

2024 PN Summer education Series

WEBINARS | JULY 9 | JULY 12 | JULY 17 | JULY 25 | JULY 31 | AUG 1

Thank you for joining us! *We will begin shortly.*

the Foundation for Peripheral Neuropathy | FoundationForPN.org

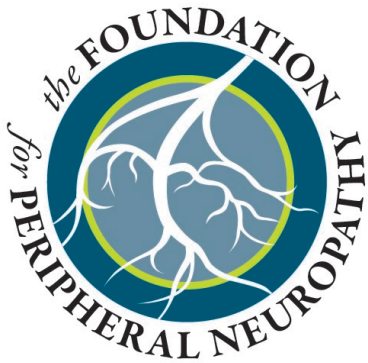
Holistic Treatment Options *for* Peripheral Neuropathy

Thank you for joining us!



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Moderator:
April Hubert
*Director of Development and External Affairs
the Foundation for Peripheral Neuropathy*



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Before We Begin



This presentation is being recorded. The recording link will be emailed to you and posted on the FPN website in the coming days.



Submit your questions anytime via the Questions Box. We will try to answer as many as we can.



Audio issues? You can dial in by phone (check your email for dial-in instructions).



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Presenters:



Lori Walsh, MD

Medical Director

Center for Health & Integrative Medicine, Advocate
Good Shepherd Hospital

Jason Cox, MSTCM, Dipl. OM, L.Ac.

Acupuncturist and Herbalist

Center for Health & Integrative Medicine, Advocate
Good Shepherd Hospital



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Advocate Good Shepherd Hospital Center for Health & Integrative Medicine

Peripheral Neuropathy: A Holistic Approach

Lori Walsh, MD, ABOIM

Jason Cox , MSOM, Lac, Dipl. OM, LMT



Who Benefits From an Integrative Medicine Consult?

Short answer: *everyone!* For patients who want to live a healthier lifestyle to providing complementary support for a medical condition, our team is ready.

Our skilled team provides acupuncture, medical massage therapy, yoga classes, trauma-informed counseling, and holistic nursing care. An infant, child, teen, or adult might benefit from an integrative approach for:

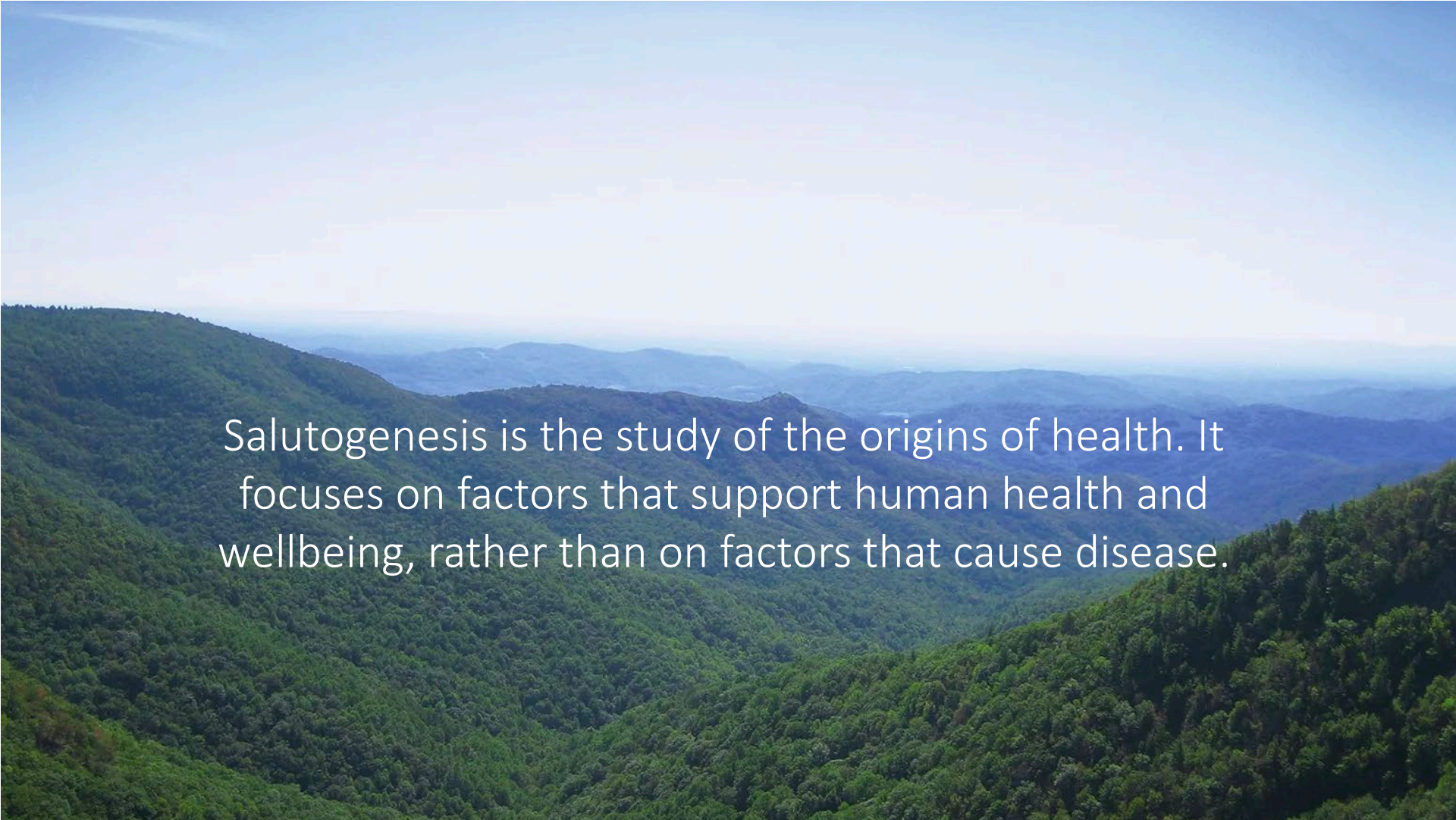
- Persistent or occasional pain
- Digestive/intestinal conditions
- Chronic health conditions
- Type 2 diabetes
- Feeding or nutrition concerns
- Sleep issues
- Emotional life transitions
- Heart health
- Cancer prevention & support during treatment
- Stress and anxiety
- Women's health
- Fatigue
- Overall wellness

The Center for Health & Integrative Medicine

The Advocate Good Shepherd Hospital Center for Health and Integrative Medicine brings conventional and complementary methods together. We emphasize a holistic, individualized approach to achieving optimal health and well-being.



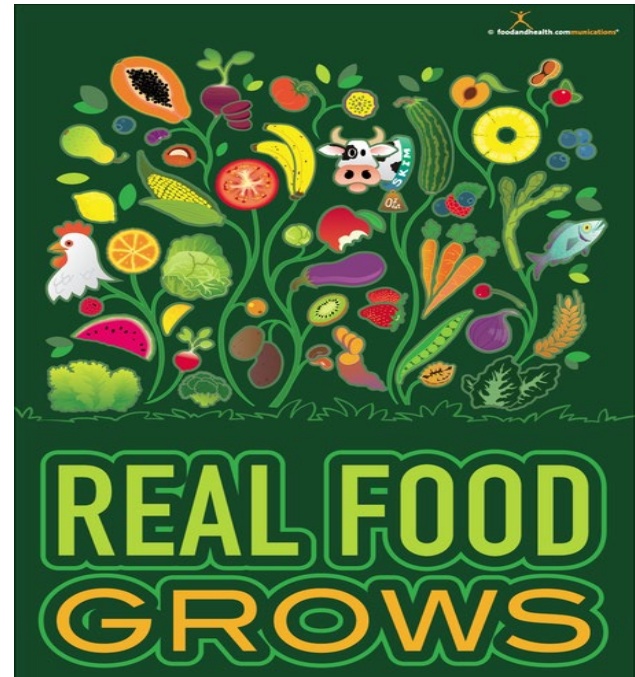


A wide-angle landscape photograph of a mountain range. The foreground and middle ground are filled with dense, vibrant green forests covering the slopes of the mountains. In the distance, the mountain ranges recede into a hazy, blue-tinted atmosphere under a clear, light blue sky. The overall scene is peaceful and natural.

Salutogenesis is the study of the origins of health. It focuses on factors that support human health and wellbeing, rather than on factors that cause disease.

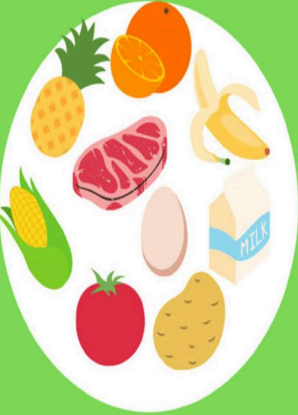



Culinary Medicine

Culinary medicine is an evidenced-based field in medicine that blends the art of food and cooking with the science of medicine.





NOVA Food classification

Unprocessed or minimally processed foods	Processed culinary ingredients	Processed foods	Ultra-processed foods
<p data-bbox="272 422 556 586">Foods which did not undergo processing or underwent minimal processing techniques, such as fractioning, grinding, pasteurization and others.</p> 	<p data-bbox="629 448 919 558">These are obtained from minimally processed foods and used to season, cook and create culinary dishes.</p> 	<p data-bbox="996 439 1290 629">These are unprocessed or minimally processed foods or culinary dishes which have been added processed culinary ingredients. They are necessarily industrialized.</p> 	<p data-bbox="1367 448 1657 586">These are food products derived from foods or parts of foods, being added cosmetic food additives not used in culinary.</p> 
<p data-bbox="243 1115 589 1200">Legumes, vegetables, fruits, starchy roots and tubers, grains, nuts, beef, eggs, chicken, milk</p>	<p data-bbox="610 1143 958 1200">Salt, sugar, vegetable oils, butter and other fats.</p>	<p data-bbox="977 1115 1309 1222">Bottled vegetables or meat in salt solution, fruits in syrup or candied, bread, cheeses, purees or pastes.</p>	<p data-bbox="1363 1100 1673 1222">Breast milk substitutes, infant formulas, cookies, ice cream, shakes, ready-to-eat meals, soft drinks and other sugary drinks, hamburgers, nuggets.</p>



Fiber: Whole Grains, Nuts, Seeds,
Beans, Vegetables, Fruits

Fermented Foods



Prebiotic Foods

Inulin

Bananas
Asparagus
Burdock
Chicory
Dandelion
Root
Jerusalem
artichoke
Garlic
Leeks
Onions

Dietary Fiber

Insoluble Fiber

wheat bran,
flaxseed, lentils,
celery, okra,
raspberries

Soluble fiber

Psyllium, oats,
legumes, tubers,
banana, pear

Pectin

Citrus peels
Pears
Apples
Guavas
Quince
Plums
Gooseberries
Polysaccharide
Mushrooms

Probiotic Foods: Fermented Foods

- Yogurt
- Kefir
- Sour cream
- Sweet acidophilus milk
- Fermented soft cheeses
- Sauerkraut
- Kimchi
- Miso
- Tempeh
- Kombucha
- Sourdough breads
- Vegetables pickled in salt



Treatment Choices

Supplements

- Alpha lipoic acid
- N –acetyl cysteine
- CoQ10
- Vitamin B6/B12/B7
- Omega 3 Fatty Acids

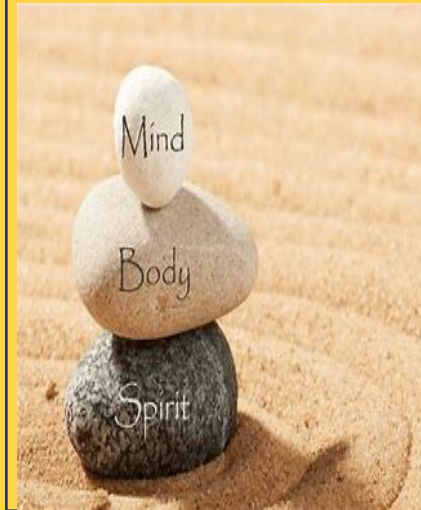


Botanicals

- Capsaicin patch/ cream
- Evening primrose oil
- Rhodiola
- Berberine
- Lions Mane

Mind Body

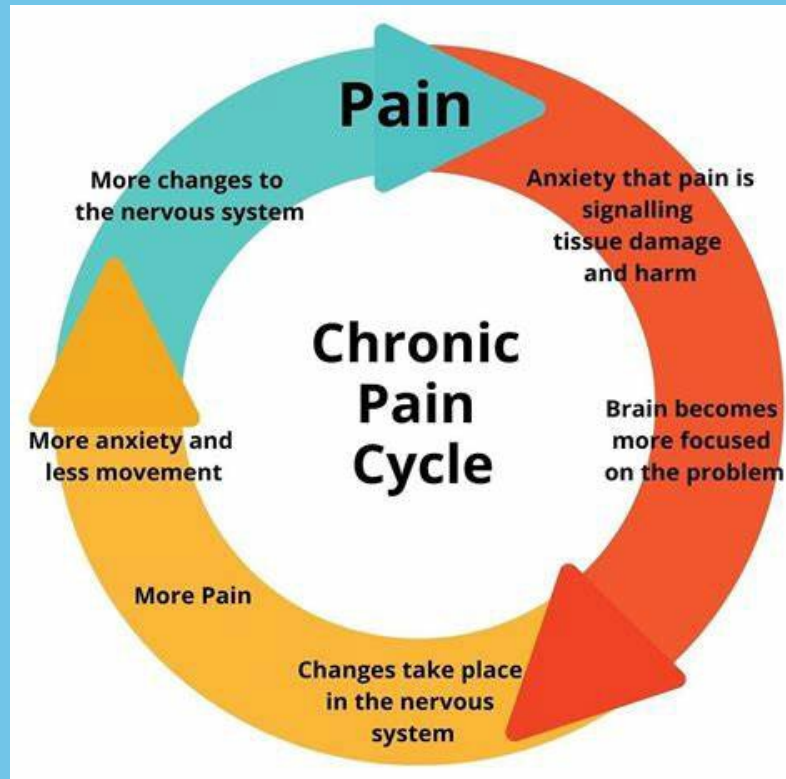
- Tai Chi
- MBSR
- Yoga





MUSHROOM BENEFITS AT A GLANCE

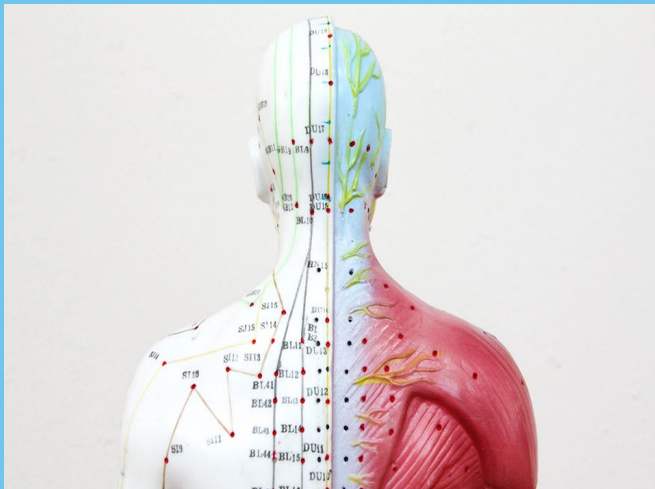
	AGARIKON	CHAGA	CORDYCEPS	LION'S MANE	MAITAKE	REISHI	TURKEY TAIL
ANTIOXIDANT & DNA SUPPORT*		✓	✓	✓		✓	
BREATHING*		✓	✓			✓	
DIGESTION & MICROBIOME*		✓		✓		✓	✓
ENERGY & STAMINA*		✓	✓			✓	
GLYCEMIC BALANCE*		✓	✓	✓	✓	✓	
HEART SUPPORT*			✓			✓	
IMMUNE RESPONSE*	✓	✓	✓	✓	✓	✓	✓
LIVER & METABOLIC DETOX*		✓	✓			✓	✓
MEMORY, CLARITY & COGNITION*				✓		✓	
MOOD, STRESS & SLEEP SUPPORT*				✓		✓	
NERVE SUPPORT*			✓	✓		✓	
PERFORMANCE & ATHLETIC RECOVERY*		✓	✓			✓	





Acupuncture-Traditional definition

- Based on the concept that energy, or Qi, flows through and around the body along meridians
- It is believed that illness occurs when something blocks or disrupts the balance of Qi.
- Acupuncture is a way to unblock or influence Qi to achieve balance and harmony



- 12 Main Meridians
- 365 points on the meridians
- Over 2000 points including extra points and Auricular points
- Each acupuncture point has defined therapeutic actions

How does acupuncture work?

Western explanation

- Stimulates the release of Endorphins and other opioids
- Increases the production and release of neurotransmitters
- Blocks pain signals to the brain
- Increases blood flow
- Decreases inflammation
- Stimulates the bodies innate healing abilities

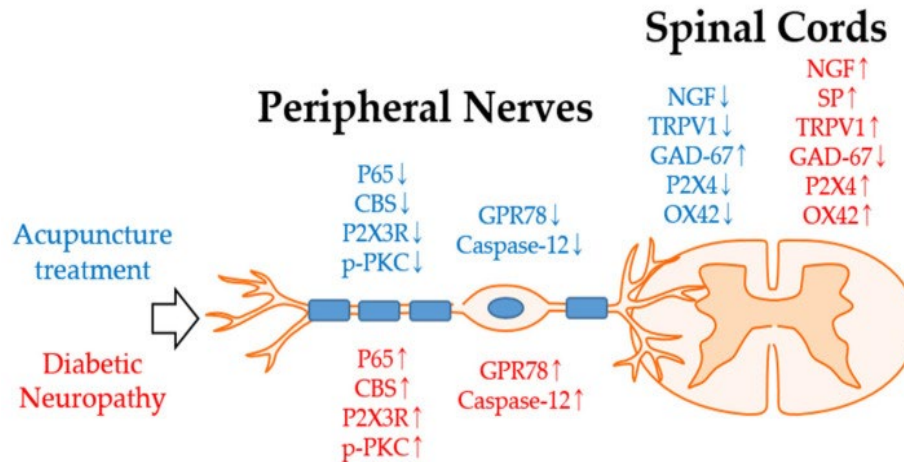
Specific to peripheral neuropathy

- Mediated through various molecules present in the peripheral nervous system and the spinal cord

- P65

- GPR78

- TRPV1



Research

- In the last 20 years has grown at twice the rate of research into conventional biomedicine
- Over the last 20 years there have been over 13,000 studies conducted in 60 countries
- The Acupuncture Evidence Project found evidence for the effectiveness of acupuncture for 117 conditions
- The World Health Organization recommends acupuncture for over 100 conditions

Effect of Acupuncture on Diabetic Neuropathy: A Narrative Review
International Journal of Molecular Sciences, 2021 Aug; 22(16): 8575

Outcomes

Neuropathy Disability Score (NDS)

Vibration Perception Threshold (VPT)

Visual Analogue Scale (VAS)

Neuropathic pain symptom inventory (NPSI)

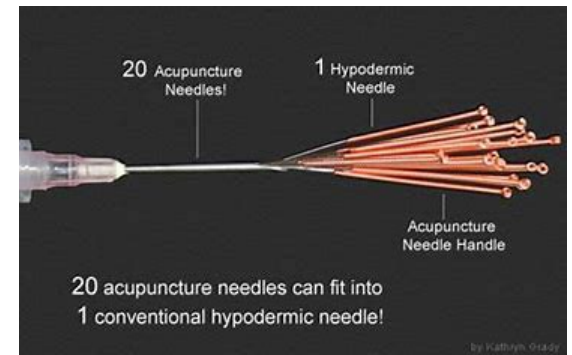
Diabetic Peripheral neuropathic pain impact (DPNPI)

Median nerve sensory and motor conduction velocity

Common peroneal nerve sensory and motor conduction velocity

What does Acupuncture offer?

- Non-invasive
- No drug related side effects
- Thousands of years of results
- A holistic approach to mind, body and spirit
- Effective for all ages
- An adjunct treatment with Western medicine
- Preventive medicine
- Assists you to achieve your maximum health potential





Wellness for Life.
It's at the center of what we do.

Questions?



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Please consider a \$25 donation to fund this series and future programming.



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next up

Addressing the Emotional Impact:
Coping with Peripheral Neuropathy

Did you like this webinar? Please take our survey at the end of this webinar. A recording will be uploaded on our website at FoundationForPN.org shortly.

Support FPN! If you have not already, please consider making a \$25 gift to help fulfill our mission of improving the lives of those with peripheral neuropathy. Give securely using the QR code:

Anything else? 847-883-9942 info@tffpn.org
485 E. Half Day Road, Suite 350, Buffalo Grove, Illinois 60089.



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The rest of the summer series:

- Wednesday, July 17, 11am CT | 12pm ET: **Addressing the Emotional Impact: Coping with Peripheral Neuropathy**
- Thursday, July 25, 7pm CT | 8pm ET: **Living with Peripheral Neuropathy: Real Stories of Resilience and Hope**
- Wednesday, July 31, 6pm CT | 7pm ET: **Living Well with Peripheral Neuropathy: Enhancing Quality of Life**
- Thursday, August 1, 11am CT | 12pm ET: **Empower Your Voice: Advocating for Peripheral Neuropathy**



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