

Michael H. Rogers, D.C., D.A.B.C.O.  
212 Schoosett Street, (Rt. 139)  
Pembroke, MA 02359  
781-826-6311  
[www.michaelrogersdc.com](http://www.michaelrogersdc.com)

## Peripheral Neuropathy and New Treatment Options

If you suffer from neuropathy then you don't need an explanation as to what it is; but you do need to know the latest techniques available for treating neuropathy. Whether due to diabetes, chemotherapy or other disorders, neuropathy symptoms share common causes.

Nerve tissues are highly vulnerable to damage from diseases that impair the body's ability to transform nutrients into energy, process biochemical waste products, circulate oxygen, or manufacture some components of cellular repair.

Managing peripheral neuropathy in private practice can be one of the most frustrating clinical experiences for Primary Care Physicians, Chiropractors and Neurologists alike.

Until now, most treatments have focused only on symptom control, largely by way of drugs, and blood sugar control in diabetic patients. Physical Therapy alone often provides little if any lasting relief. Drug costs as well as medication side effects have left us all wishing there were more as doctors that we could do for our patients.

Although I am usually very cautious about new developments, there is a recently developed product that we are using here in our practice to treat peripheral neuropathy in combination with a program of diet and nutrition, exercise, and rehab therapies. This technology is a new device called the ReBuilder Medical Technologies 7.8Hz electrotherapy stimulation unit. When used with additional physical medicine techniques and spinal manual therapies, (adjustments), where indicated, patients can achieve not only lasting relief but long term self management. Under my care, I have seen patients respond to this new approach, and after a 4-8 week in office program, most patients can then be transitioned to home care.

Some powerful nutrient adjuncts to our care include **Acetyl-L Carnitine**. One of the most powerful nutrients, the acetyl Group becomes a substrate for the neurotransmitter acetylcholine. It also helps neurons and mitochondria especially with energy and metabolism assisting the transport of fatty acids across cell membranes.

It may also have a role in enhancing physical and mental performance as a result of the aforementioned cellular functions.

The following valuable information is from Healthnotes on-line, and there are also several other excellent drug-nutrient interaction sites on the web.. In some patients, GI upset is possible. There are few negative drug nutrient interactions, and several positive interactions, or potentiation.

### **Dosage**

#### **How much is usually taken?**

Most research involving acetyl-L-carnitine has used 500 mg three times per day, though some research has used double this amount. (1)

#### **Are there any side effects or interactions?**

Side effects from taking acetyl-L-carnitine are uncommon, although skin rash, increased appetite, nausea, vomiting, agitation, and body odor have been reported in people taking acetyl-L-carnitine. (2)

#### **Are there any drug interactions?**

Certain medicines may interact with acetyl-L-carnitine.

**Cisplatin, Didanosine, Paclitaxel, Stavudine**

#### References

No authors listed. Acetyl-L-Carnitine. *Altern Med Rev* 1999;4:438-41 [review].

(1) Thal LJ, Carta A, Clarke WR, et al. A 1-year multicenter placebo-controlled study of acetyl-Lcarnitine in patients with Alzheimer's disease.

*Neurology* 1996;47:705-11.

(2) Rai G, Wright G, Scott L, et al. Double-blind, placebo controlled study of acetyl-L-carnitine in patients with Alzheimer's dementia. *Curr Med Res Opin*

Other nutrients include a pharmaceutical grade B-Vitamin complex that nourishes the nervous system. This is taken prior to treatment so that your body can be ready for the demands placed on it and can then respond in a positive way. There are other nutritional components of this protocol that are personalized and may include anti-oxidant therapeutics like CoQ10.

This protocol is only one of several that I have reviewed but it is the one that appears to be the most thorough as well as having reproducible effectiveness. When you participate in this program, I will also be asking for your permission to share your outcome, (Not your personal information, but your results), as part of a data gathering project. If you are interested in this, please call to schedule a special neurological consultation so that I may determine if this course of action may be right for you.