



the FOUNDATION for
PERIPHERAL NEUROPATHY®

DEDICATED to REVERSING the IRREVERSIBLE

Complementary and Alternative Treatments From A to (almost) Z

The Foundation for Peripheral Neuropathy (FPN) does not endorse any treatments, medications, articles, abstracts or products discussed herein. None of the options listed here are proven or guaranteed. Many are not backed by any scientific research or rigorous clinical trials. But if a patient can experience some amount of relief – even as a placebo effect - it is still relief!

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 health care provider.

We share this list with you so that you may be a more informed consumer. 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.

- **Absorbine, Jr.:** This liquid, a proprietary blend of menthol and natural herbal ingredients, has been used for many years to treat muscle strain. Rub this on the balls of your feet at bedtime to reduce neuropathic distress.
- **Art & Music:** These creative forms of expression and have been used for some time in psychotherapy to help people express their thoughts and feelings. While these creative tools can help chronic pain patients maintain their emotional stability, art and music can also impact them biologically. Art and music stimulate the healing process by helping to decrease stress and release neurotransmitters that can decrease the experience of pain. Many people, when engaged in the creative arts, report that they are less aware of their pain.
- **Artalgia:** This is a liquid homeopathic developed after many years of research by Florida podiatrist Todd Horton that combines some 17 herbs that helps with burning, coldness and other neuropathy symptoms. Several drops of the liquid are placed under the tongue for quick absorption into the blood stream. Artalgia has an offensive, very strong flavor that goes away very quickly, but it can also be diluted with fruit juice. For many users, Artalgia has a cumulative effect that restores restful sleep, reduces pain/burning sensations, and reduces the need for some or all traditional neuropathy medications with side effects. This product has been most used by those suffering from burning sensations.
- **Bowen Therapy:** Bowen therapy is a non-invasive, complementary holistic therapy. It targets certain points on the body with gentle rolling movements to help it balance, repair and reset itself. Clients are believed to experience energy recovery, a reduction in pain and an improvement of function.
- **Borage Oil and Evening Primrose Oil:** The beneficial effects of borage oil and evening primrose oil (EPO) have been reported in a number of inflammatory-mediated conditions and these benefits are generally associated with the omega-6 polyunsaturated fatty acid gamma-linolenic acid (GLA) content of these oils.
- **Castor Oil:** Put on topically, castor oil has been found to aid in pain control.
- **Chamomile Foot Bath:** Boil two quarts of water and then remove from stove. Add 1/3 cup dry chamomile flowers (obtained from a health food store) and let steep for 2-3 hours until cool. Pour into a foot bath tub, soaking your feet for 30 minutes. You can follow this by rubbing chamomile oil onto your feet.

- **Feldenkrais:** The Feldenkrais Method is a type of exercise therapy devised by Moshé Feldenkrais. The method is claimed to reorganize connections between the brain and body and so improve body movement and psychological state.
- **FlexGen:** Topical analgesic. Primary active ingredient is menthol.
- **HealthiBetic Foot Cream:** This is a transdermal foot cream with L-arginine that claims to help restore healthy blood flow for better circulation.
- **Heating pad/Electric socks**
- **Hepatic Activation:** The infusion of IV insulin provides the necessary signal for the liver to create needed enzymes, which reestablishes important biochemical pathways that are lacking in diabetics. This treatment may ameliorate diabetic neuropathy symptoms. It has
- **Hypnosis:** A state of deep relaxation that involves selective focusing, receptive concentration, and minimal motor functioning. Individuals can be taught to use hypnosis themselves, and this use of self-hypnosis can provide pain relief for up to several hours at a time.
- **Ice Pack:** Apply 10 minutes in the morning and in the evening. For maximum positive effective, 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. Neuropathy patients with numbness should take precautions when using hot or cold applications.
- **Icy Hot (with Lidocaine):** This over-the-counter topical ointment cools down the hot feet and/or warms up cold feet. It also helps with muscle and joint pain.
- **Infrared Light Therapy (Anodyne Therapy):** Available from a variety of providers, this therapy uses infrared light to increase circulation and reduce pain.
- **Ivory Soap:** While some dismiss this product for PN as an urban myth, some people are finding that placing a bar of Ivory between the sheets at the foot of the bed reduces their night time PN feet distress, especially cramping.
- **Jalapeños and Mineral Oil:** Rubbed into the skin at a place of pain, functioning as a home-made capsaicin.
- **Low Light Laser Therapy:** A form of alternative medicine that applies low-level (low-power) lasers or light-emitting diodes (LEDs) to the surface or orifices of the body. Whereas “high-power” lasers are used in laser medicine to cut or destroy tissue, low-power lasers are claimed to relieve pain or to stimulate and enhance cell function.
- **L-Arginine:** This essential amino acid improves blood vessel functioning, to increase circulation for better distribution of oxygen and nutrients.
- **Neuragen PN:** A topical pain solution for temporary relief of symptoms of nerve pain, including shooting, burning, tingling and stabbing pain. Created with a non-toxic, skin penetrating (transdermal) formula of essential botanical oils, the solution claims to provide quick, effective alleviation from severe pain on hands and feet.
- **Neurogenx:** This device uses patented, high-frequency electronic waves to gently reach deep down through muscle and tissue to potentially relieve neuropathy symptoms and severe neuromuscular pain in the feet, legs, hands and arms.
- **Pet Therapy:** There is good evidence to demonstrate the positive human-animal interactions improve the physical, emotional and psychological lives in people.
- **Quell:** A nerve stimulation technology that is designed specifically to provide widespread relief from chronic pain. Quell is worn in a strap that wraps around the upper calf, sending electrical pulses through the skin to the sensory nerves that in turn signal the brain to trigger the body’s natural pain relief response, blocking pain signals throughout the body.
- **Rebuilder:** This is a self-administered, drug free, in-home treatment for neuropathy and chronic pain. It is said to arrest the progression, reduce pain and numbness, improve sleep and walk further with greater confidence. It consists of a double footbath with electric stimulation.
- **Reflexology:** Reflexology, also known as zone therapy, is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion.

It is based on a pseudoscientific system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

- **Reiki:** A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.
- **ReviStim™ Electrotherapy:** <https://www.doctorsoption.com/medical-supplies/revistimtm/revistimtm-foot-pain-leg-pain-and-wound-healing-kit-with-revistimtm-silver-conductive-socking.html>
- **Revitadyne:** This is a form of infrared light therapy that is a non-invasive, safe, and easy to use modality, utilizing infrared and visible red light emitting diodes (LEDs) at a specific wavelength and frequency.
- **Scrambler (Calamare) Therapy:** A non-invasive, non-narcotic medical device for rapid treatment of severe, chronic, high-intensity neuropathic pain. Read more about Scrambler Therapy for treating neuropathic pain [here](#).
- **Senza System:** A spinal cord stimulator designed to alleviate back pain that is implanted under the skin, at the base of one's spine. When turned on, it sends pulses of a mild electric current to the nerve fibers in one's spinal cord, to treat pain. Possible risks from surgery include infection and a tingling sensation called paresthesia.
- **Tea Tree Oil:** This soothing lotion can help calm neuropathic distress.
- **Tiger Balm:** This is a camphor and menthol topical application. Camphor is a mild pain reliever. Menthol is either manmade or made from the extracts of mint oil. Menthol provides a cooling sensation when applied to the skin. Camphor and menthol topical (for the skin) is a combination medicine used to relieve minor muscle or joint pain.
- **Vicks Vapor Rub:** Massaging one's feet with Vicks, a mentholated topical ointment, particularly at night, may soothe neuropathic pain and distress in one's feet and legs.
- **Walkasins:** <https://www.youtube.com/watch?v=MEq-nRnsAVU&feature=youtu.be>
- **Walk Joy:** A medical device aimed at restoring balance, walking and/or foot-health problems. When worn, its goal is to stimulate alternative, healthy nerves below the knee and send information to the brain, which substitute for the nerves in the feet that are damaged. It seeks to replace the lost sensation of your foot striking the ground by providing a signal to healthy nerves around your knee. Visit our website for an announcement about the device: <https://www.foundationforpn.org/2017/02/10/living-peripheral-neuropathy-walk-joy/>