

# Cancer Answers

Volume 2 Number 7  
March 2009  
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## Neuropathy Follow-up

My sister-in-law subscribes to this newsletter and following last month's article on neuropathy she called to discuss some things with me. Nearly a decade ago she had back surgery to remove a benign schwannoma tumor that had wrapped itself around her spinal cord. Because of the surgery she has extensive nerve damage and pain throughout her trunk and legs. She wanted me to share with you, my readers, some of the things she has found helpful for reducing and controlling pain. Although she has neuropathy - not peripheral neuropathy, you will find relief from following these suggestions.

**Because the area(s) affected can be cold and make you chill easily any of the following may be of great benefit to you.**

Take an Epsom salts bath. Not only will this warm you up, but it will also remove toxins from your body. If you are on a chemotherapy regimen you should ask your doctor prior to taking an Epsom salts bath. The chemo drugs are toxic to your system, but they need to stay in your body long enough to do a thorough job of killing cancer cells. Removing them too soon, via an Epsom salts bath, may not be advised.

Use a heating pad or hot water bottle often in the area(s) affected. You may want to sleep with a hot water bottle (or two).

Sitting in a steam room or a hot tub are also great options. Do not go in a public hot tub if you are on chemotherapy.

**To relieve and/or alleviate pain the list below may be extremely helpful.**

Use IcyHot or another analgesic on the affected area(s)

Try acupuncture or acupressure with a recommended practitioner. These treatments will help reduce pain and balance your body.

Although this sounds a bit kinky...use a small vibrator on the affected area(s). Yes, I am talking about the kind used for sexual stimulation! Because of its size you will be able to get in between fingers and toes and any other areas hard to get into. You can use a regular hand-held massager for larger areas.

Find a good physical therapist, masseuse or masseur. You want one that is trained in neuropathy. Additionally, they need to be both empathetic to your pain and willing to listen to you as it relates to where and how you can stand to be touched.

Try a transcutaneous electrical nerve stimulator or TENS machine. My sister-in-law has one of these and she finds some relief with it. Her two complaints are that the pads used for treatment can only be used once and are somewhat expensive to replace. Also, she finds the pads tend to chill her. Remember, however, she has major neuropathy so her level of discomfort from cold will, more than likely, be greater than yours. It is important to remember that a TENS machine is not used for the same thing as the ReBuilder I wrote about last month. Although similar, the TENS is designed to relieve pain by blocking it and the ReBuilder opens up the nerve paths to encourage nerve rejuvenation. (please let me know if you need a copy of last month's newsletter.)

I trust some or all of these suggestions will give you GREAT relief...soon!

## Cinnamon and Honey

These two simple ingredients can do some wonderful things for your health when used together. I am going to concentrate on those conditions associated with cancer in this column. The benefits and/or cures are not just heresy or testimonials. Scientists are accepting honey as an extremely effective medicine for all kinds of diseases based on studies and medical trials. In the Bible we are told that John the Baptist existed on a diet of honey and locusts. Not my idea of a very well-rounded diet...(or good tasting - I cannot quite picture "honey-dipped locust"!). But, it made and kept him strong and healthy.

### \*Cancer

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured with these two ingredients used this way: Eat one tablespoon of honey mixed with one teaspoon of cinnamon powder three times a day for one month.

### To Build Your Immune System

Sprinkle cinnamon powder on two tablespoons of honey once a day. You can also make a spread with it on bread.

### To Aid in Digestion & Alleviate Indigestion

Use the same formula as above, but eat the mixture prior to a meal. (This should help some with stomach upset from chemo - but probably will not cure it.)

### Bladder Infections

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of warm water. It will kill the bacteria in your bladder.

\* I am not advocating abandoning your cancer treatment regimen for this treatment. You should stay on your regimen AND add this mixture to that your daily routine. Blessings, Carin