

Peripheral Neuropathy: A Breakdown in Communication

Our bodies possess a vital communication network called the peripheral nervous system which is necessary for daily living. Peripheral nerves enable the communication between the central nervous system (the brain and the spinal cord) and different areas of the body, as well as its systems. However, like other bodily systems, this communication network can become damaged and significantly affect our quality of life. This damage is referred to as peripheral neuropathy.

“The nerves and surrounding blood vessels of this communication highway are critical in maintaining a healthy, productive life, but like so many of our vital internal systems, they are susceptible to damage,” explains Dr. Kenneth Carle, Chiropractic Physician, Renewed Life Wellness Center (RLWC). “This damage can be caused by traumatic injuries, metabolic conditions such as diabetes, genetic factors, and exposure to toxins such as chemotherapy or certain drugs, like statins. There are more than a hundred known causes of neuropathy but the common denominators in all neuropathies are ischemia, which is the lack of proper blood flow, and hypoxia, which is the lack of proper oxygen. As the blood vessels surrounding the nerves are deprived of blood and oxygen, they shrivel up and start to die, preventing the nerves from receiving and sending necessary information. This process results in a communication breakdown.”

Symptoms of peripheral neuropathy can include but are not limited to:

- Loss of balance
- Pain in the feet or hands
- Numbness or tingling
- The feeling of pins and needles
- Burning sensation.

Pain, numbness, tingling, and burning sensations are frequently experienced in the feet, but can also occur in the hands. Symptoms can vary from mild to disabling, depending

on the nerves affected and the severity of the damage. They may develop over days, weeks, or years.

More than 20 million people in the United States are estimated to have some form of peripheral neuropathy, but this figure may be significantly higher because not all people with symptoms are tested, and tests do not diagnose all forms of neuropathy.

“Like any other disease, without treatment peripheral neuropathy will get worse over time,” explains Dr. Carle. “Simple activities like walking, sleeping, and wearing shoes can become difficult and eventually impossible. The neuropathy may become so severe that a person will experience issues with balance. When this happens, a person may start to fall and have to use a cane, and say “no” to things they really want to say “yes” to,” like golf, dancing, or walking on the beach.”

Gabapentin, Lyrica, and antidepressants are the commonly used medications to treat neuropathy. However, it is important to note these drugs only try to alleviate the symptoms and do not address the root cause - an insufficient supply of blood and oxygen to affected areas. Unfortunately, if left untreated, neuropathy can lead to severe complications such as amputation of the toes, feet, or legs.

“Neuropathy doesn’t have to put an end to your enjoyment of life. At RLWC, our approach to treatment starts with knowledge, compassion, and understanding,” expresses Dr. Carle. “We take the time to learn more about the patient, their symptoms, challenges, prior treatments, and then conduct a 24-point neuropathy examination with comprehensive testing. We are certified in addressing peripheral neuropathy, and over the past few years, have effectively treated this debilitating condition using a combination of cutting-edge therapies and supplements without resorting to drugs or surgery. This approach has resulted in 100% of our patients feeling better, with each patient usually experiencing a 30-70% improvement.”

Advanced therapies for the treatment of peripheral neuropathy can have a dramatic impact on a person's life. Tim O'Melia, a patient of Dr. Carle, was excited the day he purchased a motorcycle he named "Black Betty." Tim's dream was to add mileage traveling on the bike, but after a whirlwind tour of Florida, Tim had trouble controlling the bike. He was diagnosed with peripheral neuropathy. Tim did not have any idea why he was inflicted with this condition. "All I know is that the pain and burning was just killing me," expressed O'Melia.

At first, Tim experienced mild symptoms that included numbness on the tip of his big toe and the second toe on his left foot. A month-and-half later Tim started to feel the burning and tingling common with peripheral neuropathy. He saw his physician and was prescribed medication, but the medication had no effect. It was at that point Tim decided to see Dr. Carle at the RLWC. "There are four stages to peripheral neuropathy with stage 4 being the most severe," explains Dr. Carle. "Tim was in stage 2 which allowed us to develop a treatment protocol utilizing a variety of breakthrough treatments that had a positive impact on Tim's condition."

"When I first went to Dr. Carle, I was waking up every morning feeling as if someone had lit a match and set my feet on fire," O'Melia states. "Now I wake up singing because it's like somebody came along and put the fire out. Dr. Carle gave me my life back."

The damage to this communication highway can sometimes be severe but effective treatments and therapies can stop further damage and start to reverse many of the symptoms, which will result in getting your life back.

Free Lunch and Learn!

Join our free lunch and learn seminar to see if you are a candidate for our breakthrough neuropathy treatment. Renewed Life Wellness Center and Dr. Carle can help you manage and overcome peripheral neuropathy symptoms like numbness, tingling, pain, and balance issues through these breakthrough treatments.

Breakthrough Treatments in Peripheral Neuropathy

5664 Bee Ridge Road, Suite 100, Sarasota, FL

April 23, 2024

12 p.m. to 1 p.m.

Lunch will be served.

Registration is limited to the first 16 registrants.

RSVP by April 22nd to 941-376-1488.