

# The Nutritional Barriers of **NEUROPATHY**

## AND WAYS TO IMPROVE

Let's take a moment to discuss some of the possible and common nutritional components associated with neuropathy.

In many cases, they are revealed in the form of deficiency, however, it is also possible that the body can be overstimulated by having too much of certain components. To be clear, these nutritional components may be associated with either vitamins or minerals.

**Here's a list of a few of the relationships between nutrition and neuropathy:**

### 1. Vitamin B6 – pyridoxine

deficiency or excess. Either one of these situations will create neuropathy. For this reason, practitioners only give 50 mg vitamin B6 in supplement form so that an excess is not created in the body.<sup>1</sup>

### 2. Vitamin E deficiency

Although thought to be rare, vitamin E deficiency can result whenever someone has problems absorbing fat. Vitamin E is a fat-soluble vitamin.<sup>2</sup>

### 3. Vitamin B1 – thiamine – deficiency

Vitamin B1 deficiency is common whenever there are conditions such as malabsorption, malnutrition, alcoholism, diabetes and congestive heart failure.<sup>3</sup>

### 4. Vitamin D deficiency

It's common to have a vitamin D deficiency. What's the way around this? It may be to simply take a 5000 IU vitamin D3 supplement five times a week and get 20 minutes of sunlight a day – without sunglasses and sunscreen.<sup>4</sup>

### 5. Vitamin B2 – riboflavin – deficiency

Riboflavin is one of the B vitamins in the B complex group of vitamins. If it's low, neuropathy can occur.<sup>5</sup>

### 6. Vitamin B12 deficiency

Vitamin B12 is another of the B vitamins and when it's low, neuropathy can occur. The nerves in the body depend on vitamin B12 for their transmission of impulses.<sup>6</sup>

There's another reason why you can end up with neuropathy – from taking the drug Metformin. This has been reported in the literature numerous times as causing neuropathy in diabetics. The drug causes a vitamin B12 deficiency that then causes neuropathy.<sup>7</sup>

### 7. Copper deficiency/ Zinc excess

Sometimes people take zinc supplements on their own to combat a cold or for prostate problems. This may help with both these conditions, but any supplement of vitamins or minerals taken by itself means that the nutrient you take will raise its levels in the body but simultaneously lower levels of other vitamins or minerals. Nutrients work together in teams in the body; never by themselves.<sup>8</sup>

When zinc supplements are taken, copper levels fall – and if they fall low enough, neuropathy may occur.<sup>9</sup>

### 8. Folic acid deficiency

Folic acid is another of the B vitamins. Its deficiency causes neuropathy.<sup>10</sup>

#### References:

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