



IDEAL NEUROLOGY  
CLINIC

RENATA CHALFIN, M.D.

7280 W. Palmetto Park Road, Suite 104, Boca Raton, FL 33433

Mailing: PO Box 880761, Boca Raton, FL 33488

www.idealneurology.com | rchalfin@idealneurology.com

(ph) 561-961-8575 | (f) 561-898-1710

### Alternative Treatments for Neuropathic Pain

Pain is the sum of painful sensation, affect, and our cognition. Unfortunately, treatment of pain will *not* help regenerate nerves. Even alternative treatments can have costs, side effects, and interactions with medications. Speak to your doctor before starting any of these.

#### Options

**Spinal modulation of pain** – like rubbing your arm when you bump it into something, these methods trick the brain to feel pain less.

- Compression stockings, tight socks
- Kinesio tape
- Foot massage/reflexology
- Vibrating warm water foot bath – caution – always measure water temperature before submersion to prevent burns (remember neuropathy may cause you to be less sensitive to temperature)

**Warmth** – improves blood flow to the feet, soothes pain

- Warm socks (caution with heat)
- Ben Gay cream – try a small spot on your skin first because can very rarely cause burns

**Electricity** – stimulates the surface of the skin - TENS unit

**Behavioral therapy** - treatment of depression/anxiety that improves perception of pain

- A qualified psychologist can help you with mindfulness-based stress reduction, cognitive behavioral therapy, relaxation therapy, or biofeedback
- Meditation

**Acupuncture** – use a reliable practitioner that uses disposable needles to reduce risk of infection

**Medicated creams/sprays** –

- OTC: lidocaine patch, benzocaine spray – caution in people with heart problems, arrhythmias, seizures – use on *small* areas only to minimize absorption
- Rx: isosorbide dinitrate spray – one spray to each foot before bed

**Nutraceuticals**

- Alpha-lipoic acid 600mg daily – antioxidant
- Acetyl-l-carnitine 1000mg daily
- CBD cream

**BEWARE** – these do not work and may hurt

- “chelation therapy of heavy metals” - can cause kidney damage
- B vitamin complexes – Vitamin B6 overdose can *cause* neuropathy
- surgery