



the Foundation for Peripheral Neuropathy

Welcome!

Nutrition for Patients with Peripheral Neuropathy
with Barbara Montgomery

Thursday, April 22, 2021

We will begin our presentation shortly.

*Today's webinar
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the Foundation for Peripheral Neuropathy

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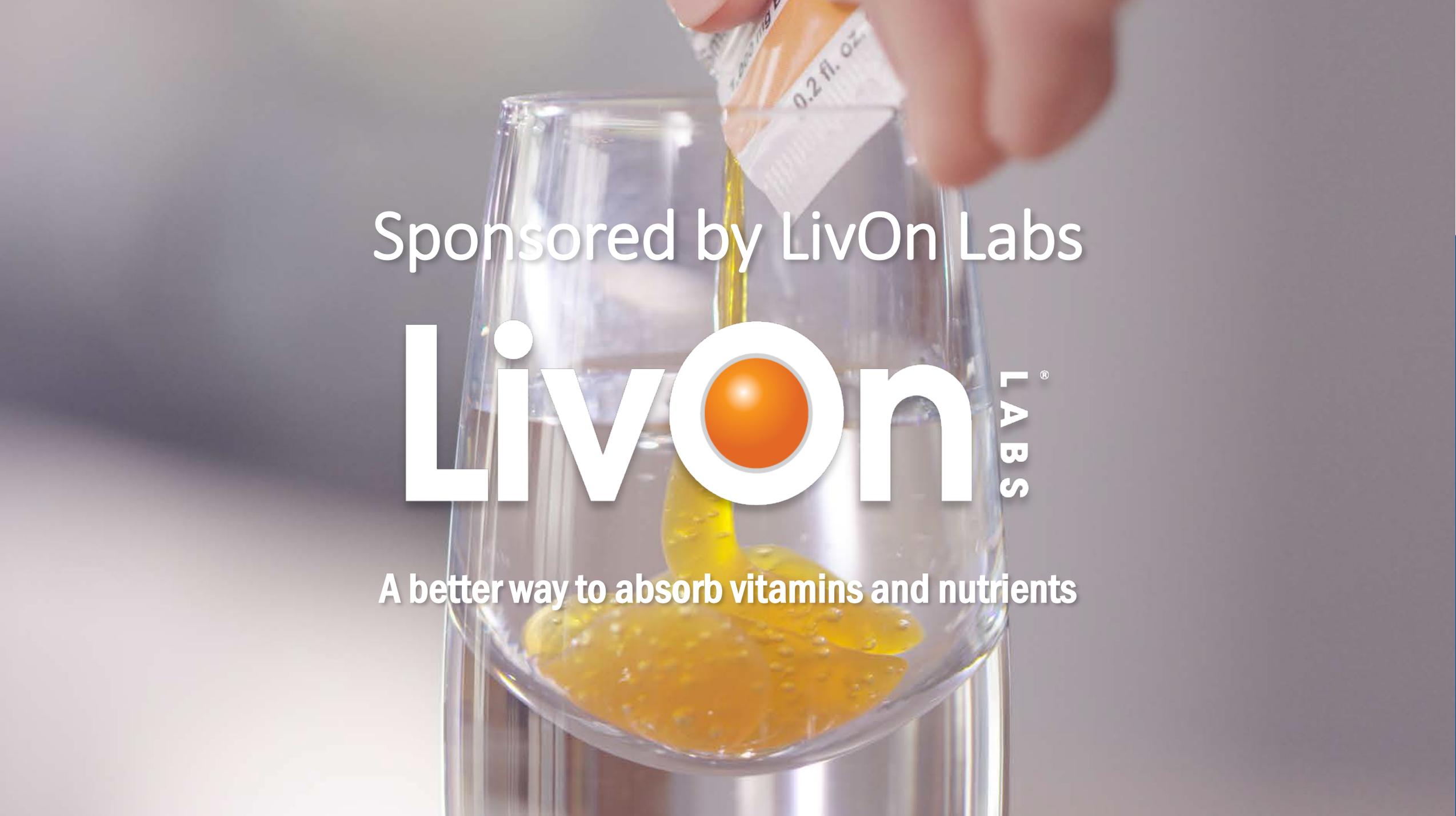


the Foundation for Peripheral Neuropathy



Nancy Frohman

Director of Development & Marketing
the Foundation for Peripheral Neuropathy

A hand is pouring a thick, yellow liquid from a small white and orange packet into a clear glass. The packet has some text on it, including "0.2 fl. oz.". The liquid is being poured into a glass that already contains some of the same liquid. The background is a plain, light-colored surface.

Sponsored by LivOn Labs

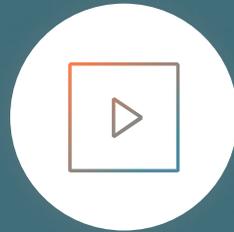
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the Foundation for Peripheral Neuropathy

Before We Begin



This presentation is being recorded. The recording link will be emailed to you so you can view it again later.



Submit your questions anytime via the Questions Box. We will try to answer them during this webinar.



If you are having trouble with the audio using your computer, you can dial in by phone (check your email for dial-in instructions).



the Foundation *for* Peripheral Neuropathy

Guest Speaker:

Barbara Montgomery
Certified Holistic Health Coach



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Nutrition for Patients with Peripheral Neuropathy

Written and Presented by:

Barbara Montgomery

CHHC, FFL Nutrition Educator, Certified Plant Based Cook

Disclaimer

- ▶ This information is for educational purposes only.
- ▶ *I am not a physician. Please check with your doctor or qualified health care provider before beginning any diet, lifestyle change or supplement regimens to confirm there are no contraindications.*

My Story

- ▶ **2011: Where it began!** *I thought I ate healthy, but the Standard American Diet (SAD) is anything but healthy: sugar, salt, greasy foods... for me all added up to:*
 - ▶ **Heart Disease! Stent in my LDA; 95% clogged**
 - ▶ *Led to studying the cause of disease; leading to studies in nutrition and health.*
- ▶ **2012: Certified Holistic Health Coach:** *The Institute for Integrative Nutrition*
- ▶ **Certified Detox Specialist:** *Academy of Natural Health Sciences*
- ▶ **2013: Plant Based Nutrition Certification:** *Cornell University T. Colin Campbell Foundation. (I subscribe to a Whole Food Plant Based diet. Me, Animals, Environment)*
- ▶ **2013: Certified Professional Plant Based Health Cook:** *Rouxbe Professional Culinary School*
- ▶ **2014: Forks Over Knives Plant Based Cook:** *Rouxbe Professional Culinary School*
- ▶ **2018: Certified FFL (Food for Life) Educator:** *Physicians Committee for Responsible Medicine: Dr. Neil Barnard (1 out of 25 worldwide to be accepted)*

My Story

- ▶ I approached neuropathy with the same vigor I did for my heart and pre-diabetic issues. In my search to learn and understand neuropathy, I found doctors I went to knew very little and explained even less. There were no support groups in the area, so in 2017, I started and led the **Las Vegas Neuropathy Support Group** until 2020, when COVID-19 put a stop to our group meetings.
- ▶ I have presented education on heart health and plant-based nutrition to hospitals, professional trade schools, senior communities as well as interviews on neuropathy to various magazines, a worldwide television station, various neuropathy groups and organizations.
- ▶ I continue to learn and present on Plant Based Nutrition for overall health.

What Can We Do?

While nerve pain can't always be cured, it can be treated -- and there are a lot of good options available.

What We Will Discuss Today

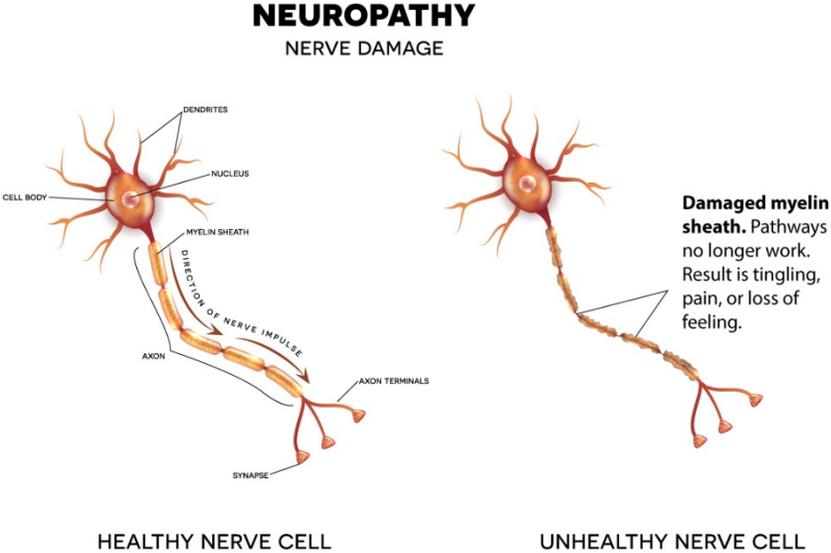
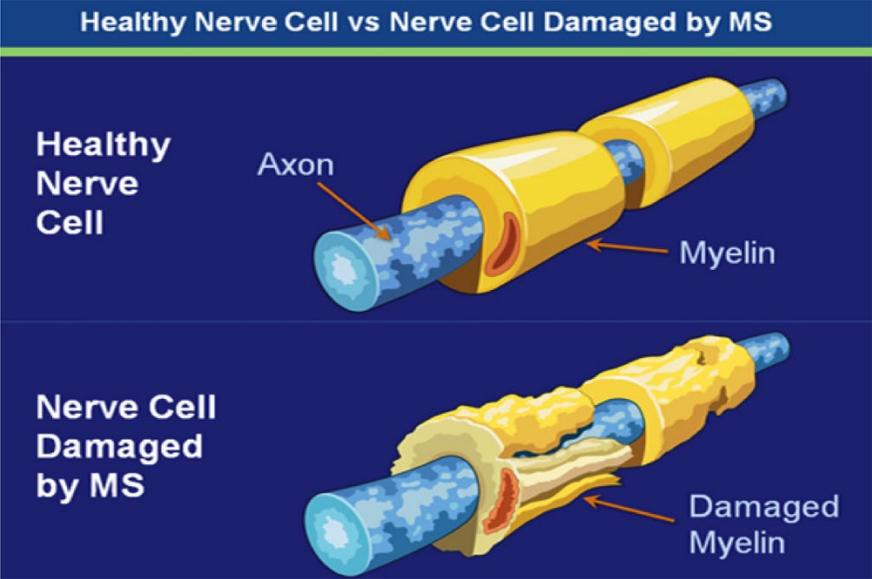
- ▶ Our Diet and Nerve Pain
- ▶ Main Pain Triggers: Not All Carbs Are Created Equal
- ▶ Foods to Avoid That Are Known to Cause Nerve Damage
- ▶ Main Nutrients Needed to Improve Neuropathy
- ▶ Foods & Supplements to Eat to Help Support the Nervous System

Our Diet and Nerve Pain

- ▶ Neuropathy can be improved or worsened depending on what you eat.
- ▶ It's as important to know what to eat as it is to know what to avoid in order to stop your tingling, numbness, and/or nerve pain from getting worse.

Nerves are protected by myelin sheaths, which contain very high levels of fatty acid. If deficient in fatty acids, we may suffer from damage to the nerves.

Track Your Diet!



Let's Get Started

- ▶ The first line of defense when it comes to preventative medicine is good nutrition, and the same is true for peripheral neuropathy.
- ▶ Let's first look at foods to avoid and that trigger Peripheral Neuropathy pain.

Main Pain Triggers

- ▶ **Sugar:** White sugar, HFCS, causes nerve damage, cancer cells feed on sugar. Releases inflammatory messengers.
- ▶ **Seafood:** Contains mercury. High levels of mercury can aggravate nerves, making pain worse.
- ▶ ****Refined Carbohydrates:** White flour, white bread, white rice, bagels, pancakes. Not all carbs are created equal.

Main Pain Triggers

Continued

- ▶ **Vitamin B6:** Can increase developing neuropathy in excess. Toxic to nerves. Get your blood levels checked.
- ▶ **Saturated Fats:** Tend to be solid at room temperature: Studies have shown that saturated fats trigger fatty tissue inflammation, which is known to worsen joint pain.
- ▶ **Animal foods:** Eat as fresh and organic as possible, as some of the additives in meats can cause inflammation.
- ▶ **Processed foods:** Cause inflammation.
- ▶ **Gluten:** Especially if you have celiac disease increases (autoimmune condition). Wheat, barley, rye, oats, and more.

Main Pain Triggers

Continued

- ▶ **SAD:** Pizza and fast food are the biggest culprits. Full-fat dairy products, carbohydrates and desserts.
- ▶ **Trans fats:** Cause inflammation and joint pain. Cream, fast foods, sugary snacks, butter, processed meats, and red meats. Those high in trans fats include margarine, shortening.
- ▶ **STRESS...**not a food, but increases nerve pain.

**Not All Carbs Are Created Equal

Good Carbs

Oats. Oats may be the healthiest whole grain food on the planet

Bananas

Sweet Potatoes

Quinoa. Quinoa is a nutritious seed that has become incredibly popular in the natural health community

Oranges

Blueberries

Whole grains

Buckwheat

Stick to low-fat dairy products

Legumes

Some Main Nutrients Needed for Neuropathy Sufferers

- ▶ **B Vitamins:** Support function of nervous system
 - ▶ **B6:** Helps preserve nerve endings and discourages inflammation. **Don't overtake as it can lead to nerve damage.** (Have your doctor take blood tests).
 - ▶ **B12:** Deficiency damages the myelin sheath. Left untreated, it can cause permanent nerve damage.

Some Main Nutrients Needed for Neuropathy Sufferers

- ▶ **Vitamin C:** Can repair and prevent nerve damage.
- ▶ **Vitamin D:** Helps decrease pain and promote nerve growth.
- ▶ **Vitamin K (2-7):** Known to relieve idiopathic muscle cramps.

Some Main Nutrients Needed for Neuropathy Sufferers (continued)

- ▶ **Alpha-lipoic acid:** Improves nerve function, relieve nerve pain in the legs and arms. Can protect against nerve damage and may even reduce blood sugar levels.
- ▶ **Vitamin E:** Being deficient in vitamin E can damage the nerves. Reduces pain and can support nerve regeneration.
- ▶ **Magnesium:** a mineral that helps your muscles contract and helps the body to fight off pain.
- ▶ **Omega-3 EFA: (EPA/DHA)** Supports nerve regeneration. Plant-based omega-3 is much better than fish oil. If someone eats fish in order to get omega-3 in their diet, they are essentially getting second-hand fatty acids from the foods eaten by that fish. This is because **fish do not produce their own omega-3.**
- ▶ High amounts of omega-6s trigger inflammation throughout the body. Avoid omega-6 rich foods like fast food, carbohydrates, certain types of oils and fats, processed foods and fatty meats.

Some Main Nutrients Needed for Neuropathy Sufferers (continued)

- ▶ **Turmeric** contains a compound known as curcumin, which is a powerful anti-inflammatory. For neuropathy, curcumin helps relieve numbness, tingling or pain in the hands and feet.
 - ▶ Turmeric must be taken with black pepper. Black pepper helps your body absorb more curcumin.
- ▶ **Capsaicin** is the active compound found in different types of hot peppers. Applying capsaicin can help reduce the tingling and pain in the extremities that comes with diabetic neuropathy.

Foods & Supplements

First line of defense for Peripheral Neuropathy is good nutrition

- ▶ **B Complex:** Leafy greens, sweet potatoes, bananas (rich in vitamin B and also vitamin C, E and magnesium).
- ▶ **Vitamin B12:** Methylcobalamin is one of the most effective forms.
- ▶ **Vitamin B12** is produced by bacteria, not animals or plants.
- ▶ **Animals**, including humans, must obtain it directly or indirectly from bacteria.
- ▶ **Vitamin B12** should be obtained from supplements, animal foods, fortified foods and nutritional yeast.

Foods & Supplements

First line of defense for Peripheral Neuropathy is good nutrition

- ▶ **Vitamin B6:** Protein foods, meats, whole wheat, salmon, nuts, wheat germ, brown rice, peas, beans, bananas, jack fruit. *Too much can cause nerve damage.*
- ▶ **Vitamin C:** Oranges, grapefruit, red and green peppers, kiwifruit, swiss chard, broccoli.
- ▶ **Vitamin K2-7:** Leafy greens, kale, spinach, collard greens, broccoli, Brussels sprouts, parsley, avocado, kiwi.
 - ▶ Cooked leafy greens have 5-10 times more vitamin K than raw greens.
 - ▶ **Vitamin K:** Should be taken with D to help with absorption.

Foods & Supplements

First line of defense for Peripheral Neuropathy is good nutrition

- ▶ **Vitamin D:** Salmon, tuna, halibut, fortified foods, certain mushrooms, vitamin D supplements. **Be careful with too much seafood, as the mercury can damage nerves.**
- ▶ **Vitamin E:** Spinach, broccoli, sunflower seeds, almonds, mangos, kiwifruit and tomatoes.

Foods & Supplements

First line of defense for Peripheral Neuropathy is good nutrition

- ▶ **Vitamin C:** Mango, watermelon, berries, citrus fruits, kiwifruit, papaya, and pineapple. Vegetables include spinach, broccoli, tomatoes, peppers, potatoes, and winter squash.
- ▶ **Vitamin D:** Sunlight, berries, pineapple, oranges, sweet potatoes, pumpkin, avocado, fatty fish, eggs, mushrooms.
- ▶ **Alpha-lipoic acid:** Grass-fed meat, broccoli, brewer's yeast, spinach, Brussels sprouts, nuts (esp. walnuts).
- ▶ **Omega-3 EFA: (EPA/DHA):** Flaxseeds, chia seeds, fish, walnuts, tofu, navy beans, Brussels sprouts, and avocados. From grass-fed animals: pastured eggs, meats and dairy products.

Foods & Supplements to Eat To Help Support the Nervous System

- ▶ **Vitamin E:** Nuts, seeds, fruits, vegetables, red bell pepper, asparagus, mangos, avocado, spinach, broccoli, almonds, kiwifruit, tomatoes.
- ▶ **Magnesium:** Spinach, almonds (higher than spinach), cashews, peanuts, green vegetables, whole grain cereals, nuts, beans, and seafood.
- ▶ **Water:** Staying hydrated helps your nervous system easily communicate with **your** body. 60% of joint cartilage is made from water; water reduces inflammation, cramping muscles, dizziness.

In a Nutshell

- ▶ **Nutrients** play a major part in nerve repair and regeneration.
- ▶ **Establish** your diet around vegetables, fruits, whole grains, legumes, omega-3 rich foods and lean protein to support a healthy body.
- ▶ **If your** extremity numbness is severe, focus on anti-inflammatory foods. Keep pre-cut, ready-to-eat fruits and vegetables in your refrigerator.

In Closing

Looking out for the health of your nerves through proper nutrition and supplementation should not be ignored.



This is only a partial list of nutrients, but enough to get started!



Work with your doctor to test for nutritional deficiencies that may lead to more effective treatments and a possible reversing of the damage.



Thank you,
Everyone!



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Questions?



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Thank You for Watching!

Did you like this webinar? Please take our survey at the end of this webinar. A recording will be uploaded on our website at www.foundationforpn.org shortly. Stay tuned.

Do you like us? Please consider supporting us so that we can continue to fulfill our mission of improving the lives of people living with Peripheral Neuropathy. You can give securely online, via mail or via phone. Every dollar matters!

Can we help with anything else? Call 847-883-9942 or email info@tffpn.org. You may also mail inquiries and donations to *the* Foundation for Peripheral Neuropathy at 485 E. Half Day Road, Suite 350, Buffalo Grove, Illinois 60089.