

# Eliminate Nerve Pain Naturally

by Tessa Jupp RN

Nerve pain is one of the more difficult and uncomfortable types of pain, be it from diabetes, shingles, fibromyalgia, chemotherapy, or a host of other causes. It can be searing, burning, electric shock, stabbing, pins and needles or loss of sensation. Anti-inflammatory medications or narcotics, are only modestly effective if at all for nerve pain.

Many studies have shown that nerve pain can be treated using nutritional support with Alpha-lipoic acid, Carnitine, Inositol, Vits B1, B2, B6 and B12 and Vit D can actually help heal the nerves and decrease or eliminate the pain. Nerves take time to heal, so natural remedies need to be taken for 3-12 months. Hirudoid cream may help too.

**What is Nerve Pain?** It refers to a wide range of problems that cause diseases of, or injury to, the nervous system. It is a category of pain syndromes and not a single problem. It can result from illness eg, diabetes, low thyroid; infections eg shingles; pinched nerves; nutritional deficiencies; eg B6 B12; injury eg stroke, tumours, spinal cord injury, MS, and medication/treatment side effects eg radiation and chemo.

Pain can be burning, shooting (often to distant areas), or stabbing. It also has an "electric" quality about it. Tingling or numbness and increased sensitivity with normal touch being painful are also commonly seen. Ongoing pain is often continually present regardless of what the patient does or does not do. Pain can come in sudden attacks without any apparent trigger. Diagnosis is made mainly by history and physical examination, as testing often offers little benefit clinically unless the testing is looking for a treatable cause such as with surgical intervention.

When the signal cannot be sent through the nerve, the area not receiving the messages will become numb. It is called neuropathy when the nerves have sustained enough damage that there is noticeable numbness, pain or tingling.

## Difference between nerve pain and muscle pain:

Muscle pain is often preceded by trauma or injury, while nerve pain isn't. Muscle pain is a dull ache or pain in the muscle or joint; it feels achy and there can be stiffness, but nerve pain is burning, stabbing or tingling. Muscle pain stops after healing of the injury; nerve pain continues. Muscle and joint pain can be relieved with aspirin or other pain killers; the same medication does not help nerve pain.

**Damage to the nerves** normally occurs when the outer myelin sheath (protective covering) degenerates. Without this protection the electrical signals are not transferred properly just as if you stripped the covering off of the

electrical cords in your house. As the nerve damage gets worse, the nerves either lose their ability to transmit information (numbness), or they start sending false signals (pain and tingling). When the insulation begins to crumble, the unprotected "wire" will start short-circuiting (pain).

**Shingles** is a nerve pain caused by dormant chickenpox virus attacking the myelin sheath. Lowering of the immune system when we are stressed allows the virus to re-activate causing a painful rash along the nerve root. This is in a line totally on one side of the body. If it extends past the midline of your body, the rash is probably coming from something else. **Effective treatment is a double B12 1000 mcg injection every 2 days** until resolved - usually 1-2 weeks. Extra Vit C, B6 and B5 will help the immune system too.

**Carpal tunnel and frozen shoulder** - caused by repetitive movements, or strain, the tendons become swollen pinching the nerve causing tingling, pain and weakness in your hand, arm or shoulder. **Manganese** 200mg x3 twice a day with **B6** x 400mg - 800mg daily will resolve over time. B6 is not needed or can be reduced when it tastes really bitter.

**Multiple nerve damage, peripheral neuropathy**, typically begins in the nerves farthest from the central nervous system and can be caused by diabetes and other systemic diseases, infections, or exposure to toxic substances. **Nerve damage to internal organs and glands** can lead to intolerance to heat, loss of bladder control, gastrointestinal disturbances, impairment of breathing and heart rate.

**What causes nerve damage?** Overuse in polio or is a major complication of diabetes - high blood sugar levels.

**How to repair nerve damage? B Vitamins - B1** is depleted by excess glucose. Low B1 weakens the myelin sheath. B1 ensures the development of the myelin sheath and aids nerve functioning. It is also required for regulating the transmission of particular types of nerve signals in the brain and spinal cord. Often the answer to Peripheral Neur.

**B2** - the body utilizes vitamin B2 to keep tissue healthy and to help accelerate healing of injuries. B2 protects the nervous system. Itchy gritty eyes indicate low B2.

**A deficiency in B12** can increase loss of B1 in the urine, and **B6** also appears to help regulate distribution of B1 throughout the body. Absorption of B1 into the body requires adequate supplies of Vitamins B6, B12 and folic acid. **Carnitine** is needed for B6 to work. **Folic acid** is necessary to activate the absorption of the B12. **Inositol**, a B-vitamin, at 3 grams per day in divided doses may help. **Biotin and magnesium** are also needed for nerve function.

## Alpha-lipoic acid:

This is as an anti-oxidant which will help protect the nerves so no further damage is done to the body. It can help with the symptoms of burning, itching, tingling, and numbness. In order to help, it needs to be taken with **Carnitine**. There is evidence that they work together well in helping the body use nutrients to repair the nerves, but the vital B vitamins need to be taken as well.

**Vitamin D.** One of the functions of Vitamin D is the regulation of nervous system development and function.

