Scientists Suggest Peripheral Neuropathy Linked to Many Possible Causes

Alana McIntosh November 20, 2018

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(Newswire.net -- November 20, 2018) Orlando, FL -- Some studies were conducted to see how peripheral neuropathy exactly develops. Evidence show nerve damage may be due to exercise, or possibly vitamin B12 deficiency.

In 2009, a study was presented at the American Diabetes Association’s Annual Scientific Sessions.

In this research, it was found there is a link between vitamin B12 deficiency and peripheral neuropathy.

It is worth mentioning this disorder often develops due to poor communication between the brain and spinal cord.

B vitamins have long been found to be extremely important for health, and their deficiencies are even associated with some undesirable health consequences.

Another essential B vitamin is B6, which aids in providing energy to the body. Lack of B6 has been associated with neurological conditions. This nutrient is even used in the treatment of individuals with carpal tunnel syndrome.

Dr. John Marion Ellis, researcher, reveals that reduced levels of this important vitamin can lead to swelling and tingling.

In cases of carpal tunnel syndrome, lack of B6 often leads to the swelling of the myelin in the wrist.

It is further worth mentioning that vitamin B1 aids in the proper development of the myelin sheaths around the nerves.

Vitamin B1 deficiency has been found to lead to the degeneration of these coverings, which can result in nerve damage and death.

Some experts also suggest vitamin B12 is the most vital nutrient for the nervous system. Its deficiency is even found to result in peripheral neuropathy. Individuals who have reduced vitamin B12 often suffer from certain symptoms.

This includes numbness, tingling, muscle cramps, weakness, twitching, pain, and burning sensation.

B vitamins have long been known to be highly therapeutic. They are even highly recommended to be in one’s daily diet. These nutrients have many roles to play that are essential for human health and survival.

The deficiency of these nutrients is associated with the onset of various diseases and disorders. This is why experts recommend their adequate intake on a daily basis.

There are quite a number of food items found to be significantly helpful in delivering the therapeutic goodness of B vitamins. These are the food items that many health experts and even scientists strongly recommend.

These amazingly therapeutic nutrients can also be obtained through the use of Purest Vantage B Vitamin Complex.

This formula is carefully crafted to ensure that consumers are able to have the best and safe source of B vitamins. It is known widely for its high potency and purity, and is even protected with a money back guarantee.

It contains Choline, Pantothenic acid, Biotin, Vitamin B12, Folic Acid, Niacin, Riboflavin, Thiamin, and vitamin B6.

(amazon.com/Vitamin-B-Complex-90-Capsules/dp/B0773N3MFK)

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optimal health, enabling them to enjoy all the benefits a healthy lifestyle offers.

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