

# The Secrets to Neuropathy Relief

**You CAN  
Enjoy  
Life Again —  
Without Drugs**

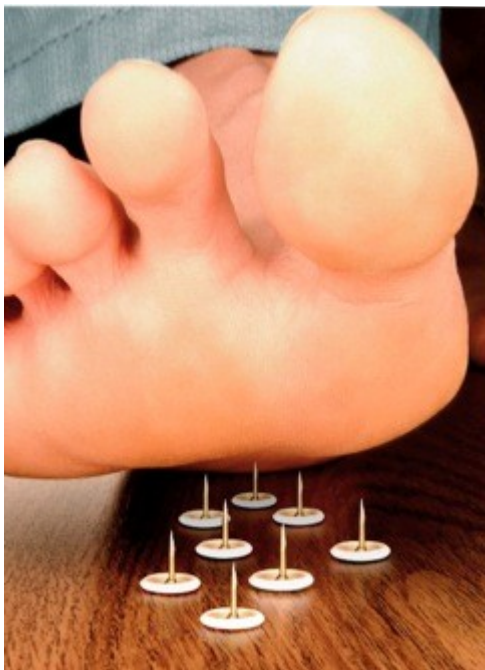


**By  
Dr. John A. Dettmer, D. C.**



## Thank you for requesting *The Secrets to Your Neuropathy Pain Relief*

If you are experiencing aching, piercing, burning, numbness, tingling, itching or any other symptom in your feet and legs and/or hands caused by the ravaging effects of Peripheral Neuropathy and would like to be free of these life-altering symptoms once and for all, please read this guide from cover to cover.



The information provided here will assist you in both understanding your pain and other symptoms as well as provide you with information on a very Unique, NEW and Exciting method that I use in my clinic which can get rid of the pain and symptoms of Neuropathy.

I do this without:

- Side effects
- Medications
- Surgery
- Painful Therapy

Although there is no known medical cure for Neuropathy, there are new and exciting methods to manage, control and even reverse the damage done to the nerves caused by certain factors. If you are suffering from this debilitating condition and simply taking drug after drug trying to alleviate your condition, you're not alone. This "Guide" could help you end the vicious cycle of pain and discomfort caused by Peripheral Neuropathy.

Sincerely,

*Dr. John A. Dettmer, D.C.*

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## Who Am I and Why Should You Listen To Me?

My name is Dr. John Dettmer and I practice in Avon, Indiana. I have specialized in treating difficult back and neck pain conditions for over 35 years.

My methods include: Non-surgical Spinal Decompression, Neuropathy Rehabilitative Therapy, Cranial Therapy and Spinal Manipulative Therapy for Relief and Recovery. I belong to the Palmer Alumni Association, Indiana State Chiropractic Association, the Neuropathy Treatment Centers of America and Neurological Relief Centers of America.

I first became interested in healthcare when I was a young child. I had the fortunate benefit of going along with my mother for her lower back pain treatments. It was that familiarity and attraction that stuck in my mind as I became an adult. And, it was what persuaded me into this particular career path.

I have been in practice since 1978 after receiving my Doctorate of Chiropractic degree from Palmer College of Chiropractic.

Since then, I have treated tens of thousands of patients and have had great and tremendous success over the years. So, I am very familiar with the different types of nerve pain and the many types of treatments that are available.

Chronic pain relief has been my passion most of my life. So, if you are experiencing aching, piercing, burning or numbing pain more times than not and you'd like to be free of that pain, read on . . .



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## If you are suffering with Neuropathy, you are not the only one!

It is estimated that over 20 million Americans suffer from Peripheral Neuropathy and that doesn't even include the number of Americans who are diagnosed with Diabetes everyday and who will eventually develop this condition.

If you are one of these people, you know first-hand what it's like to be unable to do the things you like because of the constant tingling, pain, numbness and loss of feeling in your feet and legs. There is nothing more tragic than feeling you are unable to be fully engaged in the life that you have worked so hard to attain. Your zest for life and your enthusiasm for living may be greatly diminished by this pervasive and intruding pain and numbness which affects everything you do.

**People who suffer with Neuropathy are at 15 times greater risk for falls that can lead to head injuries and hip fractures!**

In addition to the physical limitations you are experiencing, I know how mentally and emotionally devastating it is not to be able to enjoy the simple pleasures of life—like walking around the block, playing with your grandkids, enjoying a round of golf or simply getting a good night's sleep!

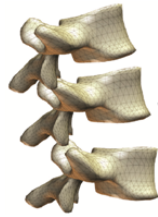


A lot of patients I see have the constant companion of worrying. Maybe you worry about losing your balance, missing a step and falling—leading to a broken hip—or worse. So, if you are sick and tired of living with this pain, anxiety and worry and you have tried many, many unsuccessful treatments—this guide is for you.

I have successfully treated hundreds of people with neuropathy over the past 35 years. I know what you are going through. If you have been told by doctor after doctor that: “There is nothing you can do and you will just have to live with it” than Please Read On!

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*Over the next few pages, you will learn exactly what peripheral neuropathy is and why you are suffering from it. You will also learn about my Neuropathy Pain Relief “Secrets” and how you may rid yourself of these debilitating problems without drugs or surgery and with a unique proprietary treatment—specific to my clinic.*

## What Exactly is Peripheral Neuropathy?

Peripheral Neuropathy (usually just called neuropathy) refers to the damage, malfunction and even death of nerves in the body outside the brain and spinal cord—usually located close to the surface of the skin.

**Peripheral** means “that which is at or near the perimeter.”

**Neuron** means “nerve”

**Opathy** means “pathology or sickness.”

The most common nerves affected are the peripheral nerves. These are the long nerve fibers that extend out to the ends of the fingertips and down to tips of the toes.

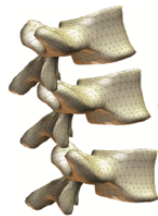


The most common neuropathy extends down into the feet and into the toes—starting off with numbness, tingling and/or shooting pain. Being a progressive disease, this condition will generally worsen as time goes by.

Neuropathy is a painful condition that can have an effect on an individual’s life and their ability to maintain a normal active life.

Peripheral neuropathy is a disease afflicting 20 million people in the United States. That’s about one out of every 17!! Most are over the age of 45.





## The Symptoms of Neuropathy

The symptoms of Neuropathy depend on exactly where the nerves that are damaged are located and which types of nerves are impaired.

Sensory nerves are the ones usually affected. Changes in feeling in the toes, feet, fingers and hands present in a “stocking-glove” pattern. These feelings generally do not go beyond the wrist or ankle. Common symptoms caused by sensory nerve damage are tingling, pins and needles, cold, prickling, pinching, burning or electric shocks. These are called **paresthesias**.



An unpleasant sensation sometimes brought on by touching or being touched is called **dysesthesia**. Numbness or diminished sensation is called **anesthesia**.

There are often unique challenges found in different people. For some, it results in various forms of numbness. For others, the nerves are undergoing abnormal internal stimulation when no such outside stimulation is present and often results in different types of pain and symptoms including:

- **Numbness**
- **Difficulty sleeping due to pain in feet and legs**
- **Pain**
- **Achiness**
- **Burning**
- **Bee sting or shock-like sensations**
- **The feeling of little bugs crawling on your feet or legs**
- **Stinging you when you are barely touched**
- **Swelling**
- **Tight, vice-like sensations around the legs or ankles**
- **Weakness**
- **Both numbness and pain—meaning too little AND too much stimulation of different nerves**

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## Causes of Neuropathy

Peripheral Neuropathy comes about from many different causes—also known as “risk factors.” These are divided into three different categories. They include:

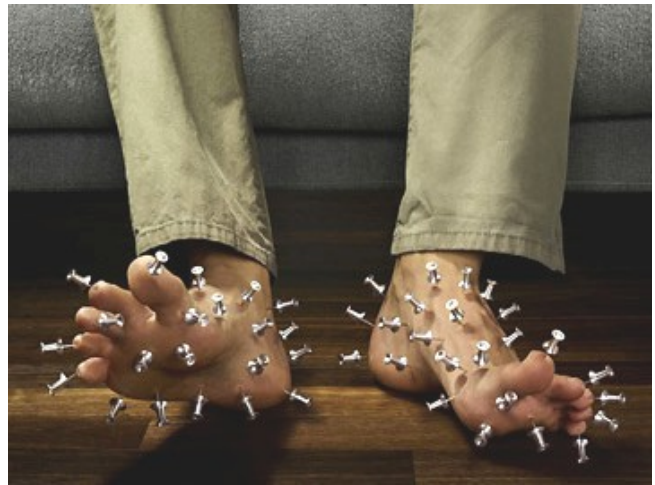
- Metabolic (chemical)
- Mechanical (compressive)
- Idiopathic (unknown cause)

Each of these creates their own set of unique challenges for those who suffer with this disease. Let’s take a look at all three . . .

### Metabolic (Chemical)—Diabetes

One of the leading causes of chemical neuropathy that we see in my office is neuropathy from diabetes. Uncontrolled blood sugar or glucose levels can lead to the damage of small nerve cells resulting in the loss of feeling and the start of odd and uncomfortable sensations.

This is particularly true in the feet — where blood sugar restricts blood flow to the smaller peripheral nerves. As oxygen and nutrients are restricted to these nerves, they begin to die. If glucose levels are sporadic and imbalanced for a long period, the diabetic could be facing severe consequences and an added lifelong struggle.

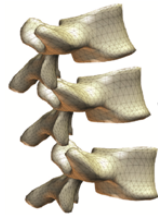


**It is estimated that over 60% of all diabetics will develop some kind of neuropathy condition.**

With some diabetic patients, neuropathy symptoms do not begin to show for ten or twenty years after being diagnosed with diabetes. Even then diabetic neuropathy symptoms sometimes develop over time. Of course, the problem is increasing as more and more people are afflicted with diabetes at earlier and earlier ages.

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Diabetes causes more than 80,000 foot and leg amputations each year in the United States, roughly four of every five non-traumatic leg amputations—much of these from uncontrolled peripheral neuropathy.

Diabetes is a terrible disease and neuropathy makes it even worse.



## Chemotherapy and Cancer Therapy Drugs

The second most common neuropathy we see in my clinic is neuropathy caused by chemical toxins—and this includes chemotherapy and cancer therapy drugs.

Chemotherapy--induced peripheral neuropathy may be called CIPN for short. People who have been exposed to any type of toxic chemicals—can be “neurotoxic.” That is, toxic to the nerves to the point of damage. The most sensitive nerves are those small fiber ones which are located at the tips of fingers or toes.



The toxic chemicals used in chemotherapy travel through the entire body and certain types of chemicals can damage different nerves. Symptoms usually begin in the areas of the body furthest away from the head but move in closer over time.

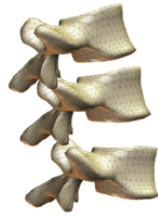
In most cases, people will notice CIPN symptoms in the feet and later on in the hands. Symptoms may start in the toes but move on to the ankles and legs. Likewise, symptoms can move up from the fingers to the hands and arms.

CIPN most often affects both sides of the body the same. When it affects both hands and both feet, doctors may call it a “stocking glove distribution.” CIPN can begin any time after chemotherapy treatment begins and often gets worse as treatments go on.

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Physical Medicine

## Statins and Neuropathy



Studies have confirmed that peripheral neuropathy (tingling and numbness or burning pain) may occur with statins. Some researchers estimate that one in ten people who have taken statin drugs will experience a mild form of neuropathy where the symptoms may be feelings of tiredness, difficulty in rising from a low chair or getting out of bed, shortness of breath or difficulty walking.

A famous Danish study of neuropathy as a side effect to statin use concluded that an individual who is a long-term user of statin drugs has anywhere from four to 14 times greater risk of developing peripheral neuropathy than a person who does not take statin drugs. Typically, long-term use of statins is defined as two-years or more but neuropathy can occur even after just a few days of use in a susceptible individual.

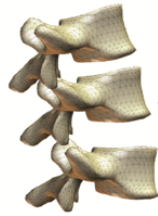
Other side effects from using statins may include sleep problems, sexual function problems, fatigue, dizziness and a sense of detachment.

Additionally, people have mentioned experiencing swelling, shortness of breath, vision changes, changes in temperature regulation, weight change, hunger, breast enlargement, blood sugar changes, dry skin, rashes, blood pressure changes, nausea, upset stomach, bleeding and ringing in ears or other noises.



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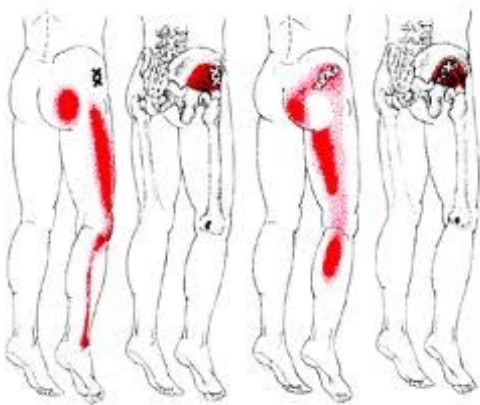
## Other Chemicals

Other neurotoxic chemicals I see causing neuropathies in people are:

- **Viet Nam Veterans who were exposed to Agent Orange**
- **People who have experienced prolonged exposure to toxins such as heavy metals, gold compounds, lead arsenic, mercury and organophosphate pesticides**
- **Those who have abused alcohol (this develops neuropathy which will damage the fibers in tips of fingers and toes)**
- **Patients that are on certain prescription medicines.**

## 2. Mechanical (Compressive)

The next cause of neuropathy is the mechanical (compressive) category.



This cause of neuropathy is very common and is usually a result of a biomechanical joint involvement somewhere in the body that **compresses a nerve**.

When this compression occurs as the nerve emits from the spine—a painful condition, such as **sciatica** may occur. **Sciatica** is a form of neuropathy which causes pain and/or numbness down the back of one or both legs. This compression can be caused by a misalignment of one or more of the vertebrae in the spinal column, disc bulge or herniation or a condition known as **spinal stenosis**.

If the nerve is mechanically compressed in the wrist, **Carpal Tunnel Syndrome** can occur. This can result in pain, numbness or weakness in the hand and fingers.

The analogy I sometimes use to explain this type of compression is to imagine yourself stepping on a garden hose. Just as the water is interrupted by the mechanical force of your foot—so is the flow of nerve impulses interrupted by the pressure—which results in pain, numbness or both.



## **Idiopathic (Unknown)**

What idiopathic neuropathy really means is that the **physician has no idea** why a person has the pain or why someone has neuropathy. Idiopathic actually means that there is no explanation for the condition so it can't be measured. It doesn't mean it's not real and it doesn't mean that the neuropathy is not being experienced. It simply means the typical medical evaluations are unable to render a cause.

**In my clinic, I perform a very specific examination that is particularly focused on the establishment of the root cause of neuropathy. This includes a comprehensive Examination that involves looking at all the potential causative factors.**

## **Why Conventional Treatments are Unsuccessful**

Traditional medical treatment for neuropathy have had a pretty dismal record of success over the years. Why are conventional treatments so unsuccessful at treating neuropathy?

**It's because all nonconventional medical treatments focus on treating only the symptoms of the disease.**

**—NOT the Cause of the neuropathy—**which is lack of circulation to the nerve!

**Interestingly, most drug treatments for neuropathy are NOT EVEN intended to treat neuropathy, but are actually designed to treat other conditions!**

**For example:**

**— Neurontin (Gabapentin) is actually an anticonvulsive—designed to treat seizures**

**—Elevil (Amitriptyline, Tofranil (Imapramine) and Cymbalta (Duloxetine are antidepressants.**

**—Pregabalin (Lyrica) is designed to treat Fibromyalgia, shingles, depression and spinal cord injury nerve pain.**

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None of the drugs on the market address the **TRUE UNDERLYING causes of neuropathy**. The reason is loss of blood circulation which reduces the nutrient and oxygen flow to that nerve and results in damage.

Unfortunately, **peripheral neuropathy is rarely corrected with drugs and medications**. They may temporarily relieve some of the symptoms—at best.



**At worse—they create a host of unwanted and potentially dangerous side effects such as suppressed immune system function, liver, kidney and stomach disorders, kidney failure, increase risk of kidney dialysis and suicidal tendencies—just to name a few.**

### What We Do and Why It Is Different

Several years ago, I began to wonder, after giving relief to back and neck pain conditions for thousands of patients, why some people would still have these recurring neuropathy problems. I was curious.

So, I began an exhaustive search for neuropathic relief solutions. I met and began studying with a neurologist that had been doing his research and training doctors regarding this subject. It was through his endeavors and research that I found how to evaluate the disease of neuropathy and discovered how to formulate an exciting new treatment regimen that is extremely effective for this condition.

I have studied and practiced for the last five years extensively in the area of neuropathy and have witnessed great results with this system. I am now pleased to share this brand new and revolutionary treatment approach for peripheral neuropathy to the people of Indianapolis and our surrounding communities.



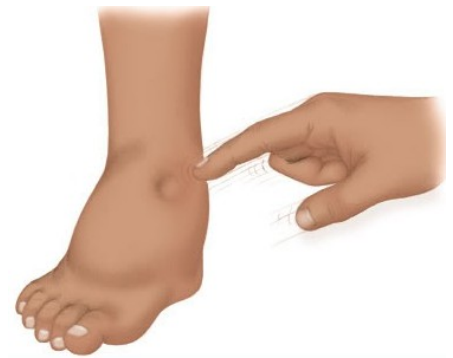
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## We use a five-prong approach to correct neuropathy in my clinic.

- 1. The centerpiece of our peripheral neuropathy treatment program centers around Low Level Laser Therapy (Infrared and Near Infrared).** This therapy effectively penetrates the skin to stimulate healing of the damaged nerves and to restore normal nerve function while assisting in new capillary formation and nerve growth. Additionally, it also releases a natural pain relieving compound found in the soft tissue lining of your blood vessels known as Nitric Oxide which helps bring about relief and increases blood flow to help regenerate the nerves.
- 2. We then utilize different frequencies of vibration** on distinct areas of your lower extremities which further stimulates new capillary and nerve regeneration and stimulates the reconnection of the peripheral nerves with the tissues they serve. Tissue vibration also serves to reintroduce proper sensation and balance and in many cases further aids in pain reduction. We have found that different nerve types in the body need different frequencies of vibration in order to heal and respond most efficiently. This vibratory stimulation also increases certain chemicals in the feet that cause a dilation of blood vessels. The more dilation we get the better the circulation becomes. The better the circulation, the more oxygen and nutrients are available to help the nerves to start the process of reversing the degeneration of those nerves.
- 3. The third prong to our system is to address the soft tissue around the nerves.** We typically see a lot of edema, swelling and congestion in these soft tissues. It is not uncommon for someone to come into my clinic with “pitting edema” which feels to them like they have clay instead of skin and muscle. When you put your finger into it, it feels like your finger is in a hunk of clay. That is how congested and diseased the tissue has started to become from the damaged nerves. First, we want to address the health of the skin, muscles and connective tissue associated with the whole foot and the leg. We have a system of doing manual therapy which starts working the lymphatic system, getting the hard tissue softened and waste material worked out of these tissues. Then we can begin the process of circulation by mobilizing and manipulating the soft tissue.



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**4. The fourth approach we use is to reconnect the communication between the nerves and the brain.** What happens in neuropathy conditions is that as the signals begin to diminish and weaken down into the feet, **the nerves begin to die, degenerate and go away.** The brain simply can't feel or "hear" the feet any longer. So we begin the process of driving those signals back up to the brain in an effort to reeducate that nerve signal that use to easily transmit to the brain and is now impaired. We re-stimulate, re-educate and retrain that command to the brain by way of sensory stimulation.



**5. The fifth prong approach is lifestyle improvement, guidance and supplementation.** We work with our patients to help them minimize inflammation and toxicity from their diet and environment. We also provide a proprietary blend of neuropathy vitamins that contain Vitamins B1, B6, B12, alpha lipoic acid and vitamin D3. These are nutrients that are needed to help nerve repair and re-generation.

### **There is Hope!**

Since you have read this Guide up to this point, you can clearly see that correcting your neuropathy is not going to just happen by itself. The drugs and medications you have been taking to control some of your symptoms are not going to suddenly begin to work.

You need a doctor who specializes in neuropathy and a treatment system that includes all five of the elements we have developed which have been proven time after time to help defeat neuropathy in many, many patients. Each and every one of these procedures is remarkably safe and for most people, they are totally painless!

In my 30 plus years of practice, I've never before experienced a program where so many people look so enthusiastically forward to receiving their treatments. And, I know you will be very pleased and relieved to know we don't use any drugs or injections.



Since you have invested your time in reading this special report and educating yourself on your condition—I feel comfortable offering you a complimentary, no risk opportunity to see if you are a candidate for this new and exciting treatment program.

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I am offering neuropathy sufferers a complimentary no-obligation consultation and exam so you can find out exactly what is wrong and how we can help you. This is simply a chance for you to meet me and my office staff and to assess your case and condition to determine if you are a candidate for treatment.

### **During your Complimentary visit you will discover:**

- How to know if you have peripheral neuropathy and if so, what type
- What causes these ailments and why traditional treatments may not be effective
- What options you have available which may help to solve these debilitating health problems
- How you can possibly get better NOW . . . And STAY better for the rest of your life!

My Complimentary Consultation and Examination is the best way to find out what's really going on and what may be causing your problem.

The Comprehensive Clinical Neuropathy Evaluation we perform is totally painless and it will measure the degree of nerve damage you may have as well as help us to determine:

1. Whether you have Peripheral Neuropathy and from what type you may be suffering.
2. If you are at risk for your Neuropathy getting worse or if your condition has progressed to a state where it is not treatable.
3. If there are any underlying conditions which could be causing your symptoms and that need to be accessed by a medical specialist.
4. If you are at high risk for balance issues and injuring yourself from falling.

**Simply call 317-272-4100 to schedule your Complimentary Neuropathy Evaluation.**

Imagine getting back to your life **before** neuropathy slows you down. You can start reducing the symptoms and reversing your nerve pain when you take action and **Call Us Now at 317-272-4100.**

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## Testimonials from some of my patients

“Before starting my treatment, my feet were cold and hurt most of the time. I could not sit for long periods of time and my feet would jerk. I use to curl my toes under to balance myself while taking a shower. Now my balance is much better and my feet are warm and don’t jerk anymore. I am getting better feeling in my feet and toes and I can stand and walk better than before.”

**Mary, Bainbridge, IN**



“I had neuropathy for approximately eight years before I started treatment at SpinalCare Physical Medicine. Before the treatment, I would have so much pain at night that I would wake up two or three times and have to rub my feet and legs. I also had numbness, burning and tingling. At one point, my legs felt like they were going to burn off. I noticed the first treatment had given me some relief and after the third treatment, I could tell I had feet again. I would recommend this treatment to anyone and everyone who has suffered from neuropathy.”

**Dortha, Greenwood, IN**

“When I first came here I was in a wheelchair with PAIN, burning, stabbing, numbness and tingling and was unable to move my toes. After just four treatments I was able to walk without assistance. Dr. Dettmer’s treatment has truly been a miracle plus more. When you first walk into SpinalCare, the staff is more than helpful and fun. We are looking forward in finishing our treatments here with Dr. Dettmer and his staff. After going to other doctors, we have found something real, we have found hope, we have found a staff that cares and we have found REAL results. We have found SpinalCare!!”

**Mark, Indianapolis, IN**



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