

# Cancer Answers

Volume 2 Number 7  
February 2009  
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## Neuropathy...the reason and the rescue

I have been amazed at how many women I have been talking with recently are plagued with neuropathy in their fingers and toes long after chemotherapy is completed. What causes neuropathy during chemotherapy, what is the medical explanation of what is happening and how (or can) it be treated naturally?

Neuropathy is a malfunction of the nervous system that leads to damaging the nerves. Neuropathy that occurs outside the central nervous system - such as hands, fingers, legs, feet and toes - is called peripheral neuropathy.

The drugs used for chemotherapy are made to target fast growing or functioning cells like cancer, hair and nerves. Unfortunately, this death blow to cancer cells also affects cells we need to function properly. The result of the drugs administered to the cells is a temporary lack of oxygen. This condition is called "anoxia". A quote from \*Nina Komniey, Certified Holistic Health Practitioner explains what happens(ed) very succinctly. "Portions of your nerves were starved for oxygen. They responded with the only survival tool they had: they shriveled themselves inward, reducing their length to conserve energy, and gaps between the nerves were stretched to the point that a normal sized nerve signal could no longer jump this gap," resulting in numbness and tingling that may last months, years or a lifetime. The amount of anoxia determines the extent of the damage.

What, if anything, can be done about neuropathy NATURALLY? The good news is...several things!. First, exercise is important. I know, that word comes up a lot - however, it is necessary not only to keep your body functioning optimally but for the stimulation of the nerve endings on these damaged nerves. Base your exercise regimen on your overall level of physical fitness. Check with your doctor or look for local cancer exercise programs.

There is promising benefits from taking 200 mg of SAME twice a day. Pronounced "Sammy," S-Adenosyl-L-Methionine occurs in the body naturally. It is made from the amino acid, methionine, and is believed to be involved in many critical biochemical processes in the body. Scientists say it helps in the production of neurotransmitters. These transmitters are imperative to the health and healing of your peripheral nerves.

With neuropathy the nerves have demonstrated that they need a larger signal transmitted across the gap. If your neuropathy is in your feet and legs the ReBuilder is an FDA registered, Medicare approved, AMA certified system that sends a tiny electrical signal (10 times larger than normal) that exactly imitates a healthy nerve signal. It wakes up the nerves and re-educates the paths so that subsequent normal signals can follow the right path to the brain. These healthy signals encourage the shriveled nerves to relax and reach out to one another thus improving the rate at which normal signals are effective. Currently, ReBuilder is not equipped to work on arms, hands and fingers but with the great results those using ReBuilder are experiencing it is very promising that additional technology will be developed in the near future for these areas.

## Resources

I have never dedicated this amount of space to resources available to you as cancer sojourners. This newsletter has never been about making money for myself or anyone else. It is to disseminate information and offer caring hope and help. However, since I am addressing an issue affecting so many, this information is extremely valuable and I would be doing you an injustice if I didn't include it.

**Electrolytes** are important to include with any natural treatment for neuropathy. Emergen-C is available at natural food stores. Clif Shot is another choice. It is 92% organic and available at [www.victorynutrition.com](http://www.victorynutrition.com) PowerMins are my personal choice. Call Ken Caryl Chiropractic at 303.973.8887 to order.

**Exercise** programs and exercise physiologists trained in working with cancer patients are available through many local recreation centers. Check with your doctors for programs they endorse. My book, Your Cancer Journey Bible: has general exercise advice and suggestions.

**SAME** is readily available. Consider using an enteric coated SAME supplement so that the nutrient will pass through your stomach acids untouched offering better absorption and results.

The **Rebuilder 2407 Electronic Stimulator** is available online. Extensive information is on the sites listed below to educate you thoroughly. Have your doctor write a prescription to hopefully recoup some, or all, of your cost through your insurance.

[www.peripheralneuropathytreatments.com](http://www.peripheralneuropathytreatments.com) and [www.frequencyrising.com](http://www.frequencyrising.com) There are some alternative practitioners that are using the machine in their practices. To find someone in your area contact \*Nina Komniey at [frequencyrising@aol.com](mailto:frequencyrising@aol.com) or call 951-303-3471. Blessings, Carin