



WESTERN NEUROPATHY ASSOCIATION

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Consider Your Overall Health

Make a plan for maintaining the healthiest possible diet and remaining active. Healthy eating and regular physical activity can significantly contribute to your overall well-being. Breathing exercises, yoga and daily walks (if possible) can be helpful with decreasing stress, anxiety and depression.

EXERCISE

- [Exercise for Neuropathic Pain: A Systematic Review and Expert Consensus](#)
- [The Application of Exercise Training for Diabetic Peripheral Neuropathy](#)
- [Bob & Brad Chair Yoga](#)
- [9 Chair Exercises for Limited Mobility](#)
- [Exercise Techniques for Peripheral Neuropathy](#)
- [Sit-To-Stand Exercise](#)
- [Exercise and Neuropathic Pain – Effective Programs](#)

DIET AND NUTRITION

Dr. Latov's quote on neuropathy and diet:

“If you have neuropathy, you should treat yourself as if you are a diabetic alcoholic celiac, even if you are none of those things”. Sugars, alcohol, and gluten all have excitatory properties as far as nerves are concerned and especially if nerves are damaged the less of these the better.

Making the Right Dietary Choices ¹

A diet rich in fresh fruits and vegetables will provide fiber, vitamins, minerals, and antioxidants can boost overall well-being and help keep blood sugar down.

- Choose healthful fats: Nuts, avocados, oily fish, vegetable oils, low-fat dairy products, lean meats, and poultry products contain fats that can benefit the body's cells.
- Avoid excess sugars: Highly refined carbohydrates and sugars, including fructose sweeteners, can cause sharp, sudden spikes and dips in blood glucose. Avoiding these highs and lows is key to managing blood sugar and preventing further nerve damage.

STRESS, ANXIETY AND DEPRESSION

- [What's the Difference Between Stress, Anxiety and Depression?](#)
- [20 Ways to Relieve Stress](#)
- [De-Stress Eating – Foods to Help Reduce Anxiety](#)
- [How Stress Can Make You Sick](#)
- [11 Natural Depression Treatments](#)

Reference

¹ Jennifer Huizen and Suenggu Han, M.D; July 10, 2023; Is it possible to reverse diabetic neuropathy? *MedicalNewsToday.com*
