

# PN News

Yolo County

VOL. 5, NO. 6

JUNE 2007

The mission of the Yolo Neuropathy Groups is to insure, through Information, Empowerment and Mutual Support that all may have hope and no one faces their peripheral neuropathy alone.

Coming together is a beginning; keeping together is progress; working together is success. Henry Ford

Martha Chandley, Editor (916) 371-1125 [kairoschandley@sbcglobal.net](mailto:kairoschandley@sbcglobal.net)

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## June Yolo Neuropathy Group Plans

### **Woodland Neuropathy Group: Mon., June 4 at 4:30 pm,**

Woodland Community & Senior Center, 2001 East Street

**Program pending. Come to learn and be encouraged.**

Contact: Delia Genera at (530) 661-3238

### **Davis Neuropathy Group: Wed., June 13 at 2:30 pm**

Institute for Restorative Health, 1460 Drew Avenue, Suite 300

**“Physical Therapy Techniques for Balance and Gait Problems”**

**Mat Moore, MPT, Physical Edge**

Contact: Martha Chandley at (916) 371-1125

### **West Sacramento Neuropathy Group: Thurs., June 21 at 2 pm**

A. F. Turner Library, 1212 Merkley Avenue

**“Movement, Meditation and Sound Therapies for Chronic Conditions”**

**Jan Polin, Alternative Chinese Medicine Therapist and Educator**

Contact: Sandra Vinson at (916) 372-6093

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## About Our June Speakers

We are honored to have **Mathew Moore, MPT**, as our long-awaited speaker and his student assistant with us to demonstrate some physical therapy exercises we can use at home to deal with our balance and gait issues that are common with neuropathy. Mat is co-founder/owner of **Physical Edge**, which was voted BEST Health Club in Yolo County in 2006! His Masters of Physical Therapy was earned at the University of St. Augustine in 1996 and he has completed post-graduate training in orthopedic manual therapy. He has over ten years of clinical experience as a Physical Therapist. At Physical Edge he is the Director of the Back Training Program and specializes in rehabilitation of the spine and neurological disorders, working closely with the integrative medicine team at the Institute of Restorative Health and other referring physicians. Come for empowering help in dealing with your neuropathy instabilities!

When **Qi Gong instructor, Jan Polin** retired from a variety of upper echelon roles in the California correctional system, she spent some time in China, completing her studies for certification in alternative medicine treatments, such as movement, meditation and sound therapies, some of which she'll be sharing with us. While consulting on the Governor's prison expansions plans, she continues to teach doctors, patients and students non-traditional therapies that can reduce the kinds of stress and pain that are common with chronic conditions, including neuropathy. Come to move, listen attentively, be delighted and empowered!

# Neuropathy Awareness Month Update

Thanks to the leadership of the Sacramento Regional Transit and the Yolo County Transportation District, NCCNA's wonderful new 28" X 11" poster is now on 272 buses reaching out with information and hope via the **Neuropathy Hotline** number, NCCNA's web site ([www.pnhelp.org](http://www.pnhelp.org)) and TNA's web site, [www.neuropathy.org](http://www.neuropathy.org). Here's hoping this innovative public health education project will reach hundreds of folks who don't know they have neuropathy, but will recognize the weird symptoms the cartoon depicts. We'll be working on getting the posters up on other bus systems in our region, hopefully serving as a model for the nation.

May was "ratings month" in the Sacramento market, which precluded some non-traditional stories. But thanks to reporter **Chyresse Lowthar** at the NBC affiliate, **Channel 3** came through with an informative feature on neuropathy on Tuesday evening, May 29. You can read the transcript or see the video at <http://www.kcra.com/health/13407929/detail.htm>. Special thanks to our neurologist friend, **Eric Hassid, MD** at the Institute for Restorative Health for his comments and computer graphics for being part of the message! And thanks to NCCNA's President, **Bev Anderson**, and Elk Grove support group leader, **Mike Colozzi** for demonstrating the "neuropathy walk" and sharing from their own unique and yet common experiences with hereditary and diabetic forms of neuropathy. We still hope to get the other stations on board with future presentations and we hope to have some TNA scripts for radio PSA announcements available soon for placement in our ongoing awareness campaign! Thanks to all who are helping with our efforts! And may all our support groups warmly welcome all the potential newcomers who respond to the posters. Sharing your knowledge and encouragement can mean a lot to many!

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## Action Alert for the Neuropathy Community in Northern California

**As the deadline for the Neuropathy Action Foundation conference is June 5, do please send in your registration form and \$25 for each person with neuropathy and/or a caregiver, or \$75 for others, to guarantee a reservation for the dinner at the conclusion of this informative and enjoyable event. There is no charge for the bus to and from San Francisco.**

Once registered, you'll be notified by NCCNA's Grant Whitney (530 - 887- 9981) confirming your place on the bus. The Yolo pick-up point in West Sacramento is at Baker's Square at 1236 Harbor at 10:40 am and in Davis at Burger King at Mace & Chiles Roads at 11 am. Please arrive early

**Please send your check, made out to NAF, to NAF, 88 Townsend Street, Suite 225, San Fran-cisco, CA 94107, with a note of your name, address, phone number, whether you want to ride the bus and whether you will need special mobility accommodations. (Sorry, couldn't get the NAF form into the email version of PN News.)**

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## May Presentation Reports

### Nutrition for Health Aging

**Kevin Mould, MD**, Woodland Healthcare, 2330 West Covell Blvd., Davis, 530-756-2364  
Diplomate of American Board of Family Practice, B.S in Nutrition and Food Science

Dr. Mould's marvelous May talk in Woodland provided an excellent introduction to critical nutrition issues for those of us who are aging. We are most grateful for his nutrition 101 lecture and sharing his power point presentation for this report. It's certainly refreshing to have access to a general physician who knows and cares about nutrition issues. Such is rare indeed, much to our detriment.

Our bodies undergo some critical changes as we begin to age that cause problems for and with our food consumption. Being less active slows our metabolism and we experience bone density losses.

Our tastes and appetite may change and we may have dental problems compounding proper eating problems. Gastrointestinal motility decreases as does our stomach acid production. Depending on our activity levels, our need for calories decreases, as with a low for women of 1600 and 2000 for men; or 2200 for active women and 2800 for active men. But for overall good health we all need to remain physically active as much as possible.

If we have specific chronic conditions like diabetes or heart problems, we will likely need individualized dietary considerations with special eating plans. But virtually everyone will need to emphasize high fiber whole grains; dark green, orange or yellow vegetables; whole fruits (rather than juices); low-fat dairy products; lean meats, skinless poultry and fish; and main dishes of beans, grains and vegetables.

We need a great variety of foods in our meals, but we generally need to lessen our intake of sugar, salt and alcohol, foods with refined sugars and high levels of saturated fats, and cholesterol. Fats are a major contributor of obesity and are the major risk for heart disease and stroke. Too much salt elevates our blood pressure and fluid retention. We need no more than 1500 mg, or about 2/3 of a spoonful per day. (*We can get half that much with just one cup of most canned soups!*) Learning to read canned and packaged food labels alerts us to problem areas on these issues. The answer is to maximize use of herbs and spices in cooking and avoiding processed foods, whether canned or packaged.

Lots of fluids, preferably water is essential. Indeed the base of the Food Guide Pyramid for Persons 50+ prescribes eight glasses of water per day. And we should consider taking supplements of calcium, Vitamin D and Vitamin B12. Because our aging stomachs produce less acid, nutrients from our food are poorly absorbed, causing a B12 (and B6) deficiency that is a major cause of neuropathy. But there are other deficiencies we need to be concerned about:

- Vitamin A – poor vision, night blindness, dry eyes
- Vitamin C – scurvy and anemia
- Vitamin D – osteoporosis, muscle weakness  
(we need 1200 mg/day of calcium and Vitamin D to increase absorption)
- Vitamin E -- peripheral neuropathy, muscle weakness
- Vitamin K – impaired blood clotting
- Folate – anemia, possible relationship to Alzheimer's disease
- Niacin – high cholesterol, atherosclerosis
- Selenium – muscle weakness
- Zinc – excema, poor wound healing.

Aside from taking multi-vitamins/minerals on a daily basis, eating a broadly varied diet of whole grains, fresh fruits and vegetables, beans and lean meats can help avoid these deficiencies and their life style limiting and health denying consequences.

Because gastro-intestinal problems are common with the aging, and particularly for those with autonomic neuropathy, constipation is a constant problem for some. Insufficient fluid and fiber intake slows the GI tract's processing our foods and elimination of waste materials. So we have fewer bowel movements, experience bloating and other abdominal discomforts. Common first line treatments include sufficient fluid and fiber intake, stool softeners and stimulants as needed. Anyone taking several pain medications to keep going, needs all the help they can get with this chronic problem.

**Thanks to Dr. Mould for sharing your expertise with us! And thanks to Woodland Healthcare for having someone like Dr. Mould on its team**

## Bowen Therapy for Neuropathy and other Chronic Conditions

**Raymond Augustyniak, Ph.D., Bowen Therapy System**

5525 Dewey, Fair Oaks, CA 95628, 916- 966-2693 [www.bowentherapysystem.com](http://www.bowentherapysystem.com)

Dr. Augustyniak became involved with Bowen after three brief treatments saved his life some 14 years ago following a near fatal exposure to an industrial toxin. His restored life led to his commitment to learning, practicing and training others in this remarkable, low-cost, natural healthcare solution for many problems, including neuropathic pain. He is founder of the Bowen Healing System™ Centers in California. His fascinating and engaging book, **Awaken the Doctor Within**, asserts that the body is its own best physician, and explains how and why that is so.

Much of what Dr. Augustyniak says in his book and his presentations, made infinitely more sense after reading a line from the cover article by Mary Carmichael in the latest **Newsweek**, “The brain keeps a diary of the injuries the body receives, writing each entry by reconfiguring certain neurons into new, interconnected patterns.” Or, as Dr. Augustyniak says:

*Bowen naturally promotes physiological, mental, emotional and energetic adjustments and corrections throughout the entire body, prompting it to re-establish wholistic (whole body) balance. It does this by fully utilizing the body's own nervous system pathways to reflexively jump-start and awaken the preoccupied brain. .... The brain, the regulator of all body functions, uses a variety of electro-chemical signals through the nervous system to stimulate change and regulate the body as a whole. Bowen directly uses the Central Nervous System and the Autonomic Nervous System to activate the healing response, thereby assisting the body to re-calibrate and more properly regulate all its functions. (p. 85 and 98)*

While the peripheral nervous system is not specifically discussed in depth, as is often the case in the neuropathy literature, it is implied in many passages of the book. Dr. Augustyniak reports a great deal of success in relieving, even eliminating neuropathic pain for many of his neuropathy patients. One of the reasons quite familiar to us is that Bowen increases circulation of blood and oxygen through the cells allowing repair and rejuvenation of damaged cells.

**The Bowen Process** It is through the incredibly simple, gentle movements of the Bowen practitioner's fingers and thumbs applied on identifiable activation points, that the body begins to receive instructions for new interconnected neuronal patterns. Bowen reintegrates the communication systems between the body and the brain that have broken down for whatever reason, so that the body can have clearer communications with itself, as with the electrical charges communicating through the axons of our peripheral nerves. Indeed, Bowen is highly viewed as a unique and original form of physical, neuromuscular, chemical and energetic re-patterning that naturally cuts off unneeded and reoccurring cycles of pain or illness in the body.

Imagine the process as rolling back the clock, as it were, to a time and place before a pain causing trauma or disease attacked the body. The brain, so long preoccupied with that assault, is newly stirred by Bowen techniques to let the body restore itself to renewed, pain-free vitality and energy, or toward what Dr. Augustyniak calls “optimum health.”

Bowen addresses the whole body, rather than any one particular condition, but in the process of a series of treatments, individual conditions are resolved. Indeed, some patients may present with a long list of acute or chronic conditions, as enumerated on a simple assessment form, and find that 50% of their problems may be resolved with the first session. And some 90% of all Bowen patients are restored back to health within an initial three to five sessions, which may range from 10-60 minutes, depending on what the body is able to productively receive in any given session.

**A Treatment Session** Using very simple, gentle and specific soft tissue movements over precise activation points on the body, beginning along the spine, the Bowen practitioner performs the activations needed by the body to revive core healing mechanisms throughout all the systems and organs of the body, inducing changes even down to the cellular level. A treatment will involve a series of movements across the body interspersed with periods of inaction as the body adjusts and communicates its further needs to the practitioner. Indeed, the quiescent periods are as much a part of the total treatment as the active periods. Bowen opens once dormant pathways so the physical and neural-chemical changes can begin to radiate out to various systems, organs and muscles throughout the body.

These changes may be experienced as a form of heat, tingling or vibrating sensation, or physical shifts from muscle realignments, some of which were experienced by those receiving just 15 minute treatments at the May Davis meeting. Some of the responses were so marked that those present began to make plans for group trips to the Fair Oaks office for individual treatments, and four are already making arrangements for their second visits. Patients commonly report they can feel their minds calm down and their bodies' begin to rebalance and let go as stress, tension and pain simply disappear. These physical releases are often accompanied by a sense of peaceful well-being as the body relaxes. Just as the presence of stress, anxiety and tension are the greatest indicators that the body is out of balance, we can also predict that by regaining balance we will, through the Bowen treatments also see the disappearance of stress, anxiety and tension.

*(My own first treatment at the office eliminated chronic leg pains (probably related to neuropathy) that have not returned, while also significantly reducing a chronic allergic cough. For the first time in ages, I felt good and free of pain and distress!)*

A Bowen session initially concentrates on addressing the body as a whole, getting it to relax and quickly let go of whatever it can - generally the most recent problems. The rest of the treatment is then tailored to whatever the body is communicating as needed. Consecutive treatments address specific areas or conditions, while building upon previous sessions, moving toward removing the core problem of disease or injury. It's as though the body and brain actually remembers what was done before and then welcomes and receives the new or upgraded healing programs from the work the practitioner does in each and every new session.

Can Bowen heal all health problems? Not necessarily, says Dr. Augustyniak, "but if the body can heal, it will heal with Bowen.... Many physicians and health care professionals who have seen or experienced the superior and consistent results of Bowen are convinced of its profound effectiveness in addressing a long list of difficult-to-treat pain and health-related issues. "

Is Bowen for you? Quite probably so. Especially if traditional medical care has left you in pain and distress. While other therapies relieve pain, Bowen has the capacity to eliminate it! Is Bowen affordable? Yes, for most of us. Initial treatment sessions with Dr. Augustyniak's trained colleagues throughout the week cost only \$39, followed by \$50 for succeeding treatments. Sessions with "the master" on Thursdays and Fridays cost \$75. Those interested in training to become a Bowen practitioner are encouraged to contact the office for costs and training schedules at the new Bowen school.

And if you want to know more, be sure to visit [www.bowenhealingsystem.com](http://www.bowenhealingsystem.com) and/or order the book, available for \$32.88, including tax and postage. Reading the book will increase your understanding of how the body works, as well as how both traditional and non-traditional treatment modalities have a role in your health and healing.

**Thanks again, Dr. Augustyniak, for teaching us about Bowen and treating us with Bowen's unique answers for our many distresses. May your wonderful dream of creating the Natural Health Care Institute soon find fulfillment.**

## Relaxation Techniques for Neuropathy Stress

After welcoming a newcomer and sharing about our neuropathy experiences, the West Sacramento group entered into a time of meditative listening with a marvelous tape from The The Neuropathy Association for only \$5 and can be ordered with the new TNA brochure or through TNA's web site at [www.neuropathy.org](http://www.neuropathy.org). The recording was made at an early meeting of the neuropathy support group in New York City and has stood the test of time with its body scan relaxation techniques and guided imagery session. And there are good questions and answers that shed further light on pain dynamics

(The neuropathy book by Norman Latov, MD, PhD, we've often promoted since January, is now available at just \$10 each, and John Senneff's first two books are available at \$15 each. Thanks TNA for making these important neuropathy resources available at affordable prices! If you're not a TNA member, do please consider joining with a \$35 donation, so you can receive three yearly newsletters and contribute to TNA's ever unfolding action agenda to help all of us with our neuropathies.

We never got to the **American Chronic Pain Association** relaxation tape, but the cassettes or CDs developed by Penney Cowan, the ACPA Founder and Executive Director, are highly recommended for evoking the Relaxation Response in our distressed bodies. **"Pain Relief & Breath Relaxation"** and **"Autogenic & Relaxation"** are available from the revised [www.ACPA.org](http://www.ACPA.org) website, or send your check to ACPA, P. O. Box 850. Rocklin, CA 95675 or call 800-533-3231. The cassettes are \$10 each, the CDs are \$25 each, with shipping costs of \$6.95 for orders less than \$16 and \$8.95 for orders less than \$32. Membership in ACPA costs only \$25 and you'll receive wonderful quarterly newsletters with lots of tips for dealing with chronic pain.

Many of us were fortunate to have attended Ms. Cowan's very informative and helpful **"It Takes Nerve"** seminar in Woodland last June. She will be giving a similar program in Calgary, Alberta, Canada in November of 2007, thanks to the leadership of Val Shaw-Lewis and Ms. Cowan's generosity. Our Canadian neuropathy support group leader colleagues were featured in the latest TNA **Neuropathy News**, with its many wonderful and helpful articles. As we learned from Dr. Augustyniak, relaxation is critical for beginning a healing process, and those with neuropathy, fibromyalgia, arthritis, lupus and other chronic pain conditions really need to develop ways to coax our bodies and minds into relaxed states. Thankfully there are many resources available at area book/music stores and internet sites, but the TNA and ACPA products are particularly recommended.

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## Research Participation Opportunities

One of the most painful forms of neuropathy is **post-herpetic neuralgia (PHN)**, the pain that commonly follows attacks of shingles. The **Northern California Research Corporation** is advertising for participants for a study of an investigational medication for PHN. Participants will receive exams, study medications and reimbursement for travel to the study site in south Sacramento. **Interested? Call 916-484-0500 or go to [www.norcare.net](http://www.norcare.net) for more information.**

Found at the ACPA web site was news of a **Chronic Pain Study** involving persons who are experiencing chronic pain that is constant and associated with a musculoskeletal or neurological condition. The study is being conducted **ONLINE** by **Gail Davis, RN, EdD**, Professor, College of Nursing, Texas Women's University for the purposes of describing the pain-related characteristics of persons experiencing chronic pain and refining forms of assessing the experience of living with persistent pain and the management of chronic pain. Participation will involve four questionnaires on the computer at a time selected by the participant. The time estimate for completing them is 20 to 40 minutes. **Interested? Call Gail Davis at 940-898-2409 or email her at [gdavis@twu.edu](mailto:gdavis@twu.edu).**

## Neuropathy Odds and Ends of Note

SuperPoligrip Alert! Learning more about neuropathy from exposure to a variety of toxins is an ongoing interest to those who've been told their cause is unknown. One of the latest developments was reported in a May 23 Neuropathy Alert article with news of a WFAA TV (Dallas) feature on the problems encountered by a North Texas man whose feet had become dead. **His doctor concluded his strange neuropathy was from zinc poisoning from his long use of SuperPoligrip denture cream.** Several lawsuits have been filed against GlaxoSmithKline, manufacturers of the product, who admit that zinc is a major component of the product but constitutes minimal risk of poisoning if used as directed. Unfortunately, many people appear to be using "excessive" amounts of the cream to keep their poorly fitting dentures in place. Although the man has stopped using the product and his zinc levels have returned to normal, the neuropathic damage is permanent. He wants to let others know of the possible risks coming from use of SuperPoligrip. If you have been using the product for some time, you would do well to have your doctor check for zinc toxicity. For more about the story and statements from the FDA and GlaxoSmithKline about this issue, please go to [http://wfaa.com/shareddocument/dws/wfaa/latenews/stories/wfaa070522\\_mo\\_denture](http://wfaa.com/shareddocument/dws/wfaa/latenews/stories/wfaa070522_mo_denture)

A recent issue of the daily **Duke Diet and Fitness** site featured a little article about **Restless Leg Syndrome**, indicating that RLS has been linked to such conditions as Peripheral Neuropathy, various impaired circulation conditions, or Parkinson's Disease. Certain drugs aggravate the condition and common drugs with links RLS are some anti-seizure and anti-psychotic medications. RLS can certainly rob us of restful sleep and if this is an issue for you, do talk with your doctor about treatment options

**Medscape** is usually a great source for doctors to learn about neuropathies and traditional treatments. A special article entitled, **An Evidence-Based Algorithm for the Treatment of Neuropathic Pain**, was posted on May 15 at **Medscape General Medicine**. 2007:9(2)36, written by a team of Danish doctors, led by Nanna B. Finnerup, MD. You might want to call your doctor's attention to the article, as it may well provide some much needed information to help with your treatment options. The article reviews reports on 105 clinical trials testing the various medications commonly prescribed for several types of neuropathic pain from the perspective of NNT (number needed to treat) and NNH (number needed to harm) measures.

### **Some words of wisdom for those with neuropathy and other chronic conditions:**

From the May/June issue of **Diabetes Self Management** comes this passage from an article by **Joseph Nelson, MA, LP**, on "**Becoming More Resilient**" that is very pertinent to our ups and downs of dealing with neuropathy:

*"Whether you are naturally resilient or have had to work hard to develop that trait, the following activities can help you maintain your resilience: Relax. Meditate. Spend time in nature. Get support from others. Exercise. Do yoga. Laugh. Give to others. Get and give love. Play every day. Eat well. Get enough sleep."*

Sounds like a good plan to me. And so does this prescription for evening exercises from **Ronnie Chaliff**, President of the TNA board of directors, who has long suffered from CIDP. This is from the latest issue of **Neuropathy News**.

*"Amazing! Amazing! Horrible night pains are gone (so far). No magic wand, No magic pills or potions... **JUST MOVEMENT!!** Before you close your eyes at night. Just try foot exercises while lying down. Just five minutes are worth it! Flex toes to shin, repeat 10 times. Toe circles, leading with the big toe, make foot circles, repeat 10 times. Slide heel up the opposite leg's shin toward the knee; repeat 10 times. It helped me! Try it!"*

**Those attending the Woodland, Davis and West Sac meetings in June will be given an article about exercise for neuropathy and a set of morning ritual exercises for minimizing your pain.**



# Neuropathy:

The most common disease you have NEVER heard of.

**Symptoms can include** tingling, numbness, burning, coldness, stinging, stabbing and shooting pains, tight stocking and glove sensations, and muscle weakness in your hands or feet.

**Neuropathy results from** damage to the peripheral nerves off the spine connecting to the skin, muscles and internal organs.

For more information about Neuropathy and Neuropathy Support Groups

**Call 916-371-1125** *You are not alone. We are here to help!*

**[www.pnhelp.org](http://www.pnhelp.org)** **N** **[www.neuropathy.org](http://www.neuropathy.org)**

See your doctor for proper diagnosis and treatment.

**This is the bus poster design. Didn't Michelle at Encore Design do a really fantastic job for us!!!!!!! You'll be seeing more of it on NCCNA materials.**

Note the new NCCNA web site address: **[www.pnhelp.org](http://www.pnhelp.org)**. Penni Smith, NCCNA's newest board member has become our web master, joining us with great skills and many dreams for making the site a very valuable resource for all of us PNers. **YOU** can help by sharing your thoughts with Penni at **[plsmith@pnhelp.org](mailto:plsmith@pnhelp.org)** about your experiences with neuropathy, what's worked for you, what you've learned about your type of neuropathy, what you need to know, what you'd like to see included at the site. Tell her about your own story, or about someone else who should be profiled at the site because of their unique experiences or how their services have benefited others. Tell her about how your support group or the newsletters have helped you. Promote use of the site among your fellow PNers, family and friends who may not have a clue about neuropathy. In short, let's all work together to make the site a very powerful help for the neuropathy community and Northern California and beyond.

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TO:

