



**WESTERN NEUROPATHY ASSOCIATION**  
**Hope through caring, support, research, education, and empowerment**  
 Our mission is to provide support, information and referral to people with neuropathy and to those who care about them,  
 to inform and connect with the health care community, and to support research.

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## **COMPLEMENTARY and ALTERNATIVE TREATMENTS for NEUROPATHY – “Almost From A to Z” - As Reported by WNA Members**

The treatments profiled here have been recommended by one or more persons in one or more of the WNA support groups. Mindful that not everything works for everyone, or all the time, the rule of caveat emptor (“Let the buyer beware.”) applies in evaluating these product/treatment options and you should discuss their use with your primary care doctor or neurologist. Also, please remember there can be a placebo effect of up to 50%, so purported product effectiveness needs to take this into account. If you have found something that helps you, but is not on this list, please send information about the product to [info@prhelp.org](mailto:info@prhelp.org).

We have not listed traditional, generally prescribed medications for neuropathy, unless many reported finding them particularly helpful, such as the relatively new medications that FDA has specifically approved for diabetic neuropathy and post herpetic neuralgia, but which are also being used for other neuropathies at doctor discretion. The list does include many over-the-counter analgesics and non-medical treatments with no FDA approval beyond assumed general safety and/or no particular medical community recognition, but which some with neuropathy have found helpful for their own neuropathic and/or other chronic pain symptoms, such as muscle strain, arthritis and fibromyalgia. And we need to understand that, as neuropathy can affect potentially all parts of our bodies, including joints, tendons, and other connective tissues usually associated with non-neuropathic pain dynamics, these may be very relevant to us. (See the **NINDS** booklet on **PERIPHERAL NEUROPATHY** for a brief discussion of this phenomenon.) **Consider use of these various products as part of your experimentation to find the right combination of resources to maximize your functionality and minimize your discomfort and disability with neuropathy.**

(The information contained herein is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. The Western Neuropathy Association (WNA) does not endorse any treatments, medications, articles, abstracts or products discussed herein. You are strongly encouraged to consult a neurologist with any questions or comments you have regarding your condition. The best care can only be given by a qualified provider who knows you personally.)

**Acupuncture/Acupressure** – Using tiny sterilized needles or finger/hand pressure at specific sites to provide relief of pain and inflammation. Therapists using these methods can be found in the telephone directory and may be associated with other complementary treatment practitioners. Some have found it very helpful in reducing neuropathic pain.

**Aleve** – Over the counter product that is effective for relieving different types of pain.

**Alpha Lipoic Acid** – ALA is a universal anti-oxidant. It works in all types of cells to put down free radicals. It also helps to refresh other antioxidants like Vitamin E and C, CoQ10, and glutathione. ALA has been used in Europe many years to treat diabetes by reducing blood sugar levels and diabetic neuropathy reducing DPN symptoms. (It has been found effective with other types of neuropathy.) Recommended dosage: 600 mg. - 300 in the morning and 300 at night. It can be obtained in pharmacies and health food stores but possibly at a lower cost at Vitacost: 1-800-793-2601 or [www.Vitacost.com](http://www.Vitacost.com). Two bottles of 120 (240 total) \$12.69 each plus \$4.95 for shipping no matter the size of your order is \$30.33. The recommended choice when asked is NSI Alpha Lipoic Acid, 300 mg. - 120

caps. Swanson: 1-800-437-4148 Item #D4SWU136. This is for bottles of 60 of the 300 mg. capsules. Each bottle is \$9.89. You save on shipping and handling by ordering more. So it is \$9.89 x 3 - \$29.67 - \$4.95 (S/H) - # \$34.64 is the total. The Vitacost product is reported to be a smaller, easier to swallow capsule. It is important to take the capsules with food and best to not lie down immediately after taking it. Like other vitamins or supplements, you want to let it begin digesting before changing its environment. COSTCO is always a good place to check on the price of medicine and over the counter items due to their drug pricing policies.

**Artalgia** – This is available only from [www.burningneuropathy.com](http://www.burningneuropathy.com) for \$17 for product, postage and handling. It is a liquid homeopathic developed after many years of research by Florida podiatrist **Todd Horton** that combines some 17 herbs that helps with burning, coldness and other neuropathy symptoms. There are many testimonials at the web site specifying the many ways it has been helpful for PNers. Several drops of the liquid are placed under the tongue for quick absorption into the blood stream. Artalgia has an offensive, very strong flavor that goes away very quickly, but it can also be diluted with fruit juice. For many users, Artalgia has a cumulative effect that restores restful sleep, reduces pain/burning sensations, and reduces the need for some or all traditional neuropathy medications with side effects. Martha Chandley reports that it kept her sane during her worst months of diabetic neuropathy with burning to her knees 24/7. She particularly recommends the product for those suffering with **burning** sensations.

**Balance Exercises** - There are a variety of these exercises.

**B-12 Deficiency Correction Options** – The most common manifestations of B-12 deficiency are numbness and tingling sensations with an unsteady gait. But it can also produce atrophy of the optic nerve with visual loss, mental changes related to dementia, and pernicious anemia. Chronic use of metformin and various malabsorption conditions such as diverticulitis, post-bariatric surgery and celiac disease are also commonly found with B-12 deficiencies. For many seniors, use of traditional B-12 tablets is inadequate and may need to have regular B-12 injections and/or use sublingual lozenges of B-12 to get the nutrient quickly into the blood stream. As early diagnosis and proper treatment of B-12 deficiency neuropathy can be significantly reversed, it is essential that proper diagnostic tests be done. If you've been diagnosed as "idiopathic" and have the above symptoms, please ask your doctor for the methylmalonic test as others more commonly used can produce "false negative" results. The Methyl B12 1000 MCG, Methylcobalamin lozenges are available in health food stores; your doctor would need to provide and/or prescribe the injections. Don't experiment. Let your doctor guide you as some people have a high level of B12.

**Benfotiamine** – Go to [www.benfotamine.org](http://www.benfotamine.org) for information about this vitamin B-1 product that has been found to be particularly helpful for controlling blood sugar levels for diabetics and reducing diabetic neuropathy symptoms. It has been used extensively in Europe for many years and is increasingly recommended in the US. While rare today, B-1 deficiency can produce painful sensory neuropathy, beginning in the feet, followed by generalized muscle weakness, including facial muscles. Be sure to check with your doctor before taking it.

**Biofreeze** – This is available at drug stores as an over the counter way of cooling hot patches or feet.

**Bowen Therapy** – This is a unique quasi-massage technique developed in Australia with substantial adoption by specially trained American practitioners. There is no easy way to explain what Bowen is or how and why it works, but there are several web sites with information and most yellow pages will include a list of area practitioners, usually in the massage therapy section. Also look in the business pages of the phone book under Bowen Therapy.

**Borage Oil and Evening Primrose Oil** – These were introduced to the PN community by **John Senneff** in his book, **Nutrients for Neuropathy** as a gamma linoleic acid source for omega 6 oils, one of the "good" type oils,

when used in a proper ratio with the more critical Omega 3 oils Both are readily available at most drug and health food stores.

**Capsaicin** – This topical cream uses chili pepper oils to produce heat that, when absorbed into the skin, provides pain relief for some One product is CAPSIN in 2-ounce roll-on applicator bottles. (1-866-779-3310. Mention you are in a PN support group). Another product is Zostrix available over the counter at pharmacies. Another is Pryde Pharmaceutical Corp, (866) 779-3310. Like Zostrix, it is a lotion in an easy to apply format. Most people find the heat too difficult to handle, but it can provide some real relief if the heat can be tolerated. Be sure to wash your hands thoroughly before touching your face or eyes even if you use plastic gloves which are recommended.

**Castiva arthritis warming and cooling creams** – The product is made of a natural castor oil base to help with joint pain and it should be remembered that some neuropathies can produce joint pain.

**Castor Oil** – Castor Oil put on topically has been found to aid in pain control. Some doctors have recommended it and it is reported that a number of people have found castor oil helps.

**Compounded medication products** –Many of the traditionally prescribed oral medications for neuropathy have difficult side effects, but traditional OTC analgesics may not be helpful enough. Consequently, many neuropathy patients are taking advantage of the possibilities for specially created medications that combine the active analgesic benefits of such products as Neurontin or Elavil with nerve health supplement ingredients into creams, gels, patches, etc. for external use. Traditional pharmacists are not in a position to create such products, but this is the specialty of Compounding Pharmacists who can work with your doctors to create appropriate medication alternatives for you. Find these under the Pharmacies listing, on line, or ask your doctor. A prescription is usually required.

### **Cream for Tingly Nerve Pain of Peripheral Neuropathy**

At any pharmacy pick up 1 tube of Clotrimazole – located in the foot section. 1 tube of Hydrocortizone Mix the contents of the 2 tubes together and put in a small jar. Rub a small amount on when and where the pain occurs. This was recommended by a speaker at the Santa Rosa Neuropathy Support Group.

**Cymbalta (duloxetine)** A fairly new, FDA approved antidepressant for reducing peripheral neuropathy pain and distress. As with other antidepressants, there are some negative side effects.

**Exercise Classes** – Low impact exercise classes, as offered at most senior centers and other community fitness centers, can be very helpful in strengthening weakened muscles, helping restore better balance, relieving pain and depression through the release of endorphins, all of which can be very helpful for Pners. It's very important that we keep moving to maximize our potentials for wellness and minimize our propensity for weakness.

A set of 3 DVDS for \$39.95 is available from Mike Ross. You can order on line at [www.movingwithmikedvd.com](http://www.movingwithmikedvd.com) or by mail from Breakthrough Fitness Systems, LLC, P.O. Box 2022, Northlake, IL 60164 with a note saying you want the 3 DVD set. It is one for \$19.95 or all three for \$39.95..These exercises are unique in that they are shown being done by two people one sitting down and the other standing up.

**Feldenkrais** – Feldenkrais is a form of physical therapy using movement and is often available in community fitness classes. Instructors can also be found in physical therapy listings of the yellow pages.

**FlexGen** – This is a topical cream found helpful by at least one person New Vitality, 920 South Oyster Bay Road, Hicksville, NY 11801 (800) 943-6465

**Florence's bean bags** - Florence Bradley, founder of the Elk Grove Neuropathy Support Group is famous for her special "bean bag" that has been helpful to those with neuropathy. You put it in the refrigerator or freezer to cool hot feet. It can be warmed in a microwave to help warm up cold feet as well. Here is how you make one: double a piece of cloth approximately 12 1/2 inches wide and 17 inches long, stitch up the two sides to make a pouch. Form three fairly uniform long pouches by stitching approximately 4 inches from the side seams. Put small, dried lima beans in the bottom of each to form a pad when you lay it down and stitch across the middle of the cloth to close these pouches. Fill the remaining top pouches with small, dried lima beans as you did for the lower. Stitch the top closed and enjoy using the bean bag. Florence says using the bottom 8 1/2 inches of a pillow case works well

**Foot Pain** - To reduce pain in your feet you could try these suggestions: sit/lay back and elevate feet/legs, warm water soak for feet, raise toes, then raise heels

**Gel Soles** – These are from Avon. Go to [www.avon.com](http://www.avon.com). In the Search Box enter Spafinder. They are on that page and sell for \$12. You put them in the refrigerator (not freezer); put them in your shoes to get coolness. There are other gel insoles in your pharmacy.

**Gin and Raisins** – This is a recipe that has been touted for a variety of ailments. Some people have found it helpful. It is offered here for general information in case you have heard about it, but didn't know what was meant. "Empty one box of golden light raisins into a large shallow container. Pour enough gin to completely cover the raisins. Let stand, uncovered, for about seven days until all of the liquid evaporates. Stirring occasionally will help the evaporation process. When all liquid is evaporated, place the raisins in a closed container. Eat nine raisins a day. If you don't like raisins alone, put them on your cereal or in a salad. "

**Heat Therapy System** - Regulated, moist heat is produced through a wraparound pad. Adroit Medical Systems 800-267-6077 [adroitmedical.com](http://adroitmedical.com) HTP-1500 Heat Therapy Pump is obtained through prescription and covered by Medicare. It is safe heat that you can sleep with, sit on, or lay on safely.

**Ice Pack** – 10 minutes A.M. and P.M. Blue ice type best as they don't melt. Wrap it in a towel or other cloth as ice should never be put directly on the skin. For maximum positive effectiveness, it is best to alternate between hot/cold applications as it has been shown to be particularly good at reducing, even eliminating sharp, stabbing pain across the foot.

**Icy Hot** – For some people, this over-the-counter topical ointment cools down the hot feet and/or warms up cold feet. It also helps with muscle and joint pain.

**Infrared Light Therapy** – Available from a variety of providers, this therapy uses infrared light to increase circulation and reduce pain. This very popular therapy has helped many WNA members and others with PN. It is available through podiatrists, chiropractors, and other medical practitioners, as well as machines being available for home use. WNA members are offered a discount for each of the following:

**Anodyne Therapy** – has well established clinical trial studies showing that this form of infrared light therapy is particularly effective in reducing PN pain, restoring sensation, restoring balance, and accelerating wound healing. **Anodyne Therapy's** corporate office can be reached at **1-800-521-6664** or via email at [www.anodynetherapy.com](http://www.anodynetherapy.com). For locating service providers in your area at the internet site, enter the number of miles you're willing to travel to reach an Anodyne provider and you'll be sent, via the internet, the means to get a list of providers near you. Thousands of Pners and others with several other types of chronic conditions have been helped a great deal with anodyne therapy, literally transforming their lives from incapacitated immobility facing a life in a wheel chair to active participation in life. \$50 off their home units is given WNA **members**.

**Healthlight 1-888-395-3040 [www.healthlight.us](http://www.healthlight.us)** Some PNers have used this therapy and report it is effective. The means of application can be used in a variety of body locations depending on where the pain is located. WNA members get a 10% discount.

**IVIG** – Intravenous Immunoglobulin therapy has been used successfully to treat many neuropathic diseases some of which are not specified by FDA. This is a plasma based product found most useful for PN by patients with Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) ACCREDO Therapeutics and Coram Healthcare are two companies providing this very expensive therapy. This is done under the care of your doctor and by prescription. We need to do all we can to insure that this treatment option is maintained with Medicare funding as there are strong political pressures to discontinue the service because of high costs. For more information on this issue, go to [www.neuropathyaction.org](http://www.neuropathyaction.org) and [www.neuropathy.org](http://www.neuropathy.org)

**Ivory Soap** – While some dismiss this product for PN as an urban myth or quackery nonsense, some people are actually finding that placing a bar of Ivory between the sheets at the foot of the bed actually reduces their night time PN feet distress. (Some have used other soaps.)

**Jalapeños and Mineral Oil** – rubbed into the skin at a place of pain, functioning as a home-made capsaicin.

**Laser Therapy** - True laser therapy can be effective. Some call other than lasers, lasers so care must be taken. Avicenna makes many of the lasers that are found effective. If they call it a "low level laser," it likely is infrared light, not a laser.

**L-Arginine** – This amino acid improves blood vessel functioning, to increase circulation for better distribution of oxygen and nutrients. . It is available from health food stores, pharmacies, and on line at Vitacost, Swanson, or other internet resources.

**Leg Cramps** – An over the counter preparation by Hylands's that is said to relieve leg cramps. It says it is Nighttime Cramp Relief. It is available at Rite Aid. Other pharmacies or health food stores may have it also.

**Lidocaine Patches** – These are commonly used for severe pain using very high powered pain medications and are available only by prescription. There are also a number of over-the-counter pain patches for lesser levels of pain and non-narcotic ingredients. .

**Lortab** – This very strong pain medication combines acetaminophen and hydrocodone and is available by prescription only, it is often used as an alternative for opiate dependency.

**Lyrica (pregabalin)** – Fairly new FDA approved anticonvulsant for diabetic peripheral neuropathy and shingles pain that is being increasingly prescribed for other neuropathies and fibromyalgia. .

**Metanx** - Metanx is a medical food to address the distinct requirements of diabetic neuropathy and is available by prescription only. It may also work for people with other causes for neuropathy. It is supposed to help with tingling, burning, numbness, and pain. Check it out at [Metanx.com](http://Metanx.com) or 1-877-321-2652.

**Methadone and Morphine** – These are two opiate pain killers that have been found helpful for neuropathy. These must be carefully monitored by a doctor.

**Motrin** – An over the counter pain reliever, particularly for muscle strain, etc.

**Neuropathy Support Formula** - This product combines B vitamins, Vitamin D, Alpha Lipoic Acid, and some herbs. It uses the newer B1 (thiamine) called benfotiamine and the natural form of Alpha Lipoic Acid - R-Alpha Lipoic Acid. WNA members can get a free trial bottle. Check it out or order by calling 1-888-840-7142, Fax at 1-888-901-3749 or by mail at NTG, 3855 W. Lorenzo Ste.100, Eagle, ID 83616. Due to it being the natural product, the amount given is less than the 600 per day recommended of the more often used synthetic. It is thought the natural is more potent, but it also could be inconsistent in potency.

**Neuragen PN** – This FDA registered OTC drug is designed to relieve neuropathic pain. Created with a non-toxic, skin penetrating (transdermal) formula of essential botanical oils, it has been extensively test in clinical trials. Its major ingredient is the essential oil of geranium developed by **OriginBioMed, Inc.** in Halifax, Nova Scotia, Canada. Some 70% of patients with post-herpetic neuralgia reported significant pain relief with the use of Neuragen PN. A group of diabetic neuropathy patients in the greater Sacramento area participated in a second study with similar results. Neuragen PN is available as a clear liquid or as a gel at most chain pharmacies. You may also order this and other natural products directly via (888) 234-7256 or from [www.originbiomed.com](http://www.originbiomed.com).

**Neuropathy** - Designated as a "rubbing oil," this product is applied with an eyedropper type lid. Wise Consumer Products Co., P.O. Box 42400, Cincinnati, OH 45242 [www.frankincensemyrrh.com](http://www.frankincensemyrrh.com)

**Neuromodulation** - Implants in the back that deliver pain medication. Several companies, including Medtronic, have this modality.

**Neurontin (gabapentin)** – This anti-convulsant is one of the most commonly prescribed medications for neuropathic pain and distress. Dosages may range from 300 to 3600 mg per day or sometimes higher. Some PNers find it very helpful; others find its side effects too difficult for prolonged use. Using topical/transdermal pain relievers can typically reduce one's needs for the larger doses. Many take it just at night to help them sleep. Some recommend that it be taken later in the evening.

**Neuropathal** - **This** is a topical pain reliever that contains a number of soothing oils. Contacts: 877-745-9990 or [support@neuropathal.com](mailto:support@neuropathal.com)

**Occupational Therapy** - Occupational therapists are experts in understanding the relationships among physical, psychological, and social aspects of illness, injury, and aging. They help in ability to perform daily tasks that promote independence like cooking, cleaning, bathing, dressing, and social participation as well as advising in fall prevention. Occupational Therapists have a variety of helping gadgets to make daily life easier.

**Peppermint Lotion** – Cooling and soothing for neuropathic distress. The often used Dr. Scholl's Peppermint Foot & Leg Lotion version is available at most pharmacies.

**Peripheral nerve decompression surgery (AKA tarsal tunnel surgery)** – This involves releasing compressed or pinched nerves in the foot that can lessen and/or or alleviate neuropathic pain caused by nerve entrapments in the foot or behind the knee thus allowing the nerves to regenerate. It has been most effectively used with persons with diabetic neuropathy and some other forms of neuropathy. A thorough exam can determine probably of effectiveness. Some podiatrists, plastic, and orthopedic surgeons offer this treatment alternative.

**Physical Therapy** – A variety of physical therapies can be helpful for some neuropathy conditions, particularly in relation to restoring balance and relieving neuro-muscular disorder pain and distress. Most HMOs and other medical coverage will cover a limited number and type of therapies if a prescription is given. See a listing of local physical therapists in your yellow pages. Your doctor will have some to recommend.

**Rebuilder** – This is a self-administered, drug free, in-home treatment for neuropathy and chronic pain. It is said to arrest the progression, reduce pain and numbness, improve sleep and walk further with greater confidence. You can contact Rebuilder Medical, Inc. at 636 Treeline Drive, Charlestown, WV 25414 (866) 725-2202 fax: (304)725-4915 or via email at <http://www.rebuildermedical.com> for information and order arrangements.

**Reflexology** – Reflexology is a science that deals with the principle that there are reflex areas on the feet and hands that correspond with all the glands, organs and parts of the body. It is an art of stress reduction using the thumb and fingers on a client's feet in a specific way. Reflexologists can be found in local phone directories.

**Reiki** – This is an ancient energy approach to spiritual and physical healing, with or without "hands on" methods. The yellow pages will include listings of Reiki practitioners, usually among massage therapists.

**SalonPas** – Over the counter patch for pain. Found at most pharmacies and grocery stores. COSTCO has them for around \$7 for 120 patches!

**Socks** – Some people find it helpful to wear socks to bed so the sensation of the covers on the feet is dulled.

**Shoes** – Find a good shoe store that will consult with you and fit you well. If you are wearing an orthotic, be sure to take it with you to be sure it fits well in your shoe choice. Properly fitting shoes are essential for those with neuropathic distress in their feet and/or with leg and back pain problems. Most communities will have specialty shoe stores. Consult the current newsletter that lists discounts for WNA Members. It includes shoe stores in several areas.

**Sore No More** - This blend of plant extracts has a topical anesthetic effect depresses cutaneous sensory receptors, relieving muscle aches, soreness and neuropathic distress, with its cooling and soothing combination of herbs and extracts. It has a light amount of capsaicin. A long lasting 8 oz. jar costs \$13.95, with \$6 in shipping and handling. Orders can be placed by calling 1-800-842-6622 in Moab, Utah.

**Sports Cream** – Available at drug stores - deep rub for pain

**Tea Tree Oil** – This soothing lotion can help calm neuropathic distress.

**Tai Chi** – This simple movement exercise system is favored by many with peripheral neuropathy as it helps to develop and maintain proper balance. Clinical trial studies at the Louisiana State University have shown that it also helps in restoring sensation in previously numb feet. Tai Chi classes are available at public community/senior centers and in private fitness settings.

**TENS – Transcutaneous Electrical Nerve Stimulator** – These are commonly used and are the basis of some other equipment presented for neuropathy. It provides electric shocks to a specific area and can be moved to where the pain is located. Other equipment may be described as "like a TENS unit."

**Tiger Balm** – soothing balm

**Tonic Water** – This has enough quinine to help with leg cramps/muscle spasms. If you are prone to cramping, you might consider trying a ¼ or ½ cup of tonic water each evening.

**Topricin Foot Therapy Cream** – This says rapid foot pain relief. People in at least one of our groups have found that it helps. It says it helps foot, arch, heel, and ankle pain. It is available in drug stores.

**Vicodin and Norco** – These can help with neuropathic pain. They must be used with care under a doctor's prescription.

**Tylenol** – This common, over the counter medication is generally used in reducing some pains.

**Vicks Vapor Rub** – Massaging one's feet with Vicks, particularly at night, soothes neuropathic pain and distress in one's feet and legs. It is also excellent for softening your toe nails and diminishing common toe nail problems.

**Voltaren Gel** (diclofenac sodium topical gel) 1% by prescription. It is a topical gel that does seem to lower pain levels in the area where it is applied. Especially good for arthritis. Several report it helped their neuropathy, too.

**Walking** – Walking is an excellent general exercise for almost anyone without specific medical conditions that would preclude walking. Walking can reduce pain. (Water walking is an excellent alternative even for those with back or leg problems who find walking too problematic.) Properly fitting walking shoes are essential for avoiding injuries. Consulting with your doctor and a fitness coach can help you establish a walking program appropriate for your physical conditions, including warm-up and cool-down stretches. Use a pedometer to keep track of growing distances as you progress.

**Warm/cool Baths and showers** - These are excellent de-stressors and can help with reducing pain.

**Water (Aquatic) Aerobic Exercise** - **Water** supports your body so your muscles are developed without jarring. Exercise programs can be found at swimming pools, gyms with pools or in therapy pools supervised by physical therapists.

**Weight loss** – Achieving and maintaining healthy, ideal weights can help resolve numerous chronic health problems, including diabetic neuropathy. Blood sugar levels are lowered with weight loss, one will have more energy for exercise, and depressive states will be more easily overcome. There are doctors and medical/exercise groups that specialize in helping with weight management.

**Wintergreen Alcohol and Aspirin** – Walgreen's brand was recommended but others do fine. Place 12 aspirins in the bottle and shake until the aspirin is dissolved. Use it to spray/splash or rub onto your feet or legs for cooling relief. As alcohol is a drying agent, it is important to follow up with a cooling cream.

**Yoga** – There are many types and styles of yoga from very mild movements, stretches and poses to very active, demanding exertion. Deep breathing and contemplative relaxation stillness are integral components of yoga practice. Most senior and community centers and fitness clubs have free or low-cost yoga classes. Gentle and chair yoga are most recommended. WNA now has a DVD on Gentle Yoga for \$5.

Current as of May, 2015