



## **Reducing Diabetic Neuropathy with Nutrients**

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As reported by Medical News Today, Mark L. Gostine, M.D., founder of Michigan Pain Consultants, PC, one of the nation's leading full-service pain management practices, and Lawrence Pawl, M.D., a recognized oncologist, released the results of a new study revealing that the under consumption of micro-nutrients - essential vitamins, minerals and antioxidants - can accelerate pain and other complications associated with diabetic neuropathy, a peripheral nerve disorder caused by diabetes. Of the 20.8 million reported diabetics in the country, an estimated 70 percent, or 14.6 million, have or will develop some form of diabetic neuropathy."

Diabetes (Type II) is so prevalent in our society today because of our growing poor dietary habits. It only stands to reason that if we turn the tables and look at a common cause of Type II diabetes, we can ascertain that the lack of proper nutrition is also contributing to the diabetic neuropathy. That would make you think that getting back to a healthy diet that includes lots of good nutrients, is partially responsible for the positive results that are shown in this study.

Another notch in the belt of common sense. A healthy diet stands to provide a healthy body.

Carpe Diet