 276567
Sacramento, CA 95827-6567

www.WNAinfo.org
(877-622-6298)





UPCOMING MEETINGS

The mission of the Yolo Neuropathy Groups is to ensure that through information, empowerment and mutual support, all may have hope and that no person will face their peripheral neuropathy alone.

Davis

2nd Tuesday, January 10, 3:30-5:00
(Mary Sprifke (530-756-5102))
Davis Senior Center
246 A Street, Davis

Sacramento

3rd Tuesday, January 17, 1:30-3:00
Charles Moore (916-485-7723)
Northminster Presbyterian Church
3235 Pope Avenue, Sacramento

Woodland

Cancelled, pending new leadership

A special thank you to everyone who receives this newsletter via e-mail. It helps save a lot of postage!

Call the editor if you would like to change to electronic mail:
530-756-5102

RESOURCES:

1. Norman Latov M.D., Ph.D. – *Peripheral Neuropathy: When the Numbness, Weakness and Pain Won't Stop*
2. Harry J. Gould, III, M.D., and Ph.D. – *Understanding Pain: What It Is, Why it Happens and How It's Managed*
3. Alexander McLellan N.D. and Marc Spitz D.P.M. – *The Numb Foot Book – check Amazon.com -- Out of Print*
4. Mims Cushing & Norman Latov, MD – *You CAN Cope With Peripheral Neuropathy 365 Days a Year*
5. John Senneff – *Numb Toes and Aching Soles: Coping with Peripheral Neuropathy*
6. John Senneff – *Numb Toes and Other Woes: More of Peripheral Neuropathy*
7. John Senneff – *Nutrients for Neuropathy: How to use natural supplements to treat the severe pain of PN*
 - The Foundation for Peripheral Neuropathy- www.foundationforpn.org (a national organization)
 - Western Neuropathy Association (WNA) (formerly PCNA) – www.pnhelp.org or toll-free (877) 662-6298
 - www.diabetes.org
 - www.neuropathysupportnetwork.org
 - Neuropathy Journal at www.neuropathyjournal.org
 - Eugene B Richardson MDiv, MSM, EdM, MS, Patient Educator in the DVD "Coping with Chronic Neuropathy"

To send *PN News* to others or if you no longer wish to receive this newsletter, please contact (530) 756-5102.

Yolo PN News
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