Healing by Design

Neuropathy

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

Top 10 List:

1) **Alkaline diet of fruits, veggies and greens.** A cleansing, healing diet which allow the body to cleanse and repair. Ideal scenario is roughly 80% fruits, veggies and greens and 20% lean meats, nuts, seeds, and healthy fats. CITRUS is great for unblocking the system. All RED and PURPLE fruits and veggies are good for the blood and arterial system.

2) Eliminate the toxins! It's the toxins we put in our body that cause neuropathy. Please stop smoking, drinking alcohol, chemotherapy, radiation, pharmaceutical drugs, ALL sugar except fruit, ALL grains, dairy products, excessive meat and anything else that causes damage to the blood vessels and nervous system.

3) Exercise. Blood flow is key to life and health. Oxygen is key to life and health. If you don't move and instead you remain stagnant, this can cause these poor circulation issues like neuropathy. Walk or jump every single day. It may also help to elevate your legs above your heart at night to help blood flow.

4) **CBD Oil** - Doing CBD oil along with diet change is virtually guaranteed to eliminate pain conditions. The nutrients in CBD oil FEED, HEAL and NOURISH the nervous system. CBD is being used in natural medicine to get people off pain meds. 15mg 2x daily is the minimum dosage. Severe situations may require upwards of 200mg per day. We ONLY recommend Elixinol brand CBD Oil. Consult your healthcare practitioner on the different options and dosages that may work for your condition.

5) B-Vitamins and especially B-12. Liposomal delivery best. **Quicksilver Methyl-B Complex and Quicksilver Methyl B-12** have helped a lot of people with pain related to neuropathy. B-vitamins feed the nervous system and bring relief. NIACIN can help for opening up blood vessels.

6) Use natural anti-inflammatories and pain relievers. What helps with pain is a wide variety of herbs and nutrients God gave us such as turmeric, ginger, boswellia, papain, bromelain, NAC, glutathione, etc. For an AMAZING blend of these nutrients in one formula, get **Dodecin by ByPro Nutrition**. We have amazing testimonials as to the efficacy of this product. Take 2 up to 12 depending on your pain level, but it works! We also love **Turmerol by North American Herb and Spice**.

7) Antioxidants - Strong antioxidants can prevent and reverse damage in the body. Glutathione is the most important antioxidant known. Here are four great products:
   A) **BioAstin by Nutrex** - This red algae is the most potent antioxidant known
   B) **Glutathione Spray by Quicksilver**
   C) **R-Lipoic Acid with Vitamin C spray by Quicksilver** - This stimulates glutathione production in the cells
   D) **Protandim** - Wonderful product to increase glutathione in the cells. MANY testimonials of people becoming pain free after taking this product for a few weeks.
8) Systemic enzymes are well known to clean up damage in the body. Proteolytic enzymes remove scar tissue and waste built up in the body. It will also clear out blocked arteries. For example, fibromyalgia is a buildup of FIBRIN (which is scar tissue) in the muscles. Systemic enzymes will clean up and remove the scar tissue. The strongest enzyme product on the market is called Neprinol by Arthur Andrew Medical. In a study, over 90% of fibromyalgia patients reported NO PAIN after 6 months of taking Neprinol.

9) Drink good water. We love the negatively ionized, alkaline water machines out there. We use the Vollara Living Water Machines. We have many people who have reported pain going away after a few weeks of drinking the water, including many cases of arthritis. Hydration is crucial to good health!

10) Use an IMRS machine, BEMER or another similar device. IMRS stands for Intelligent Magnetic Resonance Stimulation. The results are unbelievable with ANY circulation. Many testimonials of people with neuropathy, on pain medications and after 10-20 sessions the pain is completely gone and they don't need the medication. Find someone in your area with this technology or come in Spirit of Health!

11. Magnesium has helped many people with nerve, joint and muscle pain. We recommend Magnesium Oil Foot Soaks from Health and Wisdom. Get a small foot tub, fill with warm water to cover your toes, add 2oz (1/4 cup) of magnesium oil and soak 15-20 minutes before bed. Life changing!

12. Essential oils are some of God's most powerful medicine! For pain specifically we love Wintergreen, Peppermint, Ginger, Lavendar and Frankincense. We use Aromatics International brand and DoTerra oils for purity and quality.

13. Cleanse the temple! This may be most important. Enemas will relieve headaches, migraines and even the worst cases of morning sickness in pregnant women. Toxins in the body cause problems! Spirit of Health has a colon cleanse, kidney cleanse, lymphatic system cleanse, microbe cleanse, liver cleanse, heavy metal cleanse and even a leaky gut healing protocol to help you become healthy and pain free!

Glory be to God for your healing. The One who created you is the ONLY One who can heal you!