

Dr. Chalfin's Alternative Treatments for Neuropathic Pain

Pain is the sum of painful sensation, affect, and our cognition. Unfortunately, treatment of pain will *not* help regenerate nerves. Even alternative treatments can have costs, side effects, and interactions with medications. Speak to your doctor before starting any of these.

Options

Spinal modulation of pain – like rubbing your arm when you bump it into something, these methods trick the brain to feel pain less.

- Compression stockings, tight socks
- Kinesio tape
- Foot massage/reflexology
- Vibrating warm water foot bath – caution – always measure water temperature before submersion to prevent burns (remember neuropathy may cause you to be less sensitive to temperature)

Warmth – improves blood flow to the feet, soothes pain

- Warm socks (caution with heat)
- Ben Gay cream – try a small spot on your skin first because can very rarely cause burns

Electricity – stimulates the surface of the skin - TENS unit

Topical oils, creams, or sprays –

- “Frankincense and Myrrh” Nerve pain rubbing oil – sold at CVS, Walmart, Amazon
- lidocaine patch, benzocaine spray – caution in people with heart problems, arrhythmias, seizures – use on *small* areas to minimize absorption
- Rx: isosorbide dinitrate spray – one spray to each foot before bed

Nutraceuticals

- Alpha-lipoic acid 600mg daily – antioxidant
- Acetyl-l-carnitine 1000mg daily
- MetanX FC – replaces key nutrients that restore nerve function in certain patients
- CBD cream

Behavioral therapy - treatment of depression/anxiety that improves perception of pain

- A qualified psychologist can help you with mindfulness-based stress reduction, cognitive behavioral therapy, relaxation therapy, or biofeedback
- Meditation

Acupuncture – use a reliable practitioner that uses disposable needles to reduce risk of infection

BEWARE – these do not work and/or may hurt

- “light therapy”
- “chelation therapy of heavy metals” - can cause kidney damage
- B complex – Vitamin B6 overdose can *cause* neuropathy
- surgery