

# How to Treat Neuropathy at Home

Brian McKay October 16, 2018



Pulsed Electromagnetic Field Therapy is being hailed as an innovative treatment for Diabetic Neuropathy.

**Stamford, CT- Core Health Darien uses PEMF (Pulsed Electro Magnetic Field) therapy uses magnetic fields to decrease pain and inflammation.**

([Newswire.net](#) -- October 16, 2018) Darien, CT -- What does PEMF stand for? Pulsed Electromagnetic Field Therapy, which is being hailed as an innovative treatment for Diabetic Neuropathy. PEMF has been shown to reduce pain intensity and sensation scores in a small trial of patients with diabetic neuropathy. If you are wondering, diabetic neuropathy is progressive pain, loss of sensation (primarily in the feet), weakness, and disability. Neuropathy is not limited to diabetics, people who consume excess amounts of alcohol and people undergoing chemotherapy also develop neuropathy symptoms.

The usual course of care includes gabapentin, an anti-convulsive medication that in some cases will help with pain. The medication Lyrica is often prescribed and is widely advertised to alleviate some of the symptoms. Typically, the neuropathy sufferer will benefit somewhat with medical intervention but the effects seem to diminish as the condition worsens. Where does this leave the person with stabbing leg and hand pain?

This is where PEMF therapy comes into play. PEMF acts to charge the cells in the body. Think of it as a supercharger for cells. The mechanism is one where the tiny part of the cell - the mitochondria put out more energy through increased production of ATP. ATP is adenosine triphosphate. The more ATP you produce the more efficient the body is at increasing oxygenation, enhancing circulation, promoting hydration, facilitating detoxification, and gaining a better overall absorption of nutrients. All of these are serious lacking especially in the diabetic population as well as immune deficient post chemotherapy patients.

Without getting too technical, PEMF uses healthy electromagnetic frequencies. It allows for enhanced absorption into cells by inducing the correct frequency across cell membranes. If you recall your high school chemistry, the cells need to allow certain things into the cell and to keep certain things out. PEMF allows for more efficient gate keeping on the cellular level. Healthy cells mean a healthier whole body environment. There are countless conditions that deter immune function. There is no argument about this fact.

The stronger the immune system is much better equipped to ward off pain which is where [neuropathy](#) sufferers have the most to gain. The treatment is non-invasive and can work to make medications more effective as well. PEMF will enhance circulation, furthering its effective therapeutic response. The more someone is inactive due to painful feet the worse the painful condition becomes and morbidity rates rise mainly from potential falls. It can get so bad that one patient sprained his ankle and was not even aware of it until he was examined. You do understand that falls usually lead up to nursing home stays.

The web is full of information to explore PEMF. There is a chance that your doctor is aware of PEMF but since it is not a medication they are reluctant to offer, it as a treatment modality. My suggestion is to watch a few YouTube videos and read up on it. Personally, I feel that the quality of life can be greatly enhanced using PEMF. I don't say that it is a cure for neuropathy but it is certainly worth considering to deal with the pain and potential collateral damage [neuropathy](#) entails.

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Source: <http://newswire.net/newsroom/blog-post/00104887-stamford-ct.html>