



WESTERN NEUROPATHY ASSOCIATION

P.O. Box 4740, Auburn, CA 95604 • (888) 556-3356 • info@pnhelp.org • www.pnhelp.org

Email To The Editor (RESPONSE TO APRIL 2024 ISSUE)

Hello Katherine,

For years I have treated pain with **Dr. Christopher's Cayenne Heat Ointment**. It works great for any injury also. (www.drchristopher.com)

And for shoes, **KIZIK** work well for me. (www.kizik.com) I asked my physical therapist if he had a shoe recommendation for peripheral neuropathy. He said no, but had Parkinson's patients who used KIZIK. In checking I found a style (Lima) with a lower heel so I don't feel like I'm falling forward and has laces to adjust if feet are slightly different. They are slip-in with a built-in shoe horn. And are wide with plenty of toe space. They come in many different styles and colors. I ordered by phone (833.675.0266 toll free) and found them very helpful. Also, free shipping!

And lastly - First, **qigong**... it's all about the breathing. Second, **tai chi**... it's about the mind. Third, **chair yoga**... you might say it's about the body. All of these depend on a good instructor. They say dancing is good, or I like a hug.

Cheers!!

Evenyl Roemmich, Vista, CA
