

# THE GREAT NEUROPATHY HOAX

Is nerve damage  
really permanent?



Latest Breakthrough Treatments Offer Safer & More  
Effective Treatments than Traditional Medical Care

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**A**re you or a loved one suffering with the **Burning, Numbness, Tingling, Pins & Needles, Lightning Bolt or Sharp Pain.** Are you suffering with **muscle weakness, cramps and loss of balance resulting in falls?**

**Perhaps you've been diagnosed with Peripheral Neuropathy?** Were you told by your doctor that there was no cure..." **You would just have to learn to live with it?"** All the while, watching the quality of your life disintegrate?

**You Are Not Alone.** This is a typical story that I hear from most patients diagnosed with peripheral neuropathy. You've probably been told that peripheral nerves do not heal. "Once they're damaged, it's permanent."

Fortunately, that simply is not accurate. There are countless research studies that show **Peripheral Nerves Can Heal** with very specific treatment.

Regrettably, the average doctor has not stayed up to date with the current research on reversing peripheral neuropathy. The result...they continue to disseminate old **inaccurate information**, leaving patients in a state of **hopelessness and despair.**

In this E-book, I will share with you **The Latest Research in Neuropathy Treatment** and How These **Cutting-Edge Breakthroughs Can Relieve and Eliminate your Pain, Numbness, Burning, Tingling, and other neuropathy symptoms.**

# What If Everything You Were Told About Neuropathy Was Wrong?

## FACTS MYTHS

**D**o you know that you are 1 out of 5 people currently suffering from peripheral neuropathy? In fact, it is estimated that **22 million Americans are affected each year by peripheral neuropathy.**

If you or someone you know is looking for relief from neuropathy symptoms, if your life has been devastated by the pain, numbness, burning, tingling or host of other symptoms caused by neuropathy... **this E-book may change your life forever.**

If you are like the average patient with neuropathy, chances are you have already seen a specialist and tried countless treatments but are still left suffering with symptoms of neuropathy. Worse yet...you may have lost hope of ever recovering.

### **Do You Suffer from These Neuropathy Symptoms in your Feet/Legs or Hands/Arms?**

- Sharp Pain
- Cramping
- Burning
- Pins and Needles Sensation
- Tingling
- Numbness
- Inability to hold onto objects or open bottle tops
- Poor Balance and Coordination
- Fall Easily
- Inability to Walk Long Distances Without Severe Pain
- Sensitivity to Bed Sheets or Clothing





# RESEARCH

**Are these symptoms worsening**, despite the medications you've been given? **Are you tired of living like this?** **Have you lost hope** because you have been told that there is nothing that can be done and ***"You just have to live with this?"***

It's time that you knew the truth. **There is *HOPE*, and your nerves can heal and regenerate!** This isn't merely our opinion. This is based on the scientific evidence that has been published in some of the most prestigious journals. Journals like:

- **The British Medical Journal**
- **The Journal of Neuroscience**
- **The Journal of the American Medical Association**
- **The Journal of Neurology**

Those are just a few journals that contain current research on healing damaged peripheral nerves. In fact, there are over 2000 research articles on therapies that can relieve neuropathy pain and promote healing of the nerves.

Now, it might surprise you to find out that many countries in Europe and parts of Asia have been ***successfully reversing peripheral neuropathy*** for over 30 years.

You might be wondering, "Why doesn't my doctor know about this research?" One reason, according to the Journal of the American Medical Association, is that ***"It takes over 23 years for information that has been researched to actually get into clinical practice"***. Another obstacle that many doctors face, regardless of their specialty, is they are overwhelmed with a large volume of patient care – leaving little to no time to stay on top of the current research.

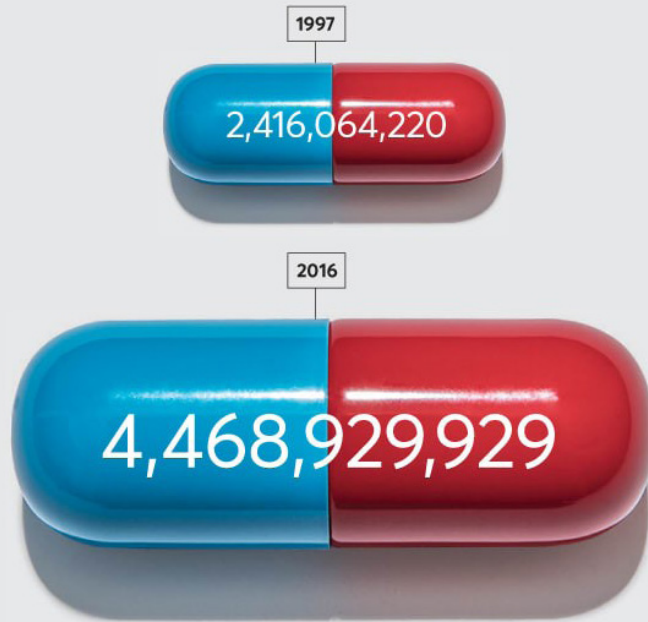
One of the largest reasons is...

***'Our Current Medical System is Heavily Influenced by Powerful Pharmaceutical Companies'***.

Pharmaceutical companies hire 10 lobbyists for every senator on capitol hill to ensure that insurance companies are paying for their expensive medications... *and, not the treatment that gets you well*. In fact, ***pharmaceutical companies don't want you to get well***. They want you sick and taking their expensive medications for the rest of your life.

# Pill Nation: The Rise of Rx Drug Use

The total number of prescriptions filled by all Americans, including adults and children, has increased by 85 percent over two decades, while the U.S. Population has increased by only 21 percent.



Source: Quintiles IMS.  
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Also, doctors tend to prescribe *ONLY* what's covered by insurance companies. Otherwise, they would have a bunch of angry patients in their lobby. Pharmaceutical companies see to it that the only thing insurance companies are paying for is their expensive medications.

It is no wonder the United States has the most expensive health care system in the world. Did you know we have the most doctors, the most hospitals, the best technology and yet we rank 46 in health among all the countries.

Why is that you, ask?

Think about this for those of you currently taking any medication. When you were placed on a medication for a chronic illness like High Blood Pressure or Cholesterol, did your doctor outline a game plan to reduce your blood pressure or cholesterol and remove you from the medication? Or, was it simply assumed you would be on these meds for the rest of your life?

The reality is elevated blood pressure and/or cholesterol are symptoms of a problem in the body. They're not actually a disease. However, in the U.S. they are treated as a disease thanks to successful marketing campaigns by 'Big Pharma'.

The US consumes 75% of ALL the medications produced in the world, and yet we only make up 5% of the population. We are an over medicated society that prescribes a pill for every ill. We have a broken medical system that's strong armed by powerful pharmaceutical companies.



# My name is Dr. John Coppola, DC.

It has been my life's work and commitment to my patients to **stay on the cutting edge of non-surgical, medical technology and treatments**. I am dedicated to helping people reach a full recovery and stop their **suffering** from the **numbness, tingling, burning** or **pain** caused by nerve related conditions. Daily, I see patients who have become frustrated with traditional medical care that has left them 'popping' medications, which only cover up the symptoms, but never address the cause of the condition.

**I understand your frustration.** That's why, in this E-book, I will share information that you probably, have never heard before. In fact, you, may even wonder why no-one has shared this information with you, previously. This information can bring an end to your needless suffering.

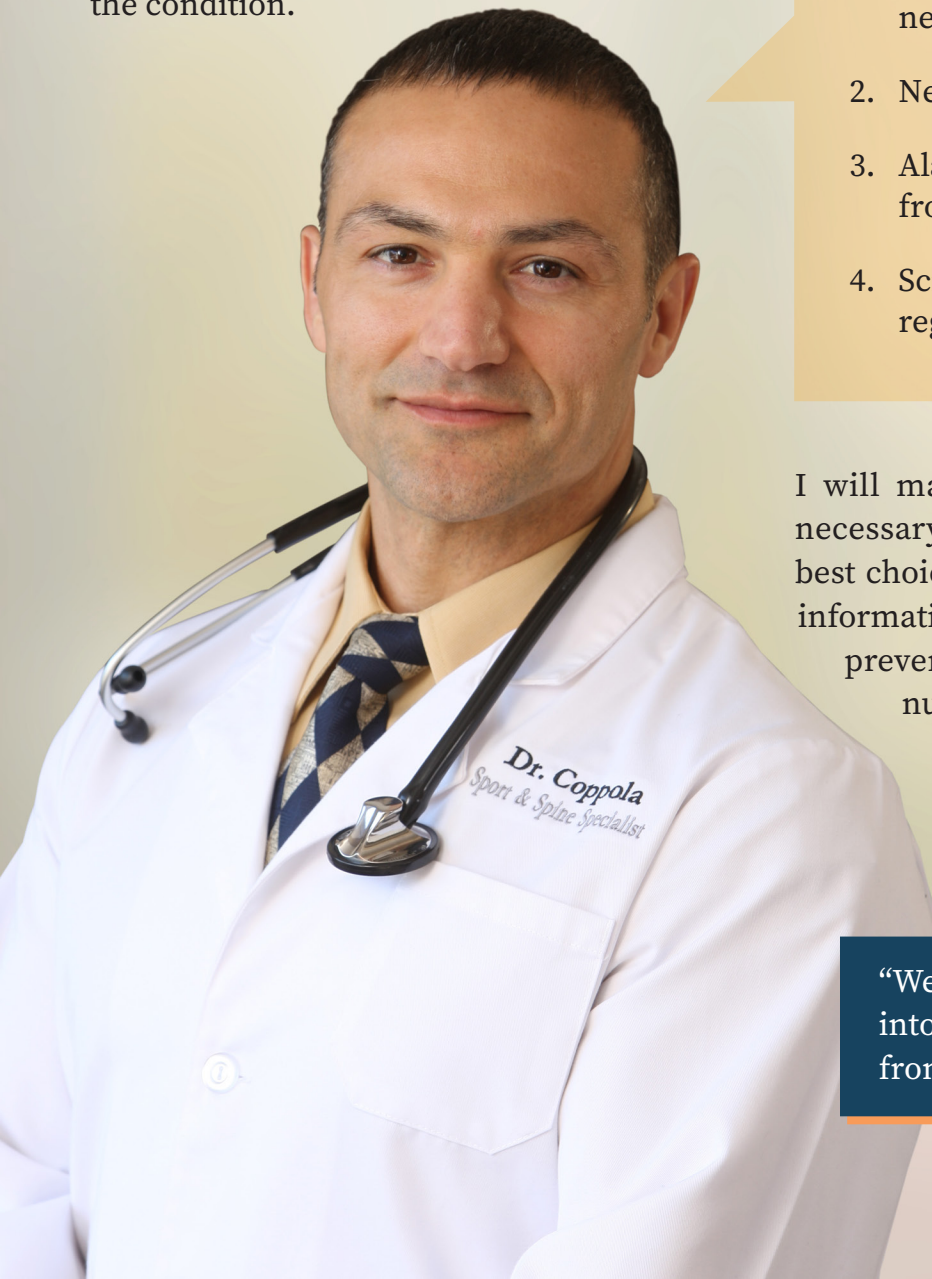
## By reading this E-book you will learn the following Life-Altering Facts:

1. What really causes peripheral neuropathy
2. Neuropathy medication side-effects
3. Alarming statistics of fatalities resulting from falls of neuropathy sufferers
4. Scientific evidence for repair and regeneration of peripheral nerves

I will make sure that you are armed with the necessary knowledge –enabling you to make the best choices about treating your neuropathy. The information you will learn about in this E-book will prevent you from ever becoming just another number or 'guinea pig' in a broken medical system.

It's important to remember, Don't look back with regret...

"We can't change the past, but we can dive into a future filled with hope and freedom from neuropathy pain!"





# How We Became Experts in Neuropathy

**I have been able to help thousands of patients beat their neuropathy, and it all started with my mother-in-law.** She developed peripheral neuropathy as a result of chemotherapy treatments. Her pain and symptoms were debilitating. She would describe the sensations as a colony of fire ants covering her legs and biting her. She lost her sense of balance and had to use a cane to prevent falls, she couldn't sleep at night due to the pain and couldn't enjoy life. All her doctors said the same thing... "Mrs. Monteiro, you just have to learn to live with the pain". My mother-in-law told us that she didn't want to live anymore because she had no quality of life.

Well, that was enough to motivate Dr. Monteiro

and myself to begin delving into the research. We spent months combing through hundreds upon hundreds of research journals, which is how we developed our successful neuropathy treatment protocol. Not only did we reverse my mother-in-law's peripheral neuropathy, we, then used the same protocol on thousands of patients and successfully reversed their neuropathy symptoms, as well.

In this report, I am going to 'Debunk' some common myths about neuropathy and share with you the latest research and technology used to repair and regenerate nerves damaged from neuropathy. But first, let's begin by understanding what neuropathy is...for those of you who may have not been diagnosed, yet.

# What is Neuropathy?

Neuropathy is a complex condition resulting from damage to peripheral nerves. Peripheral nerves are an extensive network of nerves that run from the spinal cord to your limbs. Some of these nerves also run to internal organs. Their function is to connect the brain and spinal cord to the entire body. In essence, they are the tool that allows the brain and spinal cord to communicate with the rest of the body.

There are 3 types of Peripheral Nerves:

**1. Sensory Peripheral Nerves:**

These nerve fibers allow us to feel sensations like temperature, touch, vibration, and pain

**2. Motor Peripheral Nerves:**

These nerves control movement, motor function and coordination

**3. Autonomic Peripheral Nerves:**

These nerves control involuntary or semi-voluntary functions like heart rate, blood pressure, digestion, sweating, breathing and blinking (etc.).

Each peripheral nerve has a specific function. So, when damage occurs to one or several of these fragile peripheral nerves, the symptoms will depend on the type of nerve(s) affected.



I had peripheral neuropathy for a year and a half.

First it started with numbness on bottom of my feet. I couldn't feel the ground under me. If I stood for a while or had to walk, I would then get this horrible tingling sensation.

I saw 3 different doctors in the last year and a half. Each gave me a different prescription that didn't help and one of the medications, actually made me worse.

I heard about the doctors at the San Antonio Neuropathy Center (SANC) and decided to give it one last try. After several weeks of treatment, now I can feel the floor under my feet. I can even feel the coolness of the tile floor or the warmth of the concrete outside against my feet. My improvement has been dramatic.

The doctors and team at SANC have been OUTSTANDING! I'm glad I didn't give up after seeing the first 3 doctors. This treatment really works!



For instance, if **Sensory Nerves** are damaged, it can result in the following symptoms:

- Pain
- Numbness
- Burning
- Tingling
- Pins & Needles sensation
- Extreme cold sensation
- Skin sensitivity to blankets, clothing or touch

On the other hand, if **Motor Nerves** are damaged, the resulting symptoms might be:

- Muscle cramping or spasms in the feet/legs or hands/arms.
- Muscle weakness
- Poor Balance and Coordination
- Diminished fine motor ability (buttoning a shirt, sewing, opening a jar, typing)
- Difficulty walking
- Difficulty with moving the arms or hands

If **Autonomic Nerves** are damaged the following symptoms may occur:

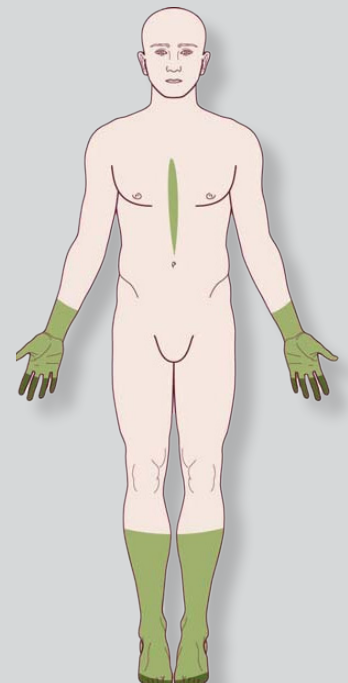
- Abnormal change in blood pressure
- Heart arrhythmia's (heart beats too fast or too slow)
- Difficulty with swallowing or digestion (nausea, vomiting, diarrhea or constipation)
- Incontinence
- Sexual Dysfunction

Typically, in peripheral neuropathy, sensory nerve damage will occur first, followed by motor nerve damage. The most common form of peripheral neuropathy is Sensori-motor Neuropathy. This is when damage occurs in both sensory and motor nerves.

Polyneuropathy is a term used to describe peripheral neuropathy damage affecting several nerves at the same time, throughout the body.

## Stocking Glove Neuropathy Pattern

When damage occurs to small peripheral nerve fibers, initially the symptoms will occur in both feet, often in the soles. As the condition worsens, these symptoms spread up the leg. By the time the nerves of the calf are damaged, the hands will also begin to show signs of nerve damage. Common symptoms of neuropathy are **Burning, Numbness, Tingling, Aching** or **Stabbing Pain**. Since these symptoms occur over the region of the feet and legs that socks would cover, and over areas of the hands that a glove would cover, it is known as the **Stocking and Glove** neuropathy pattern.



# Debunking the Myths

Did you know, there are more than 2000 published clinical studies on reversing neuropathy? Although, Europe has been ahead of the curve for the past 30 years, the reality is that doctors in the U.S. continue to perpetuate outdated myths about peripheral neuropathy.

It is important that you recognize these myths, so that you don't become a victim of hopelessness and despair.

Many neuropathy patients are surprised to learn these common myths aren't true. Have you heard them before?

## **Myth #1:** Medication Will Cure My Neuropathy

## **False.**

The most common treatment for neuropathy is the... *'Take some pills and Wait and See'* method.

Commonly prescribed drugs include Gabapentin, Lyrica, Cymbalta, Hydrocodone, and Tramadol -- all of which have serious side effects and many are addictive. While this may be necessary for temporary relief of severe symptoms, the truth is that medications do absolutely nothing to reverse nerve damage. In fact, some medications such as Gabapentin, actually accelerate the nerve damage.



# Myth #2:

## Neuropathy Only Affects People with Diabetes

### False.

Diabetic patients account for less than 30% of all neuropathy cases. According to a recent 2009 study, 70% of neuropathy cases have nothing to do with diabetes.

While neuropathy is common in diabetic patients, there are many other causes of neuropathy. Some common causes include:

- Chemotherapy
- Statin (cholesterol lowering) drugs
- Side effects from commonly prescribed medications (HIV, Calcium Channel Blockers, Angiotensin II Receptor Blockers/ARB's, Diuretics)
- Antibiotics (Cipro, Levaquin, Avelox)
- Bariatric Surgery
- B-vitamin deficiency
- Nerve damage or entrapment
- Autoimmune disorders
- Thyroid disease
- Kidney disease
- Alcohol abuse / Alcohol overuse

If you suffer from neuropathy symptoms and you're not pre-diabetic or diabetic, your neuropathy may be due to one or more of the causes listed above.

A study published by “The Neuropathy Association” revealed the following findings:

*“Neuropathy is often misrepresented as only being diabetes-related. However, this survey demonstrates that for every diabetic neuropathy patient, there are at least six more patients suffering with other various forms of neuropathies...”*

*Dr. Thomas H. Brannagan, III  
(Medical advisor for The Neuropathy Association)*





## Myth #3:

My doctor told me, “Nerves don’t regenerate. Once damaged... that’s it!”

**False.**

Unfortunately, your doctor may not be up to date on the current research. There are extensive studies from Harvard Medical School, Massachusetts General Hospital, University of Washington Medical School (to name a few) revealing the contrary. Research reveals a wide array of therapies that can assist with the repair of peripheral nerve damage - including neurotrophic nutrients, low level laser therapy, exercise, and nutrition. To learn more, read our complete book, *[“Defeat Neuropathy Now .... In Spite of Your Doctor!”](#)* as this is an extensive topic. You can also visit [www.healmynerve.com](http://www.healmynerve.com).

## Myth #4:

I only have Numbness and Tingling so it’s “No Big Deal”

**False.**

Many neuropathy patients who suffer from mild numbness or tingling feel that it’s “No Big Deal”, not realizing what their feeling is only the tip of the iceberg. They think because they can continue to function – ‘Business as Usual’ – the numbness and tingling will fade away by itself without any treatment.

But a study published in the **British Medical Journal** proved this myth false. It showed that 75% of people with a mild case of numbness or tingling, who do nothing -will have either pain or disability 12 months later.

## Myth #5:

All neuropathy feels the same.

**False.**

Neuropathy symptoms can vary dramatically depending on which types of peripheral nerves are affected (sensory, motor, autonomic), and the stage of neuropathy.

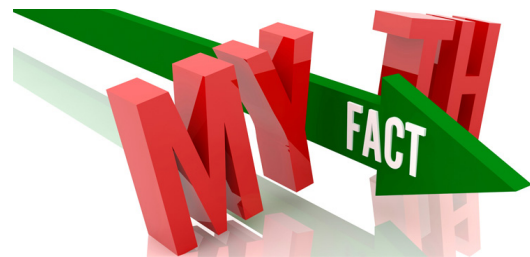
We know that there are many causes of neuropathy (see Myth #2). Early stage neuropathy symptoms are typically mild numbness and tingling, whereas, late stage neuropathy can show up as creepy, crawly sensations, sharp pains, loss of balance, and even significant muscle weakness. With peripheral neuropathy, a damaged nerve can't communicate clearly to the brain. Much like having static on a telephone line, the brain can misinterpret the signals resulting in varying symptoms.

## Myth #6:

Neuropathy only affects the hands and feet.

**False.**

Although neuropathy often begins in the hands and feet, it will eventually creep up the calves and forearms. Often, this can present as severe cramps, heaviness or weakness in the legs, creepy, crawling, sensations, and dry, flaky discoloration of the skin. In some cases, neuropathy can even cause dangerous complications in organ function.



## Myth #7:

Neuropathy is a natural result of aging.

**False.**

You can grow old gracefully without ever experiencing significant levels of nerve damage. Neuropathy, once known only in the senior sector, is now affecting people of many age groups from 15 years old and up.

Because peripheral neuropathy can be caused by injuries, side effects from medications, chemotherapy, pre-diabetes, diabetes, kidney disease (...and a host of other causes), it no longer has age boundaries. Taking the appropriate steps early can prevent you from suffering many neuropathic symptoms as you age.

## Myth #8:

I have to accept my neuropathy and learn to live with it.

**False.**

Neuropathy doesn't have to be a life sentence. For over 30 years many countries in Europe and Asia have been successfully reversing peripheral nerve damage. A combination of proper nerve stimulation with low level laser, detoxing, controlling glucose and taking appropriate nutrients can play a pivotal role in nerve repair and regeneration. Whatever you do, don't go untreated!

## Myth #9:

My neuropathy is well controlled by medications, so I'm doing just fine.

**False.**

Medications merely mask symptoms, while the underlying condition continues to get progressively worse. Medicating the symptoms is like taking the battery out of your smoke alarm to stop the noise.

Although your pain may be gone, the medications may hide a gradual loss of nerve function. Then, one day, without warning, you might fall and break your hip.



Remember, if your neuropathy is not getting better, it's probably getting worse.

# Myth #10:

The best thing to do for my neuropathy is to 'Wait and See' what happens.

# False.

This is, by far, the worst thing you can do. Once a Peripheral Nerve is damaged, it will not heal on its own. In fact, the ONE thing that ALL MEDICAL EXPERTS AGREE ON is... Neuropathy Gets Progressively Worse with Time.

Early detection and treatment of neuropathy has a much better prognosis. That's not to say that more advanced neuropathy is permanent. However, the more advanced the neuropathy—the longer it takes for improvement or resolution.



You don't have to live with Neuropathy anymore!

Peripheral Neuropathy can be reversed!

# Causes of Peripheral Neuropathy



There are many causes of neuropathy. **Chronic neuropathy can begin when your nerves undergo a state of anoxia.** This is a condition in which the nerve is deprived of oxygen.

## Some of the most common causes are:

- ▶ Pre-Diabetes and Diabetes
- ▶ Statin Medications
- ▶ Antibiotics (Cipro, Levaquin, Avelox)
- ▶ Certain Blood Pressure Medications (Calcium Channel Blockers)
- ▶ Chemotherapy/Radiation
- ▶ Surgeries (including amputation) or other physical injuries resulting in nerve entrapment or damage
- ▶ Autoimmune diseases (Lupus, Rheumatoid Arthritis, Guillain-Barre Syndrome, Sjogren's Syndrome)
- ▶ Thyroid disease
- ▶ Kidney disease
- ▶ Liver disease (cirrhosis and fatty liver disease)
- ▶ Multiple Sclerosis
- ▶ Celiac Disease
- ▶ Inflammatory Bowel Disease (Crohn's/ Ulcerative Colitis)
- ▶ Irritable Bowel Syndrome
- ▶ Infections (Lyme's disease, Herpes Zoster/ Shingles, HIV, Hepatitis C, West Nile Virus, Cytomegalo virus)
- ▶ Smoking
- ▶ Bariatric Surgery
- ▶ Alcohol abuse and Alcohol overuse (drinking 2 or more drinks daily)
- ▶ Nutritional deficiencies
- ▶ Food chemicals and preservatives such as: MSG, Aspartame, Pesticides and others
- ▶ Circulatory dysfunctions (Congestive Heart Failure)
- ▶ Contrast dyes for diagnostic procedures (Barium, Gadolinium dye)

These are just a few of the many conditions that can damage nerves leading to severe pain, burning, numbness and tingling that a neuropathy sufferer encounters daily.





# NEUROPATHY

## How is Peripheral Neuropathy Diagnosed?

### 1. Medical History

A thorough medical history is the key to not only diagnosing peripheral neuropathy, but also to determining the cause. During a medical history, a doctor will ask in depth questions about your symptoms and any triggering factors you might experience throughout the day. Your doctor will also question you about your work environment, social habits, exposure to chemicals and toxins, diet, alcohol use and current and past medications. You will also be questioned about past medical treatments, injuries, surgeries, and infections.

In order to gather and evaluate all of this information, a doctor will typically need to spend 30 minutes or more with you.

If a thorough medical history is not taken by the doctor, then it makes pinpointing the cause of your neuropathy extremely difficult...if not impossible.

### 2. Physical Examination

A Physical Examination will be performed to check the general status of your health. It can assist in checking for possible diseases and identifying any issues of medical concern. It will provide feedback for multiple body systems and their function.

### 3. Neurological examination

This is an evaluation of a person's nervous system. It can help determine which part of the nervous system is compromised, as well as, isolating which nerves have been damaged. During a neurological exam, the following functions of the nervous system will be assessed: mental/emotional status, motor function and strength, balance and coordination, sensory assessment.

### 4. Blood Work / Lab Testing

Various blood tests can detect diabetes, kidney disease, thyroid dysfunction, metabolic disorders, infections, abnormal immune system activity and vitamin deficiencies. Any number of these items can cause or worsen peripheral neuropathy.

# What Drug Companies Don't Want You to Know About Your Neuropathy Medication

The standard treatment for peripheral neuropathy is prescription medications. Here are a few of the most commonly prescribed drugs that are being used to treat neuropathy:

- Neurontin™/gabapentin
- Cymbalta™/duloxetine

Ironically, neither of these drugs were approved by The Food and Drug Administration (FDA) For The Treatment Of Neuropathy Or Nerve Conditions.

When a drug is used in any way that is different from what is described in the FDA-approved drug label, it is said to be an Off-Label Use. This means the drug was never put through astringent clinical trials to prove it was effective in treating peripheral neuropathy.

Off-labeling may mean that the drug is being:

- used for a different medical condition than what was originally approved by the FDA
- administered via different route (oral, IV, topical, etc.)
- administered in a different dose than the label indicates



# Commonly Prescribed Off-Label Drugs for Neuropathy

- In the case of Neurontin™(gabapentin), this medication was first approved in 1999 by the FDA for the use of epileptic seizures. Later in 2002, it was approved for the use of shingles (Herpes Zoster).
- Cymbalta was approved by the FDA in 2004 for treating depression.
- Eptol™(carbamazepine) was approved by the FDA to treat epilepsy. Cochrane is a well-respected organization that evaluates the validity of a research study. The Cochrane report states, in the case of Eptol, there were too few participants in the studies and the longest study was insufficient, monitoring subjects for only a 2-week period. As a result, Cochrane concluded, “There was not enough good quality evidence to ascertain that carbamazepine (Eptol™) worked in neuropathic conditions.

Although, it is legal in the United States, the use of **off-label drugs by medical doctors is not regulated**. According to an article published in the prestigious New England Journal of Medicine in 2008, **off-labeling is becoming a problematic and dangerous practice. Most off-label drug uses were shown to have little or no scientific support.**

The FDA has never approved any of these drugs for treating neuropathy.



According to a study by Randall Stafford, MD, a medical professor at Stanford University in Palo Alto, California, he states that doctors write more than ten million prescriptions like this each year.

One study published in the *American Family Physician Journal* in 2006 found that gabapentin was **completely ineffective for acute neuropathic pain** and was only shown to have a mild to moderate effect—with extremely high dosages—in minimizing chronic neuropathic pain.



## Common side effects of Neurontin™ (gabapentin):

- Loss of balance and shaky movements
- Tremors or twitching muscles
- Numbness, pins and needles, or other altered sensations (aka: peripheral neuropathy)
- Fever
- Increased rate of infections
- Decrease in white blood cells
- Mood instability
- Confusion, memory loss, or amnesia
- Depression
- Anxiety or nervousness
- Insomnia
- High blood pressure or elevated blood pressure
- Shortness of breath

Furthermore, the FDA has issued its strictest warning label for the use of Cymbalta due to the serious and sometimes fatal side effects, including liver damage, abnormal bleeding, suicidal thoughts and behaviors. Even more alarming, weaning off Cymbalta may lead to separate debilitating side effects, such as electric shock sensations (aka- 'brain zaps'), blackouts and suicidal thoughts.

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## Common side effects of Cymbalta™ (duloxetine):



- Liver damage
- Skin necrosis (blistering and loosening of the skin)
- Abnormal bleeding
- Blurred vision, Blindness
- Loss of balance and shaky movements
- Insomnia
- Fatigue
- Dizziness, faintness or lightheadedness
- Loss of consciousness
- Numbness, tingling, pins & needles (aka-peripheral neuropathy)
- Serotonin Syndrome (*Potentially Fatal - high body temperature, agitation, tremors, sweating, dilated pupils and diarrhea*)

*Note: For more information regarding 'Off-labeling' refer to our complete book, ["Defeat Neuropathy Now!...In spite of your doctor"](#).*



## Medications that Cause Peripheral Neuropathy

Neuropathy is a common side effect of certain medications. Moreover, there is an ever-growing number of medications that have been linked with directly damaging peripheral nerves, leading to neuropathy.

In fact, it's widely published in the research that the same Statin drugs that reduce cholesterol can cause peripheral neuropathy—damage to the nerves in your feet, legs, hands and arms.

Dr. David Gaist, M.D., was one of the first to report the link between statin drugs (like Lipitor, Crestor, Advicor, Zocor) and nerve injury. His research revealed that **people taking statin drugs had a 16 times increased risk of developing neuropathy and a 26 times higher risk of developing neuropathy when on the drug for 2 or more years.**



Research reveals people taking 'Statin' medications for less than 2 years are at a 16x greater risk for developing Peripheral Neuropathy.

People on 'Statins' for 2 years or longer are at a 26x higher risk for developing neuropathy

~ David Gaist, M.D.

It's crucial for you to know which medications place you at risk for developing peripheral neuropathy or worsening your existing peripheral nerve damage.

The most common medications/drugs resulting in severe peripheral nerve damage are platinum-based Chemotherapy medications, HIV/AIDS

medication, Fluoroquinolone Antibiotics (Levaquin, Cipro) and Calcium Channel Blocker (hypertension) medications.

For a comprehensive list of medications found to cause or worsen peripheral neuropathy, [Click Here.](#)

# Why Doesn't My Doctor Know How to Fix My Neuropathy?

Neuropathy initially manifests with very mild symptoms of numbness, or tingling. Its progression is very slow but with time the severity of the symptoms will increase. You may also develop additional symptoms, such as burning, pins & needles, pain, cramping. Eventually, the condition will rapidly advance in later stages, possibly resulting in loss of balance and coordination and frequent falls.

There can be exceptions to this rule, as is the case with Chemotherapy Induced Peripheral Neuropathy (CIPN). **In the case of CIPN, symptoms occur very suddenly and can be severe, immediately.**

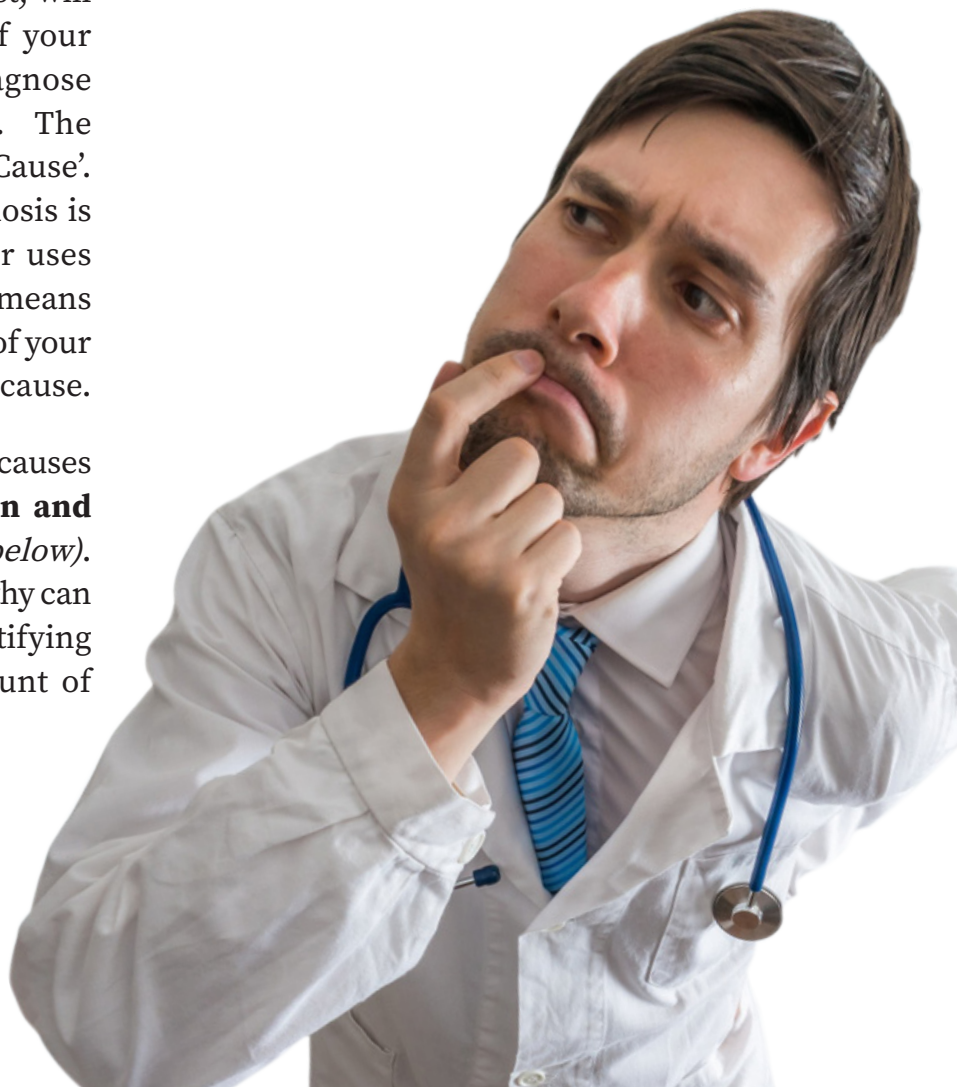
Most doctors, including your neurologist, will struggle with identifying the cause of your neuropathy. As a result, they will diagnose you with 'Idiopathic Polyneuropathy'. The term 'Idiopathic' means: 'Of Unknown Cause'. In most cases of neuropathy, this diagnosis is inaccurate. Commonly, when a doctor uses the diagnosis of 'Idiopathic' it actually means your doctor has not identified the cause of your neuropathy...not that there is no known cause.

The reality is there are a large number of causes leading to neuropathy that are **known and published in the research** (see causes below). The problem lies in the fact that neuropathy can be caused by two or more factors. Identifying these factors, takes a significant amount of

time, effort and research, which your doctor usually does not have.

It's not that you don't have a good doctor, nor that your doctor doesn't care. Here's the issue...

In today's world of Managed Healthcare, your doctor is akin to a hamster on a wheel; spinning continually to meet the overhead of his or her clinic. This leaves little time to stay current with the latest medical studies. Although there are over 2000 published clinical studies, if you do not have the time to seek them out, then the information remains unknown.



Don't forget, as mentioned earlier...countries in Europe have been successfully treating peripheral neuropathy for over 30 years. However, according to a study published in the Journal of the American Medical Association, "It takes over 23 years for researched and published medical information to be introduced into clinical practice." Because Dr. Monteiro and I had a huge motivating factor, her mother's health, we dug up the same research for neuropathy recovery that the Europeans based their treatments. The need to restore my mother-in-law's health allowed us to get ahead of the curve over other doctors. As the saying goes, **"Where There's A Will...There's A Way."**

Another key point to remember is that medical doctors, of any specialty, are trained to treat symptoms by prescribing medication(s). Patients are given very sophisticated, expensive testing to diagnose their damaged nerves. Once diagnosed, they are placed on medications designed to merely mask the pain and symptoms of neuropathy. However, these medications do not repair the nerve damage. Many of my patient's report that the medication often didn't help their pain and left them feeling like a 'Zombie'.

Not only is Peripheral neuropathy painful but, due to the numbness, it often results in loss of balance and coordination, resulting in falls, sometimes fatal.



# Patients With Peripheral Neuropathy Are At A 15 Times Greater Risk For Falls.



- ▶ **Falls are the leading cause of death amongst the elderly.**
- ▶ **87% of all fractures in the elderly are due to falls.**
- ▶ **1 out of 5 people will die within 5 years following a hip fracture.**

If your current treatment for neuropathy doesn't improve your nerve function, you won't be able to improve your balance and coordination leading to some dangerous consequences.

Although pain relief is crucial, it's about more than just getting pain relief from your neuropathy...**it's about increasing your quality of life NOW and for the FUTURE.**

A fractured hip can destroy your function, mobility, and strip you of any quality of life—not to mention the probability of it being fatal. In fact, a growing number of seniors report they fear falling and, as a result, limit their activities and social engagements, often leading to isolation.

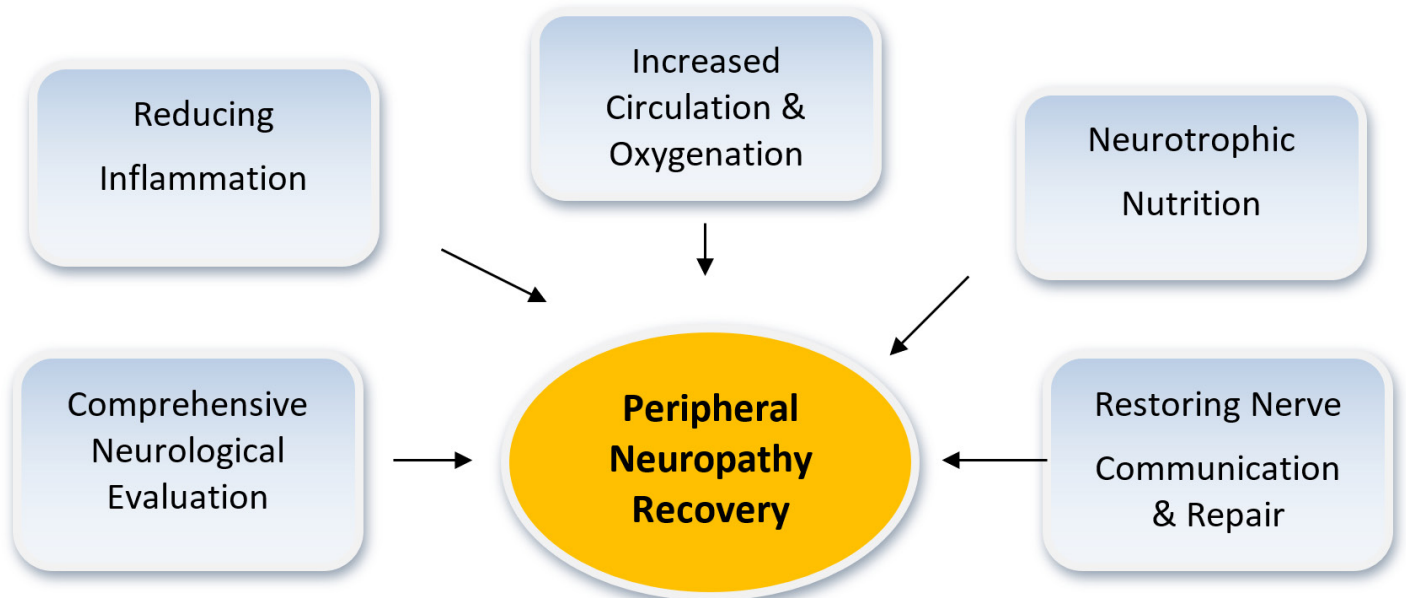
According to the U.S. Centers for Disease Control and Prevention (CDC):

- 1 in 4 seniors (65+) fall each year
- Every 11 seconds, a senior is treated in the emergency room for a fall
- Every 19 minutes a senior dies from a fall
- Falls are the leading cause of fatal injury in seniors
- Falls are the most common cause of trauma related hospital admissions of seniors
- Falls result in more than 2.8 million injuries treated in the ER, annually
- Falls result in over 800,000 hospitalizations per year
- Falls result in more than 27,000 deaths each year.



## Chapter 4

# The Key to Defeating Neuropathy



**There are 5 major keys necessary to repair damaged nerves, leading to relief and recovery from neuropathy.** In our vast experience, we have found that all these components are critical to achieve repair and regeneration of damaged peripheral nerves.

Most treatment approaches to neuropathy only incorporate 1 or 2 of these elements, while ignoring the other 3. This does not allow for complete nerve repair and regeneration. It's a huge factor in why doctors fail to reverse peripheral neuropathy. As a result, these doctors, then end up saying that it's impossible to heal a damaged peripheral nerve.

Let's take a deeper look at these keys...

# Key #1:

## Comprehensive Neurological Evaluation

The first key to defeating neuropathy is performing a comprehensive neurological evaluation. This will determine the extent of damage to the nerve. Your neurological evaluation will determine if you have incurred motor loss, sensory loss, skin vasomotor temperature loss or diminished brain coordination reflex.

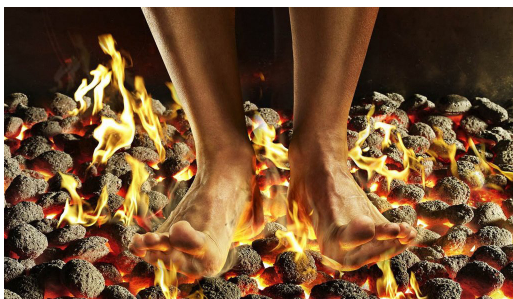
The extent and location of nerve damage and the types of nerves involved are as specific and distinct for each person as their own fingerprint. This first task is the most important in formulating the remaining 4 keys to your recovery.



The Remaining 4 Keys Will Set The Stage  
For Nerve Repair And Regeneration

# Key #2:

## Reducing Inflammation



Peripheral neuropathy results (directly and indirectly) in local and systemic inflammation. Systemic inflammation is like an unattended slow-burning fire...that spreads. Inflammation breaks down both damaged and healthy tissue. The end result... Nerve Damage that Spreads.

Many treatments for peripheral neuropathy fall short because they only focus on the localized inflammation of the nerve. Proper treatment, however, must address the inflammation within the entire body system. This is critical for nerve repair. Failure to address systemic inflammation will cause the local nerves to become inflamed, once again.

The good news is there are many ways to decrease inflammation in your body, without resorting to an anti-inflammatory drug. One of the fastest and least expensive methods is by altering your food choices. That doesn't mean you have to give up all the things you love most to eat. It simply means that while you are healing, it's imperative to make better food choices.

## Incorporate the 80/20 Rule.

80% of the time, make healthier food selections, and 20% of the time, indulge in what you like to eat. For instance, 5 days out of the week you would make healthier menu choices and 2 days are 'cheat days'.

To see a list of anti-inflammatory foods and pro-inflammatory foods, [Click Here](#).

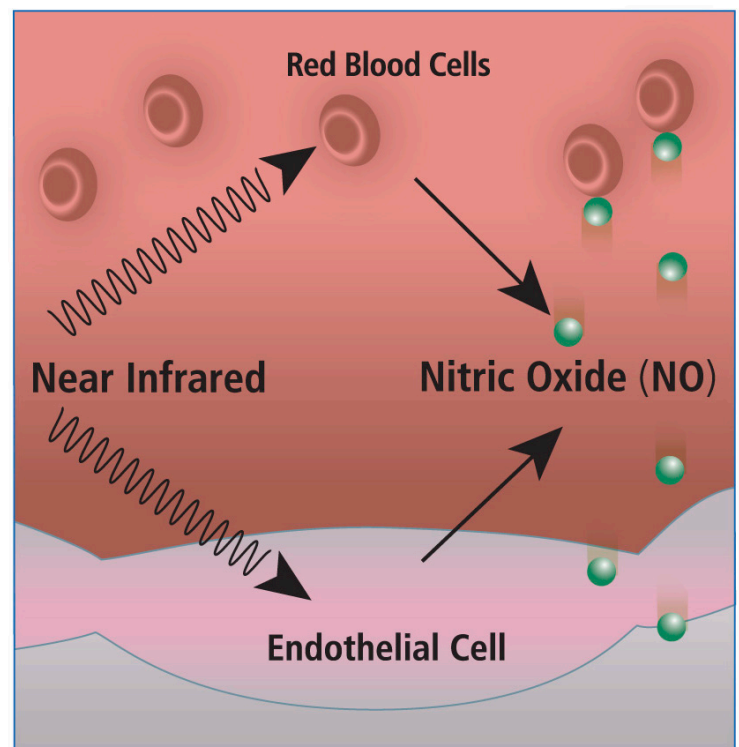
## Key #3:

### Increasing Circulation & Oxygenation to the Nerve

Poor circulation of the hands, legs or feet can be caused by quite a few illnesses, such as diabetes, thyroid, liver, kidney or heart disease.

Good circulation to your extremities is responsible for delivering oxygen and nutrients to the nerves. Without this life force, the nerve will become damaged, wither and die.

In our clinic, we utilize advanced specialized technology that will trigger the release of 'NO' (Nitric Oxide). 'NO' production stimulates cellular reproduction, relaxes muscles, promotes wound healing and increases circulation...delivering the necessary oxygen and nutrients to the nerve. 'NO' is an integral component in repairing damaged nerves.



The medical technology we use to increase ‘NO’ and promote repair in the damaged peripheral nerve is Low Level Laser Therapy (LLLT). This laser therapy has been vastly researched with hundreds of scientific articles published on its ability to repair and regenerate damaged peripheral nerves.

Now before you rush out to buy a laser unit that costs \$100 or less...you must know that ***Not All Lasers Are Created Equally.*** For the

laser to effectively repair the nerve damage, it must operate at a **frequency of 810 nm or higher.** Even the best, most expensive laser that operates below this frequency will not facilitate nerve repair, although it may still have other therapeutic benefits (*for instance helping with muscle sprains*).

[Click Here:](#) to learn more about infrared laser therapy.

## Key #4: Neurotrophic Nutrition



All medical experts agree that neuropathy ***WILL*** progressively worsen, if you don't take effective action.

“Your peripheral nerves depend on receiving the proper nutrients for repair and regeneration. In other words, a house plant without any fertilizer will eventually wither and die.”

The scientific research identifies key nutrients that assist in nerve repair and enable the nerves to regenerate.

Unfortunately, drugs and medications only treat the symptoms and do nothing to repair and regenerate the damaged nerves.



Through an exhaustive search of the medical and scientific literature in combination with our clinical experience, we have identified key nutrients that – in the precise amounts – will accelerate healing and diminish symptoms of peripheral neuropathy.

## Key nutritional components assisting in nerve repair include the following:

- [Benfotiamine](#) (*fat soluble B1*)
- [Pyridoxal-5-Phosphate](#) (*active form of B6*)
- [Methyl cobalamin](#) (*methylated form of B12 with best bioavailability*)
- [Alpha Lipoic Acid](#) (*powerful antioxidant, decreases glucose and Hemoglobin A1C, improves nerve communication*)
- [Arginine or Citrulline](#) (*increases nitric oxide-NO- production*)
- [Acetyl L Carnitine](#) (*protects the nerves from damage from chemotherapeutic agents and other noxious chemicals*)

There are over 100 clinical studies backing the efficacy of these nutrients, which have been widely published.

We used these exact nutrients on my mother-in-law, along with the laser therapy to reverse her peripheral neuropathy. The only difference was, when my mother-in-law had peripheral neuropathy, we had to purchase a bottle of each of these nutrients (and a few more). She was taking up to 30 plus pill a day. Although she wasn't happy about popping so many pills...she was a trooper and stuck with it. As a result, she conquered her peripheral neuropathy.

The challenge occurred with trying to get our patients to purchase all the necessary bottles and, then, take 30 plus pills, daily. Not only was it cost prohibitive (\$400 per month) but it was overwhelming for them. As a result, patient compliance was poor. That's when Dr. Monteiro and I teamed up with a chemist to develop our own formulation that contained everything a patient needs in just 2 bottles. We call our formulations [NUPHORIA Gold CM™](#) and [NUPHORIA Blue CM™](#)

[NUPHORIA Gold CM™](#) is our nerve repair formulation, while [NUPHORIA Blue CM™](#) increases Nitric Oxide, circulation and protects

## [NUPHORIA Gold CM™](#)

[NUPHORIA Gold CM™](#) is backed by over 100 clinical studies. It was developed and tested by doctors who treat neuropathy daily and is the proven formulation that reduces, or even eliminates, peripheral neuropathy pain and symptoms... with no side-effects...no chemicals...completely natural.

Here are some of the positive results that our ingredients have achieved for others:

- Reduced numbness & tingling in hands, feet and legs
- Decreased the pain & burning sensations
- Reduced cramping
- Improved nerve linings (myelin sheath) and nerve function

the nerves from further damage. The best part is that a person only has to take 2 pills of [NUPHORIA Gold CM™](#) in the morning and afternoon and 4 pills of [NUPHORIA Blue CM™](#) at bedtime. That's only 8 pills a day (a far cry from 30+ pills). Even better, the ingredients in these supplements also help to decrease the burning, numbness and tingling of peripheral neuropathy. The ingredients in [NUPHORIA Gold CM™](#) or Blue do not interfere with medications. We had to make certain of this, when formulating our product, because most of our patients are on 15 or more medications, daily.



- Reduced stress & anxiety
- Improved balance and coordination
- Decreased dependency on medication

# Here's What A Few Of Our Patients Have To Say About NUPHORIA Gold CM<sup>TM</sup>

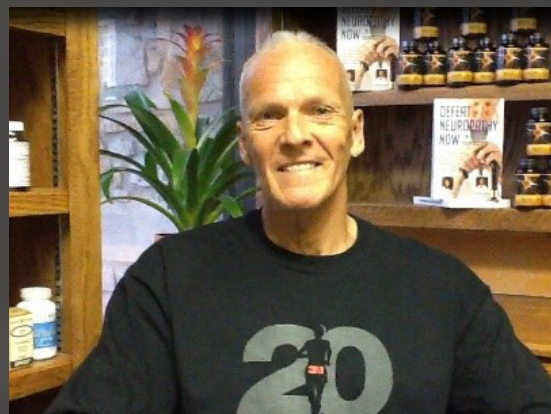


E.J.

The doctors at San Antonio Neuropathy Center told me I should begin to see results in about 30 days but after only 1 week of being on [NUPHORIA](#), the burning, numbness and tingling in my feet had improved significantly. By the fourth or fifth week of taking [NUPHORIA](#), I no longer experienced any pain and no numbness or tingling, either. I just couldn't be any happier.

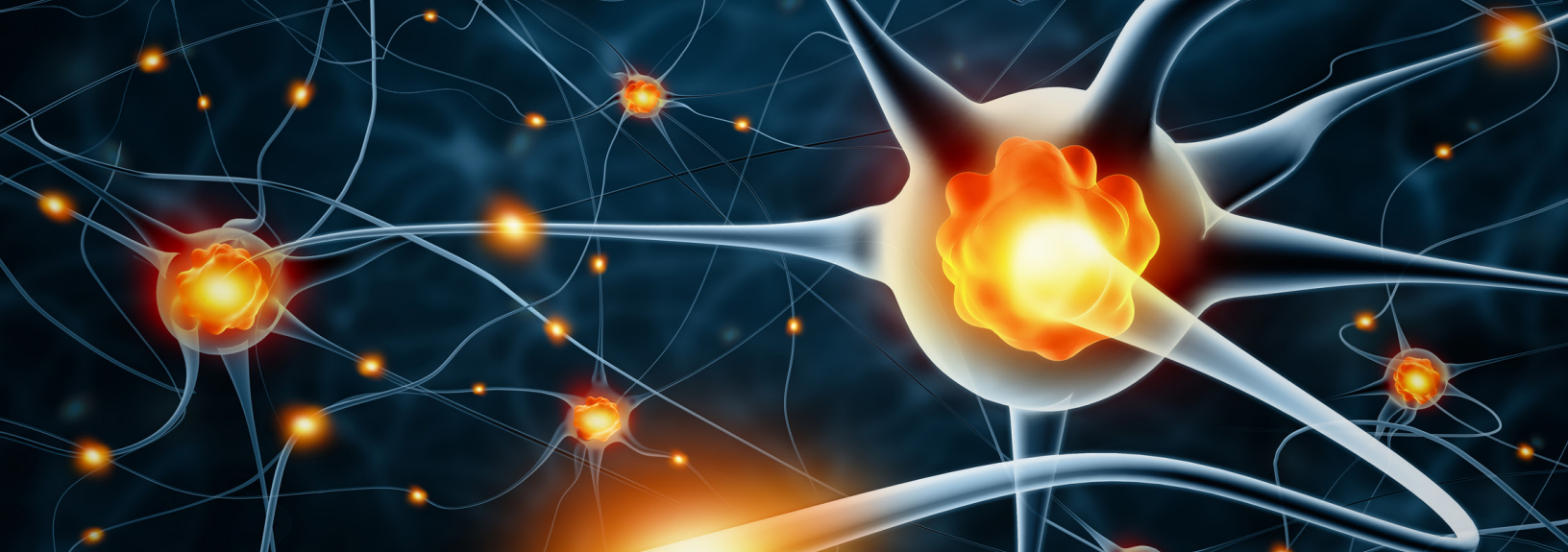
## Rodney

I've been a runner for years and would average 100 miles per week. Since developing peripheral neuropathy, I had very poor balance and the burning in my feet prevented me from running. Without being able to run, I felt like I had nothing to live for. Since taking [NUPHORIA](#), I'm back to running 100 miles a week, again.



## Carol

The Neuropathy pain made it unbearable to walk my dog. Not only was the pain horrible but I had to use a cane. Since my dog wasn't getting the same amount of activity, he was getting fat. The limitations I had in my daily life made me feel like a very old lady and caused me to get extremely frustrated and angry. Since taking [NUPHORIA](#), I can walk my dog without a cane, and more importantly, without any pain. I'm able to drive again and do all the things I enjoy.



# Key #5:

## Restoring Nerve Communication

**Reboot your nervous system.** When your peripheral nerves undergo damage, it alters the communication from the brain down the nerve. In order to get information to the damaged nerves, the brain will create new pathways for this information to travel. Unfortunately, many of these paths will lead to the wrong 'address' and never reach the correct destination. The result...numbness, weakness and loss of balance.

This explains why people with peripheral neuropathy suffer from FALLS and HIP FRACTURES (sometimes fatal), because the damaged nerves are not communicating with the brain -resulting in balance problems.

Once your peripheral nerves begin to repair and regenerate, we must **REBOOT YOUR NERVOUS SYSTEM**, to make sure the communication from your brain takes the correct route to get to its destination. If the newly healed nerves and brain are not in sync, you will still be at a high risk for falls and hip fractures.

Once we have restored proper nerve function,

our treatments, then help coordinate the restoration of the feedback loop between the brain and the nerve.

We achieve this **REBOOT** by incorporating Proprioceptive training. Proprioceptors are a specific sensory receptor in the body that receive and process stimuli allowing the body to know its position, movement and equilibrium (balance).



**"Whenever something goes wrong,  
I just push this little button and restart.  
I wish my whole life was like that!"**



For instance, if you close your eyes, you can touch your nose with your fingertip, even though you can't see your nose. Proprioceptors allow you to do this. Remember playing as a child. Your friends would blind fold you, but you could still walk and run around. For someone that has lost proprioceptive communication, if you blind fold them- they will fall over (without bumping into anything).

The body has lost the ability to know its position in time and space.

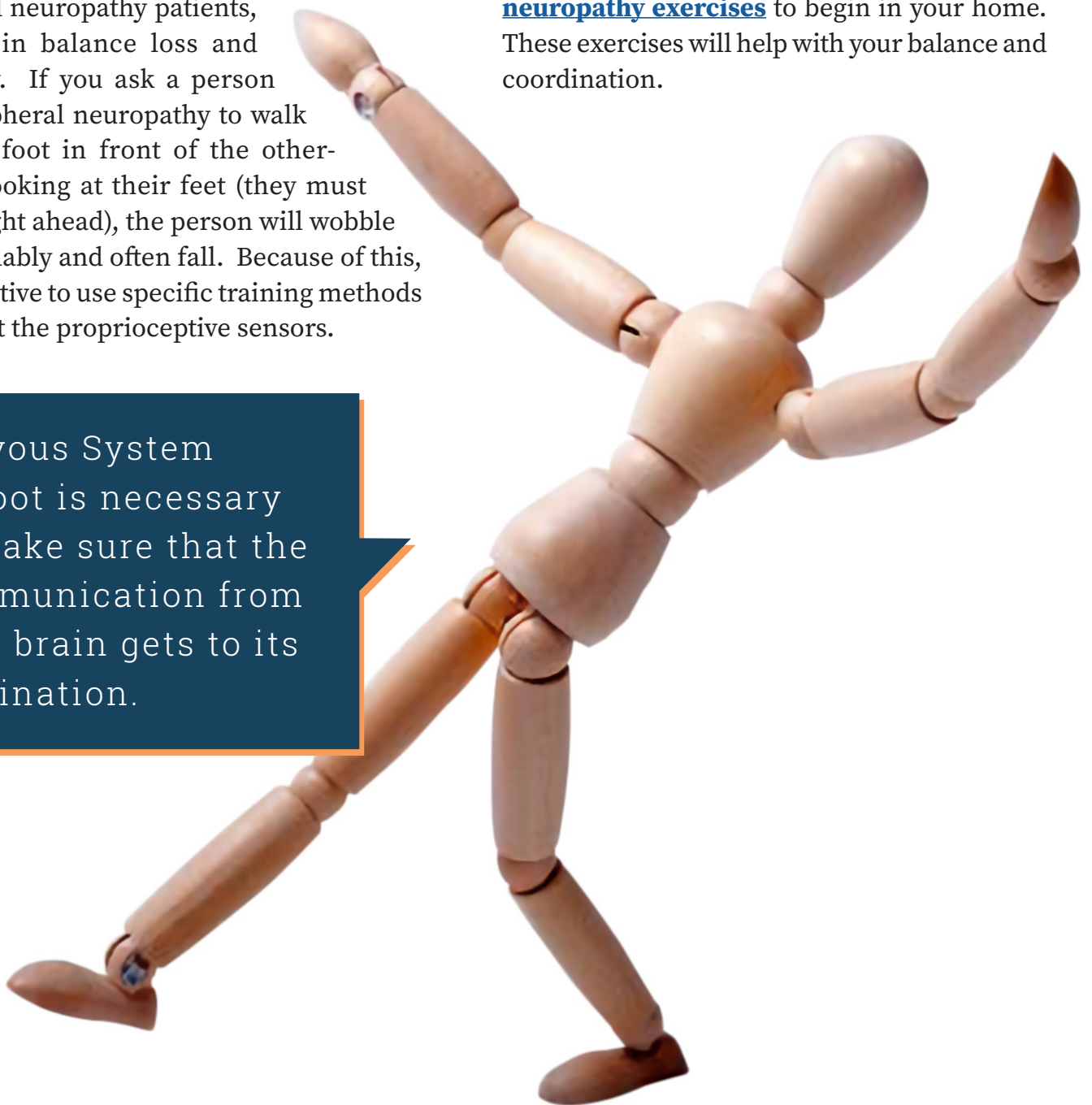
Proprioceptive damage commonly occurs in peripheral neuropathy patients, resulting in balance loss and instability. If you ask a person with peripheral neuropathy to walk with one foot in front of the other- without looking at their feet (they must look straight ahead), the person will wobble uncontrollably and often fall. Because of this, it's imperative to use specific training methods to re-adapt the proprioceptive sensors.

The method we use to re-establish proprioceptive sensors is called **Sensory Integration**. It is a form of therapy in which special exercises are used to reset proprioceptive sensors by strengthening a person's sense of touch, balance and a sense of where the body and its parts are in space.

These methods help rebuild new pathways for your body and brain to control the position of a limb.

Although this is not a complete Sensory Integration program, [click here for some basic neuropathy exercises](#) to begin in your home. These exercises will help with your balance and coordination.

Nervous System Reboot is necessary to make sure that the communication from your brain gets to its destination.



## Chapter 5

# The Key to Defeating Peripheral Neuropathy

After reading this E-book, it should be clear that ***There Simply, Is NOT One Thing That Will Heal Your Neuropathy.*** Peripheral neuropathy is a very complex, condition, and in order for repair to occur, several body systems must be addressed. It is also vitally important to address offending agents, like toxins and food chemicals, that may have caused or contributed to your peripheral nerve damage.

It ***IS POSSIBLE*** to ***RECOVER*** from peripheral neuropathy and the debilitating symptoms (burning, numbness, tingling, pins & needles, sensitivity to fabric, lightning bolt pain, sharp pain, loss of balance, muscle weakness). However, you will never recover if all you are doing is taking medications like Neurontin™ (gabapentin), Lyrica™, Cymbalta™, Tramadol™ or others. Remember, these medications do not repair the damage to the peripheral nerves, they merely mask the pain. In fact, most of these medications will worsen nerve damage with time.

Since Neuropathy is complex, it requires a ‘wide-angle’ approach, taking into account everything causing or contributing to your condition. For instance, when we are evaluating a person suffering with peripheral neuropathy symptoms, **we examine every crucial element necessary to promote the healing of your nerves and to rid you of your pain.**

We have done extensive research to stay on

the **cutting edge of peripheral neuropathy treatment and repair.** We utilize the latest **science and technology** to achieve maximum regeneration and repair of your peripheral nerves. We have developed proprietary scientific protocols that enable us to produce predictable, successful results. We are proud to report we have achieved a 90 % patient satisfaction rating.





## Lindsey's Story

I can first handedly testify that Dr. John Coppola and Dr. Monteiro- **For Sure** know what they are talking about. My husband was in excruciating pain from Peripheral Neuropathy. He was taking Gabapentin and Tramadol and his feet and legs hurt so bad it kept him from sleeping, made work difficult, and most importantly prevented him from being able to play with his children without being in pain all the time. We Visited with the doctors

after a visit to the ER from the pain for a thorough testing process to determine the level of severity of neuropathy. Sadly, his was bad! Dr. C set us up with a plan of action, treatments, supplements, convinced my hubby to stop taking the pain meds, drinking diet sodas and eliminating the processed foods. All I can say is WOW what a difference it made!! In less than a week we already noticed a big change! Thank you to these incredibly intelligent and compassionate doctors. They truly care about their patients and their needs! Of course, everyone goes to work to make money to pay their bills and support their family but at the end of the day I can honestly say that these two doctors do what they do because they honestly care. Thank you doctors for helping my hubby and our family.

## Formulating a Game Plan to Recover from Neuropathy!

Statistics show that less than 1 % of the doctors in the U.S. know how to reverse peripheral nerve damage. Trying to find a doctor with experience on reversing peripheral neuropathy can be like trying to find a needle in a hay stack. So, I will outline what you need to look for when choosing a doctor who is knowledgeable in reversing neuropathy. I'll also let you know what you can begin doing on your own to reduce your nerve damage and diminish symptoms without the side effects of medication.



The question is...with so few doctors that know how to reverse neuropathy, how do you know if your doctor is knowledgeable?

First, always begin by asking these questions: *(No doctor should get insulted by your desire for due diligence. If a doctor is insulted or offended when you ask these questions, chances are... They Are Not The Right Doctor For You.)*

# 7 Questions to Consider Before Beginning a Neuropathy Treatment Program

- 1. Has a thorough, in-depth evaluation and examination been performed in order to diagnose my nerve dysfunction?** In our office, we utilize a 17-point functional evaluation for peripheral nerve repair. This allows us to determine the type and extent of nerve damage.
- 2. Does the treatment assist in the repair of peripheral nerve damage and regeneration (regrowth) of the nerves?** We utilize the same state of the art technology used in Europe for the past 30 years to reverse peripheral nerve damage and stimulate regeneration of the nerves.
- 3. Does the treatment address the cause(s) of my neuropathy and not just the pain?** We identify any offending agent(s), which may have caused or worsened your neuropathy, then devise a game plan to remove them.
- 4. Does the treatment reduce inflammation at the nerve site and throughout the body (systemic)?** The reason most neuropathy treatments fail is because they only reduce the inflammation locally, around the nerve. Chronic inflammation makes it very difficult and certainly slows down the process of nerve repair. For this reason, it is imperative to reduce systemic inflammation without using an anti-inflammatory drug that carries a wide list of side effects.
- 5. Does the treatment increase circulation and oxygenation necessary for nerve repair and healing?** One of the key factors of our program is that we use the latest medical technology to increase both circulation and oxygenation which accelerates peripheral nerve repair.
- 6. Does the treatment use neurotrophic nutrients to promote nerve repair and regeneration?** Clinical studies have shown that using neurotrophic nutrients, such as Benfotiamine, Pyridoxal-5-Phosphate, Methyl cobalamin and Alpha lipoic acid are vital keys in nerve repair. Research has shown these nutrients decrease numbness, tingling, burning and pins & needles sensations.
- 7. Does the treatment re-establish the communication between the damaged peripheral nerve and the brain?** We have created the 'Nervous System Reboot' technique to specifically address ongoing deficits in balance and coordination caused by peripheral nerve damage.

# Take Charge!

Here is a list of things you can implement immediately to help reduce your neuropathy symptoms.

## Take neurotrophic supplements.

Neurotropic supplements are concentrated, whole-food-derived nutrients that are beneficial for the nervous system. In other words, they are specific nutrients that support repair and regeneration of the damaged nerves. The list of nutrients that play a critical role in the healing process is rather extensive and it can be overwhelming. This list includes: Benfotiamine (fat-soluble B1), Pyridoxal-5-Phosphate (activated B6), Methyl cobalamin (bioavailable B12), Alpha lipoic acid (antioxidant), Acetyl-L-Carnitine (Amino Acid Nerve protector), L-Citrulline (Amino Acid for blood flow).

When we first implemented this researched regimen on my mother-in-law, she had to purchase a bottle of each of these nutrients and take upwards of 30 pills per day to achieve a therapeutic dosage. Since then, we have developed our own formulation called [NUPHORIA Gold cm™](#) and [NUPHORIA Blue cm™](#). It combines a synergistic blend of the above ingredients in the appropriate therapeutic dosage to achieve results. The ingredients found in NUPHORIA Gold and Blue are backed by over 100 clinical studies for efficacy.

To learn about [Nuphoria Gold and Blue](#), [click here](#).



## [Eat an Anti-Inflammatory Menu Made of Whole Foods.](#)

Whole-foods refer to eating fresh food that is full of life; foods that have not been processed. This would exclude anything that comes from a box, bag, or can.

Your diet should include plenty of fruits, vegetables, seeds, nuts, organic free-range poultry, wild game, wild fish, and legumes. Ideally you should purchase meat, fruits, and vegetables that are organic. However, if this is not feasible, you should at least avoid the produce with the highest levels of pesticide residue, which is known as the dirty dozen, or you should buy organic if you decide to consume the foods on this list. You can download a free app from EWG (environmental working group) to view the 'Dirty Dozen' List. If you would like a list of [anti-inflammatory vs. pro-inflammatory foods](#), [click here](#).



## [Avoid MSG and artificial sweeteners.](#)

MSG (monosodium glutamate) and artificial sweeteners (the blue, pink, and yellow packets) are neurotoxins. They can damage and poison nerve cells...not exactly what you want to be eating when you're trying to recover from neuropathy. Hence, avoid zero-calorie sodas, soft drinks—or really-any type of diet beverage, for that matter. Read the labels carefully. Never, ever, ever, eat anything without scrutinizing the label first—not unless you like playing Russian

roulette with your health.

Safe sweeteners (sugar alternatives) to use are Stevia (SweetLeaf™) and Luo Han Guo/ monk fruit. These taste great and are safe for diabetics. They are also, non-toxic. Most health food stores will carry these or you can purchase them at: [www.vitacost.com](http://www.vitacost.com).

## **Start juicing.**

Buy a juicer and use it. We live in a day and age when our soil is overcultivated resulting in fresh produce with a lower nutrient (vitamin/mineral) content than 50 years ago. We eat too much processed food, we destroy any remaining nutrients by storing our food for too long or by overcooking it. Suffice it to say, we are all nutrient-deficient to some degree. One of the best ways to restore nutritional deficiencies is to juice on a regular basis (weekly), especially if you suffer from any chronic disorder.

Fresh juice is supercharged with antioxidants, enzymes, vitamins, and minerals. It will deliver necessary nutrients to your cells and nerves for healing, and your energy levels will increase. For people with prediabetes or diabetes, I recommend using a Vitamix turbo blender to create smoothies, as opposed to a juicer. The Vitamix retains all the fiber from your fruits and vegetables, lowering the glycemic index and preventing a fast sugar dump into the bloodstream. (visit [www.harvestessentials.com](http://www.harvestessentials.com) or [www.costco.com](http://www.costco.com)).





## Detox!

Detoxing is like spring-cleaning for the body. Impurities, such as accumulated chemicals and toxins, are removed from the blood in the liver, where toxins are processed for elimination. A detox program will also help you eliminate stored toxins via your kidneys, intestines, lungs and lymphatic system.

A detox program should be done minimally once per year. A typical detox program will include dietary alterations, which does not necessarily mean fasting, along with specific nutritional supplements designed to aid and support the toxin removal from the body. I recommend a three-week detox program (21 days), but if you are new to detoxing, you can start with two 10 day detoxes throughout the year.

There are many very effective detox programs on the market (Blessed Herbs, Renew Life). At our clinic, since we treat many patients with multiple chronic illnesses (diabetes, kidney disease, liver disease, autoimmune diseases), we utilize a very gentle, yet effective detoxification program called our '21 Day Jump Start'. After doing the '21 Day Jump Start', most people report a decrease in their neuropathy symptoms and improved sleeping and energy. If you would like to learn more about the '21 Day Jump Start' program, simply call our clinic at 210-492-0111.

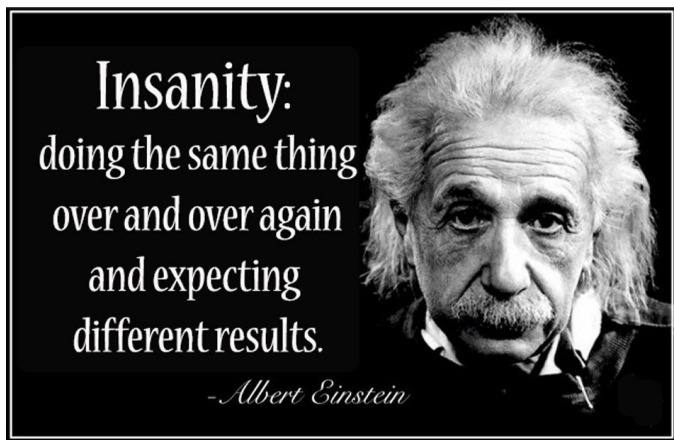
## Drink purified water daily.

Although you would think this would be a 'no-brainer', the reality is that 75 percent of the population is chronically dehydrated. **Do not drink tap water!** My first choice is a good quality spring water or otherwise filtered water. The general rule of thumb is to drink half of your body weight in ounces. For example, if you weigh 150 pounds, drink 75 ounces of water per day. And **NO!** coffee doesn't count. Coffee is a diuretic and will cause you to lose precious vitamins and minerals (including the necessary B-vitamins for nerve repair). For a good water filtration system, visit: [www.aquasana.com](http://www.aquasana.com) or [www.stpaulmercantile.com](http://www.stpaulmercantile.com) (type in stainless steel water filter).

## Reduce medications with medical supervision.

As you have seen in previous chapters, medications have serious side effects. Many of the medications that you are taking might be contributing to your neuropathy. I have seen far too many patients walk into my clinic slurring their speech—or appearing zombied-out—because they are overmedicated. Reducing your medications is, by far, one of the single best things you can do for your overall health.

**Never Stop Any Medication Without Consulting Your Doctor.** Talk to your doctors about a strategy to correct the medical problem causing your symptoms in the first place. If you are taking 3 more medications to control blood pressure, ask your doctor if this can be reduced to just 1 or 2, for instance.



No words could be any truer. We see this happen quite often, with so many folks suffering with Peripheral Neuropathy.

Many people continue taking medications like Lyrica or gabapentin for years. Although, they continue to suffer with neuropathy symptoms and do not experience any improvement, they continue to stay on these drugs. Why? Because, they have no other known alternative.

If you are like the average neuropathy sufferer, you may have lost hope. Possibly, even given up on the possibility of getting relief or recovering from your neuropathy symptoms. You may have even grown tired of having one medication after another thrown at you—with all their side effects— and yet, no relief.

**The Key To Your Recovery Is Here!** It is possible to recover from Peripheral Neuropathy.

One thing is for certain, if you continue to do the same thing, you're going to get the same results. If you want to finally find relief from your neuropathy, you need to do something different. Pick up the phone and call us!

Let us help you reclaim your life and get back to living again. We've been able to help hundreds upon hundreds of patients recover from their neuropathy. Let us help you.

If you don't live in the San Antonio Area...Don't Worry. We work with people across the United States. All you need to do is set up a telephone consult with one of our doctors.

**Call us at: 844- 400-0101**

That's (844) 400-0101

If you are not quite ready to schedule a telephone consult, then at least start by taking NUPHORIA cm™ Gold. The research speaks for itself. Clinical studies have shown that the ingredients in NUPHORIA cm™ Gold can diminish neuropathy pain and symptoms and repair nerve damage.

Don't continue living the definition of INSANITY.

We are completely dedicated to helping as many people as possible reclaim their health and their lives' back. Isn't it time you overcame this crippling illness?

We're here to help you find your road to recovery from Peripheral Neuropathy.

Yours in health,

Dr. John Coppola, D.C., A.C.N

**Call the  
Neuropathy Experts  
now at  
(844) 400-0101  
to schedule your  
evaluation.**

[www.healmynerve.com](http://www.healmynerve.com)



# Real Patient Testimonials

## Dale

My name is Dale and I live in Webster, Texas (outside Houston, Texas).

I developed peripheral neuropathy as a result of kidney disease.

At first, it was minor and didn't bother me much, so I wasn't really concerned. But, as time progressed, it got worse, forcing me to pay attention. Once I was diagnosed, all my doctors told me that it was incurable and all they could do was prescribe pain killers. "I would just have to live with it", that's what they told me.

I tried every sort of pill and capsule that was advertised to offset the neuropathy, all to no avail. On one fateful day, I was browsing Amazon for something to deaden the pain in my legs and happened to see the book, "Defeat Neuropathy Now: In Spite of Your Doctor" by Doctors Coppola and Monteiro. Now I thought that is a bold statement but certainly caught my attention. I purchased the book and soon was engrossed with the content.

"Hmmm, this seems to make sense! I thought" After digesting the gist of the book, I contacted Dr. Coppola. After a half dozen exchanges of email, I learned of the Home Care program. I first tried the supplement suggested by the doctor, (Nuphoria) and began to feel some improvement in my condition. Since my neuropathy was now in the advanced states, I decided to go all the way with the Home Care program.

When the system arrived at my home, I was

really ready to try anything for relief. Dr. Coppola was very helpful with setting up and using the system. Setting up the system, is not rocket science and doable by the normal layman. I chose to purchase the 2-boot laser system to save time.



My neuropathy results were not immediate, probably due to advanced condition of my nerves. But after several days of treatment, I began to notice small changes. The skin eruptions that were bothering me began to subside. The pain in my legs and feet began to lessen. My balance began to slowly return.

After several treatments and consultations with Dr. Coppola, I can report that **I Am Now Enjoying A Complete Turn Around with Peripheral Neuropathy**. It is not completely halted but the changes are much better than I had hoped for and continue to get better every day.

I thank God for pointing me in the direction of this book. It is a worthwhile first step for anyone battling neuropathy. I gladly recommend it to anyone that has neuropathy and been disappointed by the suggestion to just dull the pain with medication and learn to live with it. Because there is a solution to nerve damage and you can take the first step. I heartily recommend you get this book and learn that neuropathy can be defeated.

# Hilda

In February of 2012, I started to have problems with numbness and tingling in my feet and legs. At night, it felt like there was a rubber band binding my legs and hands. I went to my doctor and he told me I had peripheral neuropathy. He told me that there was no cure and I would be like this for the rest of my life.

This problem really started to affect my home life. I began to lose strength and couldn't do my chores and housework. I had a difficult time walking and couldn't go to family outings. I felt like I was good for nothing, because I had to rely completely on my husband-even for walking.

I saw Dr. Monteiro and Dr. Coppola on T.V. and for the first time, I had hope. I asked my husband what he thought, and he said, we've got nothing to lose, let's go meet with them and hear what they have to say.



I liked the Doctors and the staff very much and I felt very confident that they were sincere and knew what they were doing, so I started the program. At first, it was very slow going. I did everything the doctors told me to do but 2 months had gone by and I didn't see any changes. The doctors told me that I was a slow healer because of the type of nerve damage and not to quit. It was just going to take longer. I wanted to believe them, but I began losing hope again.

One day in treatment, I was sitting next to a lady and she started telling me, she had the same problem. She was a slow healer and it took a long time before she began to feel better but now almost all of her symptoms were gone. She really convinced me to stick with the program.

Well it took 8 months before my neuropathy went away but finally I was able to walk without my husband's help. I could do my chores and visit my family. I was back to myself again. I felt thrilled. I'm so glad I didn't quit.

It's been 2 years since I finished the neuropathy program and I still feel great. I want to tell everyone...Don't quit! Give it time! This program works!



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