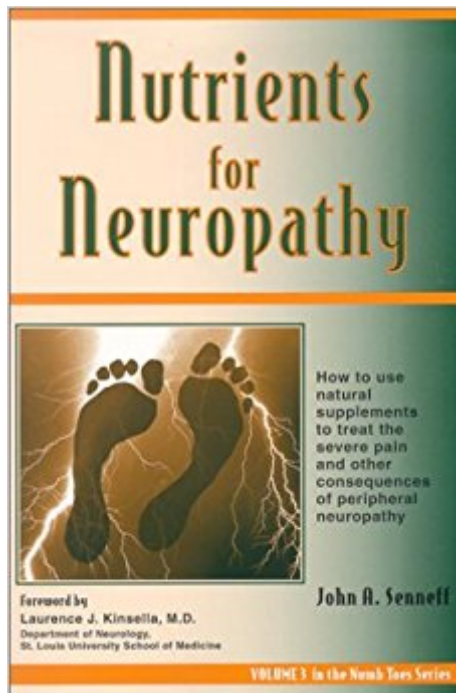




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Nutrients For Neuropathy (Numb Toes Series)



Synopsis

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

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Customer Reviews

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

I have peripheral neuropathy in both feet due to back injuries. I can't take Neurontin (or some other meds) so was especially interested in supplements. After reading this (and doing some online research), I asked my neurologist about alpha lipoic acid. She gave me the go ahead, telling me that if I lived in most European countries, my doctor would have suggested it. (And that it couldn't do any harm.) It's gotten rid of the burning. The book is clear and offers a balanced view: what works for some doesn't work for all. And Sennett is up front about that and the fact that he's not a doctor. Appreciated.

Very informative.

This is a great book that has a vitamin/supplement program that truly works in eliminating the pain.

I have neuropathy as the result of an accident. I followed this regimen for six months and noticed no difference.

I liked the idea of using real nutrients in or to help combat and maybe reverse neuropathy. I have been taking the vitamin/mineral supplements and have been feeling some positive effects so far.

Full of needful useful information.

This book has a good bit of info for those who suffer from Peripheral Neuropathy. I am glad I bought the book and every new bit of information helps me cope and feel some mastery over PN. Still, it was not organized quite as accessibly as I would have liked, and it suffers from the inevitable publishing-lag when compared to information straight from the Internet on current studies and thinking on PN.

This book covers more options in treating Neuropathy that is very helpful. I keep going back to it in comparing vitamins and Amino Acids. Very helpful book.

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