

PN News

Yolo County

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Grandpa's Compounding Pharmacy
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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 Western Neuropathy Association (WNA) 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.

Dale Carnegie

DAVIS

TUESDAY, MAY 9 – 3:30-5:00

Program: Round-Table Discussion & Support

Davis Senior Center
646 A Street, Davis, 95616
Contact: Mary Sprifke (530) 756-5102 or
Retta Gilbert at (530) 747-0186

SACRAMENTO

TUESDAY, MAY 16 – 1:30-3:30

Program: Margot Miller, L. Ac.
(acupuncturist) will explore and demonstrate the idea of acupuncture for neuropathy pain or numbness.

Northminster Presbyterian Church
3235 Pope Avenue
Sacramento, CA 95825
Contact: Charles Moore (916) 485-7723

WOODLAND

TUESDAY, MAY 16 – 1:30-3:30

Program: Introducing Sue Allison, new leader!

A get-together to see old friends, meet new ones and discuss new beginnings.

Woodland Community & Senior Center
2001 East St.
Woodland, CA 95776
Contact: Sue Allison (530) 405-6304

MEETING RECAPS



DAVIS APRIL NOTES

By Mary Sprifke

(Reprinted from November 2013 *PN News*)

We viewed most of the DVD Documentary: ***“Forks Over Knives”***

Find more information at: www.ForksOverKnives.com or check your public library for a copy

This DVD tracks the professional journeys of two doctors: T. Colin Campbell (a nutritional biochemist from Cornell University) and Dr. Caldwell Esselstyn (a former top surgeon at the Cleveland Clinic). Both became aware of clinical health changes due to Western dietary foods.

They both conducted long term studies here and abroad and their independent research led them to similar conclusions: **“degenerative diseases like heart disease, type 2 diabetes and even several forms of cancer, could almost always be prevented – and in many cases reversed – by adopting a whole-foods, plant-based diet.”**

Studies tracked cancer tumors both demographically and through experiments with rats. It's a fascinating story of how they finally met and how the work of each complimented the other. One substance identified as problematic in cancer formation is casein, a dairy protein. At a 5% dose, rats maintained health; at a 20% dose, tumors appeared. When the tumor rats' casein levels were reduced back to 5%, the tumors disappeared.

The idea of food as medicine was tested. Some patient stories included a middle-aged man with diabetes who took several RX meds, including daily shots in his stomach. Two young doctors who use natural foods and changes in diet to treat their patients treated him. He was off all prescribed medications within 45 days, was exercising and had lost considerable weight

Another patient had very high cholesterol counts that were also reduced by that physician team. Other studies included folks with heart problems, whose valve arteries were cleared (before and after x-rays showed the regeneration of healthy blood flow).

The film went into detail about the 1970's decade long China Study, where nationwide data on types of cancer was gathered, followed by the next decade of entering the information and then formulating conclusions (this in the years before computers). Time prevented seeing the entire DVD, but the information was presented in an interesting, down-to-earth manner, along with commentary by both Drs. Esselstyn and Campbell.

EDITOR'S NOTE: My mind jumped to how simple weight loss might really help our tired, stinging, hot/cold feet or hands. And how a good diet could surely help us with the stress that can accompany PN. So I decided to remove sugar, dairy, meat and most gluten from my diet for the past month.

I dropped milk and now enjoy almond or soymilk, or coconut water. I go to a local fruit stand and load up on fresh fruit and vegetables. The Davis Farmer's Market is a trove of new tastes too. I'm also trying quinoa, and other unusual grains. The Davis Food Co-Op carries new and different food, as does Trader Joe's. The only things I'm watching now are ingredient lists. Forget calories, fat, etc. and look for natural, no sugar (and especially NO CORN SYRUP) on the package.



SACRAMENTO APRIL NOTES

By Charles Moore



Grandpa's Compounding Pharmacy in Placerville talked about a Vitamin B Cream that his pharmacy (his father is the compounding pharmacist) created some years ago. I am attaching a brochure on the cream. The cream used for neuropathy pain is the first formula found on page four.

You need a doctor's prescription for the creams as you do for all specially compounded medications. The cream Dan discussed consists of vitamin B5 at 5% and vitamin B6 at 30%. Including this brochure is not intended as an endorsement; no one in our group has yet tried it. We were concerned about the amount of Vitamin B6 since it is known to cause neuropathy symptoms taken orally.

NOTE: The Parkside Pharmacy, at 4404 Del Rio Road in Sacramento, has now taken over the compounding pharmacy functions of "Grandpa's."

Grandpa's Compounding Pharmacy has found a new way of getting some special vitamins in your system. We have combined them in a way that many of our customers say is miraculous for them. There are plenty of studies showing that the B vitamins as well as some others can help with a number of ailments including acne, wound healing, neuropathy, skin problems and eyesight. This has been known for years. So what is the miracle? We have found a way to combine the vitamins in such a way that we can use an active transport cream to get them into the system

where they can be used. In other words, we bypass the gut, and rub the vitamins on the area where there is a problem. They are then carried to the cells where they are used. By bypassing the gut, more of the vitamins get to where they are needed. Studies show that up to 96% of the B vitamins we take orally are destroyed in the gut before they even are used. Imagine what could be done if you could get the needed building blocks to the area where they are used without any being wasted.

Here at Grandpa's Compounding Pharmacy, we have seen some remarkable results with a transdermal cream containing Vitamins B5 and B6 as well as a few other proprietary things. Here is a review of some of the literature and the rationale behind using a topical treatment.

Neuropathy

Topical vitamin B preparations are used in many places around the world for neuropathy. Its use is a basic standard of practice. One study we found, not only showed this, but also showed that these preparations can also help with pain management for neuropathic pain. "Combined vitamin preparations containing thiamine (vitamin B1), pyridoxine (vitamin B6), and cyanocobalamin (vitamin B12) are widely used in medical practice."

"The results of investigations have confirmed that it is expedient to potentiate an analgesic effect due to the concurrent use of vitamin B

group and non-steroidal anti-inflammatory drugs given to relieve significant neuropathic pain."

Two different studies of dialysis patients with neuropathy had different conclusions as to the cause of neuropathy, but both found that vitamin B6 took care of the problem either way.

In the first study, they didn't find a relationship with a deficiency and the neuropathy, but they treated patients on chronic peritoneal dialysis who suffered from peripheral neuropathies. Oral supplementation of vitamin B6 solved the problem in 67% of the patients.

In another study, 26 patients being treated with high-flux haemodialysis that had neuropathy were treated with either vitamin B6 or vitamin B12. All patients with the B6 supplementation showed improvement of symptoms, but none of the patients that supplemented with B12 showed improvement. The researchers of this study believed it was a deficiency problem. Whether an actual vitamin deficiency is the problem or not, both studies showed that vitamin B6 relieved the symptoms.

Diabetic Neuropathy

Since Diabetes is the leading cause of neuropathy, there are many studies on how to relieve the symptoms.

Three different studies used a combination of vitamins B1, B6 and B12. All three concluded that this should be a starting point in treating diabetic neuropathy. One studied nerve conduction and vibration perception and found improvement both short and long term. Another showed pain

Drug or Alcohol Induced

Different drugs and alcohol can also create neuropathies. These same vitamins have been shown to help in many of these as well. One had 303 patients in the study, and the conclusion in a study of 325 patients said, "A specific vitamin B complex (with and without folic acid) significantly improved symptoms of alcoholic polyneuropathy over a 12-week treatment period. The side effects of some cancer, epilepsy, tuberculosis and HIV drugs can cause neuropathies. Studies have found that vitamin B6 supplementation has helped in each of those cases as well.

improvements from and average of 8.2 down to 2.3.

They went on to say, "The treatment resulted in the improvement of the condition in 93% of the cases." Another study looked at a combination with methylfolate (which was shown in another study not to have an effect) B12 and B6 being supplemented for a full year. They found, "significant improvements and discovered improvement in epidermal nerve fiber density (ENFD).

Deficiencies of vitamin B1, B2 or B6 were found in patients with intestinal malabsorption and polyneuropathy, diabetic polyneuropathy, optic atrophy, and myelopathy. So some believe that neuropathy may be caused by a deficiency in vitamin B6. Two different studies of dialysis patients with neuropathy had different conclusions as to the cause of neuropathy, but both found that vitamin B6 took care of the problem either way.



Vitamin B6 Warnings!

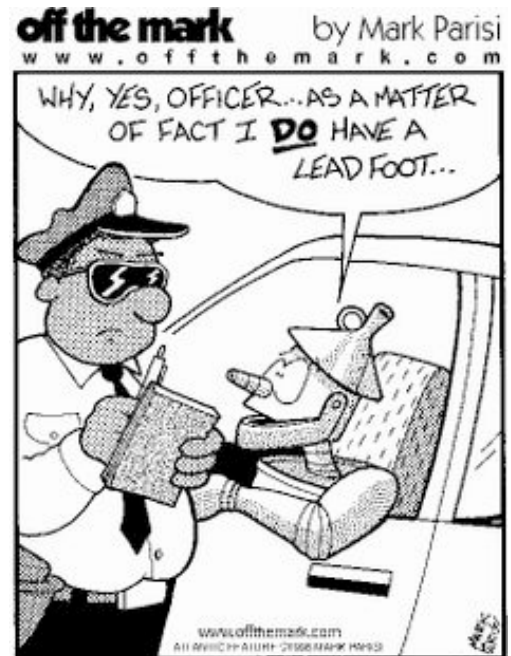
You shouldn't take a B6 dose above 100 milligrams (mg) a day without talking to your healthcare provider. Very large doses of vitamin **B6 can cause nerve damage** or other neurological disorders.

Although rare, there have been some reports of allergic skin reactions to high doses of vitamin B6 supplements.

Always talk to your doctor before taking a supplement such as vitamin B6. Talk to a pediatrician before giving your child this vitamin.



It's To Laugh . . .



Hmmm ... something is afoot!



Why Cinnamon Is Insanely Good For You

By Amanda MacMillan -- TIME



A new study suggests that cinnamon may reduce blood sugar and provide anti-aging benefits by activating a specific protein in the body.

Scientists have long suspected that cinnamon can help prevent blood-sugar spikes and protect against insulin resistance, a risk factor for diabetes. But how, exactly, has remained a mystery-and while some studies have suggested a strong effect, others have been inconclusive.

New research presented at the American Society for Biochemistry and Molecular Biology annual meeting suggests a potential mechanism for these effects, lending support to the idea of cinnamon as a metabolic powerhouse. In fact, researchers say, the spice's benefits may extend far beyond blood-sugar control.

Amy Stockert, associate professor of biochemistry at Ohio Northern University Raabe College of Pharmacy, has been studying cinnamon for years. In 2015, her research showed that type 2 diabetics who took daily cinnamon supplements saw greater reductions in blood sugar than those who took a placebo.

Some of these effects lasted even after participants stopped taking the supplements, says Stockert, which suggested that lasting changes had been triggered at the cellular level. "We started to suspect that one of the proteins involved in gene expression was being influenced by cinnamon," she says.

Her new research, which has not yet been published in a peer-reviewed journal, focuses on Sirtuin-1 (also called Sirt-1)-a protein that's active in insulin regulation. "We know that Sirt-1 acts on another protein that affects how glucose is transported," says, "so it made sense that it might be the key player."

Scientists know that Sirt-1 is activated by resveratrol, an antioxidant found in red wine that's been touted for its anti-aging and cholesterol-lowering properties. Cinnamon contains similar compounds, known as phenols, which Stockert thought might also bind to Sirt-1 molecules in the same way. She and her colleagues used a computer model

worthwhile addition to your diet, if you like the taste.

UPCOMING MEETINGS

Davis

2nd Tuesday, June 6, 3:30-5:00

(Mary Sprifke 530-756-5102)

Davis Senior Center

246 A Street, Davis



Sacramento

4th Tuesday, April 25, 1:30-3:00

(Charles Moore 916-485-7723)

Northminster Presbyterian Church

3235 Pope Avenue, Sacramento

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.

Woodland 1:30-3:30

(Sue Allison 530-405-6304)

2nd Tuesday, June 6, 1:30-3:30

Woodland Community & Senior Center

2001 East St., Woodland, CA 95776

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.neuropathyjournal.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.

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