10 Things That Are Making Your NEUROPATHY Worse

Vitamin Deficiencies
Not getting enough of certain vitamins, such as vitamin B12, can lead to neuropathy.

Your Diet
Poor diet can starve your nerves of important nutrients. Avoid things like sugar, artificial sweeteners, casein-based products, gluten and refined grains – all of which can aggravate nerve pain.

Not Controlling Blood Sugar
Failure to properly manage blood sugar is one of the leading causes of nerve pain associated with diabetes.

Certain Medications
Some of your medications may even be hurting your nerves. Common meds that have been linked to neuropathy include cholesterol lowering statin drugs, diabetes drugs (metformin) and some antibiotics.

Sitting For Too Long
Prolonged sitting kills circulation and can also lead to pinched nerves. Get up and stretch every 20 mins or so.

Stress
Stress heightens your body’s sensitivity to pain and produces glucose – increasing your risk of diabetes.

Alcohol
Drinking too much alcohol damages both your nerves and the blood vessels that carry essentials nutrients to your nerves.

Smoking
Besides being terrible for you lungs, smoking also constricts your blood vessels, preventing your nerves from getting important vitamins and nutrients like vitamin B12.

Lack Of Exercise
While exercise can be difficult with neuropathy, it is important as it helps improve circulation and maintain muscle mass (which can deteriorate as a result of nerve pain).

Not Seeking Treatment
Left untreated, your neuropathy will worsen and can spread to other areas of your body.

Neuropathy Treatment Group
http://www.neuropathytreatmentgroup.com