**Diet for diabetic neuropathy:**
The first goal for treatment is to get your diabetes under control and keep it under control to slow the progression of any nerve damage. You need to make sure that you’re taking the prescribed medications and that you’re eating a diet specific to help control blood sugar levels. A diet specific to diabetic control will include: fresh vegetables, limited fresh fruit, lean meats, high fiber, limited whole grains, and no sweets. Meeting with a dietician regularly can also help with meal planning and keeping you accountable to your diet (Hayes 24).²

**Nutrition tips for chemo-related neuropathy:**
The side effects of cancer treatment can not only affect your ability to eat but they can also prevent your body from getting the nutrition you need to heal. High calorie, high protein foods give your body the proper nutrition it needs. Try eating more small meals or snacks frequently if you struggle with 3 meals/day. Frequent small meals give your body a steady supply of nutrients, easing the load on your digestive system, while maintaining a consistent blood sugar level which should make you feel better (Hayes 44).²

**Vitamin Therapy**
“NeuropathyDR Metabolic Support formula is a high potency broad spectrum multivitamin, mineral formula that provides the highest nutritional value for all systems of the body.” Taking the correct dose of vitamins and minerals daily may improve nerve healing, nerve regeneration and growth, and overall energy levels.³

**Exercise for Neuropathy**
Regular exercise can help control blood sugar levels, increase blood flow to the limbs, and actually slow down the progression and symptoms of some forms of neuropathy. Depending on your specific type of neuropathy, areas affected, and the extent of the damage, you will have to adjust a conventional workout program to a routine that accommodates your condition. Make sure to examine your feet regularly for unusual redness or sores (Hayes 28).²

**So what exercises are beneficial?**
Swimming or aquatic exercises are some of the best exercises as they are adaptable for any age, fitness level, and degree of neuropathy. The buoyancy of the water creates a low impact environment which reduces the load and is less harmful to your joints, legs, and feet. Bicycling, rowing, and use of a stationary bike are other excellent low impact activities that can be safely integrated into a neuropathy treatment program. Yoga and Tai Chi will also keep you limber with slow, easy, and fluid movements to stretch the muscles in your entire body. You’ll want to be cautious of repetitive weight bearing exercises such as running, walking, and extensive weight training as they could aggravate your symptoms (Hayes 28-32).

**Tips for Managing Stress and Neuropathy**
- Understand how stress affects your body. Both mental and physical stress cause the body to release hormones that prompt the liver to secrete glucose which can wreak havoc on your blood glucose levels if you suffer from diabetes.
- Do what you can to reduce mental stress. If you hate driving in rush hour traffic, make time to leave 10-15 min earlier. Bored? Start a new exercise program, hobby, or skill with a friend. Setting a goal or something to look forward to will do wonders for your state of mind.
- RELAX- One of the useful things you will ever learn is the ability to relax, which can be learned. Some ways to teach yourself include breathing exercises, exercise, and watching your mindset.
- Lastly, having a positive attitude and replacing negative thoughts with positive ones can help reduce stress tremendously. It can be as easy as reciting a bible verse, favorite poem, or quote that can make you feel better (Hayes 98-100).

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