

# NEUROPATHY

**Despite what you have been told, Neuropathy CAN be reversed!** At Elevated Health, we approach the treatment of Neuropathy differently. With traditional approaches, medication is used, this often masks the symptoms instead of healing them. Eventually, the dose of the medication is either increased or changed. In either case, the Neuropathy continues to worsen over time until surgery or amputation is recommended. At Elevated Health we believe in getting to the root of the problem!

## Natural Solution: No Drugs, Surgeries, or Injections

You're about to embark on a way of reversing your neuropathy that you've never experienced before. It's going to be fun, comfortable, and you're going to get results. This program is a combination of several things. Our main focuses here at Elevated Health are: **Nutritional programs, In office treatments, at Home treatments, and 24/7 access to our Health Coach and Doctor.**

Many of our patients with Neuropathy report that their feet or hands feel just like the picture on the left. Peripheral Neuropathy is a condition affecting more than 30 million Americans, and the condition is growing rapidly. In our clinics we have developed a precise and effective system treating peripheral Neuropathy. This program is helping thousands of people across the US with this debilitating condition. The interventions and technology we use are designed to address the multiple factors that can contribute to the development of Neuropathy, and provide ongoing relief for our patients. Given that peripheral Neuropathy almost always has a vascular and neurological component, the first group of therapies we utilize are designed to improve nitric oxide production, nerve re-education, angiogenesis, and increase circulation to the extremities. When improve the underlying blood supply to the peripheral nerves. Patients experience substantial decreases in pain, increased balance, and diminished numbness/tingling that is all too common with Neuropathy.

If your hands or feet are affected by **peripheral neuropathy**, you may experience:

- Numbness
- Insensitivity to pain or temperature
- Tingling, burning, or prickling (aka “pins and needles” sensations)
- Sharp pains or cramps
- Extreme sensitivity to light touch
- Loss of balance or coordination

Some people find that these symptoms are worse at night. Others find that their symptoms are dependent upon the temperature, time of day, or their level of physical activity. Numbness, tingling, or pain from neuropathy can be scary, especially when you don't know what's going on or who to ask for help!



You probably know that the standard American diet isn't nutritious – but you probably don't realize that malnutrition is one of the main causes of neuropathy in the United States! When you think of malnutrition, you probably think of people who don't eat (or have access to) enough food to survive. Unfortunately, malnutrition can happen regardless of how much food you consume. *It all depends on the nutritional quality of your food.* Though neuropathy can be caused by other conditions – diabetes, cancer, autoimmune disease, etc. – malnutrition is becoming an increasingly common factor. A poor diet can cause *nutritional neuropathy* – neuropathy caused by poor nutrition – all on its own or in conjunction with other conditions (diabetes, for example).



Unlike peripheral neuropathy, *autonomic neuropathy* affects the functions of your body that are involuntary or unconscious. Your heart, digestive system, lungs, and other vital organs are controlled by this system. When it malfunctions, as it does with **autonomic neuropathy**, any of these functions can break down. This can lead to:

- Digestive difficulties (constipation, diarrhea, nausea, bloating, etc.)

## NUTRITIONAL PROGRAMS

**Nutrition is foundational for healing.** Medications may help to alleviate symptoms in the short run, but won't get to the source of the problem. Through nutrition, you can take advantage of your body's incredible natural healing abilities and overcome degenerative diseases ranging from fibromyalgia to neuropathy. With proper nutrition, anything is possible! Our holistic nutritional programs are designed to activate your body's innate healing abilities and provide the support you need to heal quickly and permanently. We provide a variety of resources (daily checklists, recipes, example menus, etc.) to make a healthy diet as easy and sustainable as possible!

## IN OFFICE TREATMENTS



Our in-office treatments give you an opportunity to pamper, renew, and recharge yourself on a regular basis. Your visits will feel like spa days – and you'll make incredible progress, too! Our in-office treatments are crucial to your success in overcoming neuropathy. They can help to relieve your symptoms in the short run (numbness, tingling, pain, etc.) and heal your body in the long run. Your treatment program has been custom-tailored to suit your personal needs, maximizing its efficacy for you. In-office treatments may include Electronic Leg Stimulation, Leg Wraps, Light Therapy, Self-Mastery Technology (SMT), and Whole Body Vibration (WBV). You'll count down the days until your next appointment!

## OUR TREATMENTS

- **Electronic Leg Stimulation** is a breakthrough technology that allows us to treat patients with great success. Electronic Leg Stimulation is a non-surgical, non-invasive, relaxing electronic stimulation treatment that increases the function of the peripheral nerves quickly and effectively! Electronic Leg Stimulation machines are small electrical muscle stimulators with a higher output than *any* other electrical stimulator on the market today. They're designed with a high voltage and low amperage, making them the safest *and* most effective machines on the market. Each session will help to stimulate local circulation, relax muscle spasms, and increase your range of motion.
- **Leg Wraps** improve circulation and relieve the symptoms of neuropathy. The cream used in our Leg Wraps was developed by a biochemist from UCLA over

- Urinary incontinence
- Sexual dysfunction
- “Brain fog,” lightheadedness or dizziness
- Heart rate and blood pressure irregularities
- Shortness of breath
- Sweating too much or not enough
- Difficulty swallowing

Though many people recognize the signs and symptoms of peripheral neuropathy, most people don't realize when they are affected by autonomic neuropathy. Because the symptoms are so diverse – and can be attributed to different causes – autonomic neuropathy can be difficult to diagnose. You may find that the treatments for peripheral neuropathy end up improving other problems that you didn't realize were related!

Our clinic was founded to help you – and others like you – to address physical ailments, to lose weight, and to restore full body health. As a holistic health provider, we're committed to helping you along your journey to wellness. All of the services that we offer complement one another to provide maximum results every single time. Our holistic nutritional programs work together with our all-natural supplements and our in-clinic treatments to ensure your success. Our programs are so successful because we approach health and healing from so many different angles.

30 years ago! It works wonders for patients who lack adequate circulation to the legs! The Leg Wrap cream contains the B vitamin niacin, which is used to dilate blood vessels and encourage lymphatic flow. They also contain other high-quality nutrients that assist in the cleansing of toxic buildup from the legs.

- **Light Therapy** (including laser and/or LED therapy) utilizes non-invasive, painless, high-tech infrared lights that increase blood flow to the extremities. The treatments dilate your blood vessels, allowing blood to flow more freely to your tissues, carrying oxygen and nutrients throughout your body. Light Therapy sessions will reduce tingling, numbness, or pain caused by neuropathy, restore sensation to areas of numbness, and accelerate your healing process!
- **Self-Mastery Technology (SMT)** naturally reduces your cortisol levels, which in turn helps to normalize your blood sugar levels. Because high blood sugar levels can severely damage your nerves (contributing to neuropathy) SMT sessions can lower your stress levels, improve your circulation, and make it easier to eat a healthy and nutritionally balanced diet. Through SMT sessions, you'll learn to make wiser food choices, tune out the stress in your life, and develop better lifestyle habits!
- **Whole Body Vibration (WBV)** improves circulation, strengthens collagen, and stimulates your muscles. WBV sessions are effective at restoring feeling to areas of numbness caused by neuropathy. WBV is excellent for people who don't like exercising – it increases muscle strength, and it's easy to use! You don't even have to put on workout clothes!

## AT HOME TREATMENTS

Another thing that sets us apart from the therapies that you may have tried in the past, is that our programs include treatment machines that **you take home and can use at your convenience!**



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**tingling, numbness, and pain caused by neuropathy, restore sensation to areas of numbness and accelerate your healing process!**

- **Nerve Re-Builder** a highly specialized electronic stimulator that eliminates your Neuropathy nerve pain and painful numbness. It works to repair damaged nerves, eliminating nerve pain and painful numbness. Re-Builders proprietary waveform restores and rebuilds damaged nerves in your feet. This machine is used by The Cancer Centers of America on their patients with Neuropathy.

### **24/7 ACCESS TO OUR HEALTH COACH**

Our Neuropathy programs are all inclusive from the in-office visits and at home equipment to the supplements and coaching. You will also have 24/7 access to our Health coach! If you have any questions you can text her any time!

### **SOLUTIONS4 PRODUCTS**



To heal from degenerative diseases like neuropathy, supplementation is key. The Solutions4 line provides some of the highest quality nutritional supplements available on the market. Unlike other supplements available in the United States, Solutions4 blends are manufactured without any harmful additives or fillers that reduce the potency of a product. Each product meets standards of quality control that far exceed anything else found in the United States. The products are designed as synergistic blends of several complementary nutrients, rather than single-nutrient supplements. The combined ingredients support each other, making the product more potent and effective.



Whether you've been suffering from neuropathy for weeks, months, or years, *our clinic can't help*. You've probably tried a variety of treatments and medications, only to wind up frustrated because of little or no improvement. We understand the pain and frustration you've been through and want the very best for you as our patient.

Because neuropathy can develop over the course of several years, you may not have recognized the





symptoms at first. They may have started out mildly – poor circulation in the cold, occasional numbness, or a light prickling sensation in your toes. Over time, your symptoms have progressed to the point that brought you here today. You may have experienced numbness, tingling, burning, or prickling sensations that have disrupted your life and have caused you to seek help. These symptoms can make it difficult to sleep, walk, and participate in the activities that you love!

When it comes to neuropathy, know that you're not alone. Millions of other Americans suffer from neuropathy too. In our clinic, we've had enormous success treating neuropathy through nutritional intervention and in-office treatments. We know that neuropathy symptoms can be physically and emotionally draining, and we understand that you want the discomfort to go away *right now*. Thankfully, we can help! We believe in our program so much we want you to see for yourself! Right now we are offering a **Neuropathy Special Trial for only \$29. (Normally \$259)**

With this trial you will receive:

- **Consultation with Dr. Tyler Elmore**
- **Neuropathy Tests**
- **Sample of Treatments**

Please call 801-774-7541 to set up your special trial today!

