



WESTERN NEUROPATHY ASSOCIATION

Hope through caring, support, research, education, and empowerment

COMPLEMENTARY AND ALTERNATIVE TREATMENTS to MANAGE PERIPHERAL NEUROPATHY

The treatments profiled here have been recommended by people who attend WNA support groups. Please be mindful that not every suggestion will work for every person with neuropathy and your experience with a specific therapy or product may vary each time you use it. "We are all an experiment of one" applies in evaluating these product and treatment options. Please keep in mind that there can be a placebo effect of up to 50%, so this should be taken into account when evaluating a purported product's effectiveness. These treatments can be used in place of and/or together with your prescribed medications. You should discuss their use with your healthcare provider. If you have found something that helps you, but is not on this list, please send information about the product to info@pnhelp.org.

Throughout this list, there are links located under the product or treatment. These links direct you to a specific newsletter article, webinar, or to a website to purchase the product. WNA neither endorses any particular products, treatments, or brands, nor assumes liability for the use or effectiveness of these items. Please note that when you make purchases through the links, we may receive an affiliate commission at no additional cost to you. As an Amazon Associate, we earn from qualifying purchases.

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 healthcare provider. 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.

OVER-THE-COUNTER PRODUCTS & OFF-LABEL USE MEDICATIONS

Aleve

- [Purchase Aleve Gel Caps w/ Easy Open Cap](#)

Aleve is an over-the-counter, nonsteroidal anti-inflammatory drug (NSAID) containing 220 mg of naproxen sodium, designed to provide up to 12 hours of relief for minor aches and pains, including arthritis, backaches, and headaches. It acts at the site of pain, with one or two pills (depending on severity) typically taken every 8-12 hours.

Biofreeze

- [Purchase Biofreeze Professional](#)

Topical analgesic that uses menthol to provide cold therapy for soothing muscle pain. It works as a counterirritant, creating a cooling sensation that overrides pain signals.

Capsaicin

- [Neuropathy Hope: Jan/Feb 2022, p. 1](#)
- [Neuropathy Hope: Apr 2024, p. 1](#)
- [Neuropathy Hope: Sep 2025, p. 5](#)
- [Neuropathy Hope: Oct 2025, p. 5](#)
- [Purchase Capsaicin Pain Relief Cream](#)

This topical cream uses chili pepper oils to produce heat that, when absorbed into the skin, provides pain relief for some. Some 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 Lotions

These products are made of a natural castor oil base to help with joint pain, and it should be remembered that some neuropathies can produce joint pain.

Flexigen

Flexigen is a topical, menthol-based cream used to ease pain, burning, and discomfort associated with peripheral neuropathy. It acts as a topical analgesic to manage nerve-related pain symptoms. It is often grouped with other menthol creams for symptom management.

Frankincense and Myrrh Foot Pain Relief Lotion Oil and Lotions Patches

- [Purchase Oil](#)
- [Purchase Lotion](#)

Frankincense & Myrrh Foot Pain Relief products (oils and lotions) are designed to temporarily relieve neuropathy symptoms, including burning, tingling, numbness, and shooting pains in the feet and hands. They combine essential oils with menthol for topical, non-prescription relief.

Hyland's Leg Cramp Quick Dissolving Tablets and Patches

- [Neuropathy Hope: Oct 2023, p. 5](#)
- [Purchase Hyland's Leg Cramp Quick Dissolving Tablets](#)

An over-the-counter product that can help relieve leg cramps.

Icy Hot	For some people, this topical ointment cools down the hot feet and/or warms up cold feet. It can also help with muscle and joint pain.
Lidocaine Patches <ul style="list-style-type: none"> • Neuropathy Hope: Apr 2022, p. 4 • Neuropathy Hope: Sep 2025, p. 5 	These are commonly used for severe pain using a high concentration of lidocaine and are available only by prescription. However, there are also several over-the-counter pain patches for lesser levels of pain and non-narcotic ingredients.
Low Dose Naltrexone (LDN) <ul style="list-style-type: none"> • Neuropathy Hope: May 2023, p. 7 • Neuropathy Hope: Oct 2024, p. 7 • Webinar: Low Dose Naltrexone (LDN) • More information 	Low-dose naltrexone (LDN) is increasingly used off-label to treat neuropathic pain, including diabetic and small fiber neuropathy, by reducing nerve inflammation and modulating the immune system. Typically dosed between 1.5 – 4.5 mg daily, it functions as a glial cell inhibitor to decrease neuroinflammation.
Motrin	An over-the-counter pain reliever, particularly for muscle strain, etc.
Neuragen PN	Neuragen PN is a homeopathic, plant-based topical oil designed to relieve peripheral neuropathy symptoms like burning, tingling, and shooting pain in the hands and feet.
Salonpas <ul style="list-style-type: none"> • Purchase Patches • Purchase Spray 	Salonpas products, particularly those containing lidocaine or capsaicin, are used off label for managing localized peripheral neuropathy and diabetic neuropathy. They provide targeted, temporary relief for nerve pain by numbing the skin or decreasing pain signals.
Sports Cream	Topical sports creams containing menthol or capsaicin provide relief by soothing, numbing, or blocking nerve pain signals. They often combine ingredients like arnica, vitamin B6, and aloe vera to manage burning or tingling sensations.
Tea Tree Oil Foot Cream <ul style="list-style-type: none"> • Purchase Tea Tree Oil Foot Cream 	This soothing lotion can help calm neuropathic distress.
Tiger Balm	Tiger Balm is a similar product to Vicks VaporRub with a larger percentage of Camphor and Menthol.
Tylenol <ul style="list-style-type: none"> • Purchase Tylenol Rapid Release Gel Caps 	This common, over-the-counter medication is generally used in reducing some pains.

Vicks VapoRub

- [Purchase Vicks VapoRub](#)
- [Purchase Vicks VapoStick](#)

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 toenails and diminishing common toenail problems.

Voltaren Gel (diclofenac sodium topical gel) 1%

- [Purchase Voltaren Pain Gel w/ Easy Open Cap](#)

A topical gel that lowers pain levels in the applied area. Especially good for arthritis.

SUPPLEMENTS & VITAMINS

Alpha Lipoic Acid (ALA)

- [WNA Webinar: Supplements for PN](#)
- [Neuropathy Hope: Dec 2022, p. 7](#)
- [Neuropathy Hope: Nov 2023, p. 3](#)
- [Purchase ALA](#)
- [Purchase ALA 3-Pack](#)

ALA is a universal antioxidant. It works in all types of cells to eliminate free radicals. It also helps to refresh other antioxidants like Vitamin E and C, CoQ10, and glutathione. ALA has been used in Europe for many years to treat diabetes by reducing blood sugar levels and diabetic neuropathy reducing DPN symptoms. It has also been found effective with other types of neuropathies.

B1

- [WNA Webinar: Supplements for PN](#)
- [Purchase B1](#)

Vitamin B1 has been found to be particularly helpful for controlling blood sugar levels for diabetics and reducing diabetic neuropathy symptoms. While rare today, B1 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.

B12

- [WNA Webinar: Supplements for PN](#)
- [Purchase B12 \(Swanson\)](#)
- [Purchase B12 \(Jarrow\)](#)

The most common symptoms of B12 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. B12 helps nervous system health by strengthening the integrity of the myelin sheath and nerve fiber.

L-Arginine

- [Purchase L-Arginine \(Swanson\)](#)
- [Purchase L-Arginine \(Pure Encapsulations\)](#)

This amino acid improves blood vessel functioning by increasing circulation for better distribution of oxygen and nutrients.

HOME REMEDIES

Borage Oil and Evening Primrose Oil

- [Neuropathy Hope: June 2025, p. 6](#)
- [Purchase Borage Oil](#)

Both oils are a rich source of gamma-linolenic acid (GLA), an omega-6 fatty acid that may help relieve symptoms of neuropathy by improving nerve conduction velocity and reducing pain.

Castor Oil

- [Purchase Castor Oil](#)

Castor oil is used as a topical, remedy for neuropathy, believed to soothe irritated nerves and reduce inflammation.

Cream for Tingly Nerve Pain

At any pharmacy purchase 1 tube of Clotrimazole and 1 tube of Hydrocortisone. Mix the contents of the 2 tubes together and put in a small jar. Apply topically to pain area.

Gin and Raisins

- [Neuropathy Hope: Dec 2024, p. 7](#)

This is a recipe that has been touted for a variety of ailments. 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 raisins into a large shallow container. Pour enough gin to completely cover the raisins. Let the raisins stand, uncovered, for about seven days until all 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.

Ice Pack

10 minutes in the morning and in the evening. Most people find gel ice packs to be most comfortable. 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.

Ivory Soap

While some dismiss this product for PN as an urban myth or quackery nonsense, some people find that placing a bar of Ivory between the sheets at the foot of the bed reduces their nighttime 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 topical. Due to the varying capsaicin amount in peppers, dosage differs too. Be sure to wash your hands thoroughly before touching your face or eyes even if you use plastic gloves, which are recommended.

Sore No More

This blend of plant extracts has a topical anesthetic effect that 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.

Tonic Water

- [Purchase Tonic Water Made w/ Agave](#)
 - [Purchase Tonic Water Made w/ High Fructose Corn Syrup](#)
 - [Purchase Tonic Water - Zero Sugar](#)
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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.

Warm/Cool Baths and Showers

These are excellent de-stressors and can help with reducing pain.

HEALING THERAPIES, DEVICES, & FOOTWEAR**Acupuncture/Acupressure**

- [Neuropathy Hope: Apr 2023, p. 1](#)
 - [Neuropathy Hope: Jan/Feb 2025, pp. 1, 3-5](#)
 - [WNA Webinar: Acupuncture and Botanical Medicine](#)
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Using tiny, sterilized needles (acupuncture) or finger/hand pressure (acupressure) at specific sites to provide relief of pain and inflammation. Therapists using these methods may be associated with other complementary treatment practitioners. Some have found it specifically helpful in reducing neuropathic pain and numbness.

Anodyne Therapy

- [More information](#)
 - [Individual Treatment Success](#)
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This form of infrared light therapy may be effective in reducing peripheral neuropathy pain, restoring sensation, restoring balance, and accelerating wound healing.

Bowen Therapy

- [WNA Webinar: Bowen Therapy](#)
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Bowen Therapy (also called Bowenwork or the Bowen Technique) is a gentle, remedial bodywork method. It works primarily on the soft connective tissues (fascia), muscles, tendons, ligaments, and mechanoreceptors (sensors in the body that detect mechanical changes).

HealthLight Therapy

- [More information](#)
-

Manufacturer of red-light therapy devices. Red light therapy and near-infrared light therapy can reduce pain and inflammation, increase blood circulation for faster healing, support nerve regeneration to restore sensation, and enhance muscle recovery and reduce soreness.

Infrared Light Therapy

Available from a variety of providers, this therapy uses infrared light to increase circulation and reduce pain. It is available through podiatrists, chiropractors, and other medical practitioners, as well as devices made for home use.

Laser Therapy

- [Neuropathy Hope: Mar 2023, p. 1](#)

Laser treatment, specifically Class IV or MLS laser therapy (photobiomodulation), is a non-invasive, drug-free option for managing peripheral neuropathy by reducing pain, numbness, and burning. It works by using high level infrared light to increase blood circulation, reduce inflammation, and stimulate nerve cell regeneration.

If a treatment is called “low level laser,” it is likely infrared light, not a laser.

ReBuilder Therapy

- [More information](#)
- [WNA Webinar: ReBuilder](#)

The ReBuilder is a handheld, battery-powered medical device designed to treat peripheral neuropathy by delivering specialized electronic signals. It acts as a nerve stimulator to re-educate muscles, improve circulation, and reduce neuropathic pain by calming, then stimulating, damaged nerves. Users report pain relief and improved mobility with 30-minute, twice-daily sessions.

Reflexology

Reflexology is a non-invasive therapy that may help manage peripheral neuropathy symptoms, such as tingling, numbness, and burning pain. By applying pressure to specific points on the feet or hands, it improves blood circulation, reduces stress, and stimulates nerve function. It is often used to relieve diabetic neuropathy and chemotherapy-induced symptoms.

Reiki

Reiki is a Japanese energy healing technique administered by light, non-invasive touch or hovering hands to promote emotional or physical healing.

Shoes

- [Neuropathy Hope: May 2022, p. 4](#)
- [WNA Members' Recommended Footwear](#)

Most communities will have specialty shoe stores that will consult with you and make recommendations to manage your specific symptoms. If you wear an orthotic, be sure to take it with you so you know it will fit in the recommended shoe. Properly fitting shoes are essential for those with neuropathic distress in their feet and/or with leg and back pain problems.

Socks

- [Neuropathy Hope: Sep 2022, p. 2](#)
- [WNA Members' Recommended Socks \(Look under "Footwear" Section\)](#)
- [WNA Webinar: Socks for Balance](#)

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

TENS Unit

- [Purchase TENS Unit](#)

Transcutaneous Electrical Nerve Stimulator (TENS) is commonly used and is 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.

FITNESS**Balance Exercises**

- [Neuropathy Hope: Apr 2022, p. 5](#)
- [Neuropathy Hope: Dec 2022, p. 5](#)
- [Neuropathy Hope: Apr 2023, pp. 4-5](#)
- [Neuropathy Hope: Jun 2023, p. 6](#)
- [Neuropathy Hope: Dec 2023, pp. 6-7](#)
- [Neuropathy Hope: Oct 2024, p. 4](#)

Balance exercises for peripheral neuropathy focus on strengthening ankles, improving proprioception (awareness of body position), and reducing reliance on vision to prevent falls.

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 managing peripheral neuropathy. It is very important that we keep moving to maximize our potential for wellness and minimize our propensity for weakness. "Motion is lotion."

Feldenkrais Method

- [More Information](#)

The Feldenkrais Method helps manage peripheral neuropathy by using gentle, mindful movement to improve nervous system function, balance, and proprioception (awareness of body position). It is often available in community fitness classes.

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.

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 medical coverage plans will cover a limited number and type of therapies if a prescription is given.

Tai Chi

This simple movement exercise system is favored by many with peripheral neuropathy as it helps to develop and maintain proper balance.

Walking

- [Neuropathy Hope: Apr 2024, p. 5](#)

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.

Water (Aquatic) Aerobic Exercise

Water (aquatic) aerobic exercise is highly effective for managing peripheral neuropathy by reducing joint weight-bearing, alleviating nerve pain, and enhancing circulation. Buoyancy provides a low-impact environment for strengthening and balancing, while water resistance increases muscle engagement. Exercise programs can be found at swimming pools, gyms with pools or in therapy pools supervised by physical therapists.

Yoga

- [Neuropathy Hope: Jan/Feb 2024, p. 7](#)
- [NIH eBook: Yoga for Health](#)

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.

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.

Current as of April 2026