

## **HOLISTIC MEDICINES' ANSWERS TO DIABETIC LEG PAIN**

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One of the complications of diabetes is peripheral neuropathy.

Peripheral neuropathy is a result of nerve damage which often causes weakness, numbness and pain, usually in your hands and feet.

People generally describe the pain of peripheral neuropathy as tingling or burning as well as a loss of sensation compared to a feeling of wearing a thin stocking or glove.

Peripheral neuropathy is a serious disease of blood vessels that supply the nerves as well as the nerves themselves

The most common drug prescribed for people suffering with diabetic related leg pain is Lyrica®.

But it comes with a huge price and secondary complications.

To be quite honest I have to wonder how this drug was ever approved. One look at the PDR (Physicians Desk Reference) will get you wondering too.

Here is a punch-list of some of the recorded side effects:

- Has an unexpectedly high incidence of hemangio-sarcoma (which is a cancer of blood vessels).
- It raises your creatinine kinase (leads to kidney disease)
- Lowers your platelet count
- Causes changes in the EKG that can lead to heart block
- Causes weight gain
- Causes swelling of the ankles
- Can cause life-threatening angioedema (swelling of the throat and face inhibiting breathing).
- Causes retinal atrophy as well as corneal inflammation and calcification.  
(meaning you can go blind from it as it progresses to macular degeneration)

**Can you believe that many of the above side effects are things that the diabetic patient is trying to avoid?**

This drug just speeds up the likelihood that you will get the side effects a lot sooner than if you did not take the drug at all.

To make matters worse any improvement the diabetic patient gets is short-lived and will commonly wear off after one year.

I simply don't understand why the public is not be told about proven solutions provided by thousands of dedicated and respected researchers around the globe.

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Yes, the research is overflowing with real **non-drug** answers to peripheral neuropathy. And the best part is most if not all of these solutions are **free of side effects**.

Seldom will you hear about physicians specializing in diabetes seeking to identify the underlying cause of this disease.

In the thousands of medical records I have reviewed from patients suffering from diabetes rarely, if ever, have I seen any note of looking for the root cause.

Just one look at the medical references below should be quite convincing for nutrients that have actually reversed diabetic neuropathy such as acetyl-L-carnitine, lipoic acid, vitamin E, etc..

Considering these medical studies are from the very journals of diabetic specialists, I have to wonder why a physician would prescribe Lyrica when they have not first measured and corrected something as simple as ALC (acetyl-L-carnitine) for nerve regeneration?

There is an abundant amount of evidence showing the power of doing a thorough investigation for nutrient deficiencies and diabetic neuropathy.

Many times the answer could also be as simple as changing the diet and taking vitamins B1 or B6 deficiency. It all depends on what the person is low in.

**Dr. Badanek has been and currently is 38 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**