

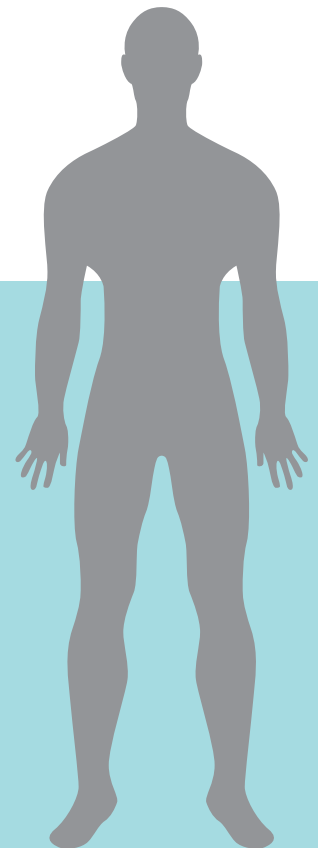


TREATING PERIPHERAL NEUROPATHY

Why Is Peripheral Neuropathy So Hard to Treat?

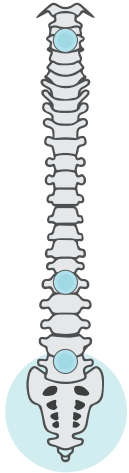
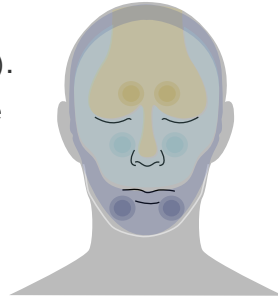
Peripheral neuropathy (PN) is caused by a number of different conditions or diseases. Nearly all of these causes stem from inflammation, poor gut function which affects the chemicals in the body that “talk” to the nerves and brain, stress and poor sleep quality and quantity.

In order to address all of these issues, it is necessary to treat the body systemically or “head to toe.” Just treating the feet will not provide a long-term solution for peripheral neuropathy. It is *not* an easy fix.



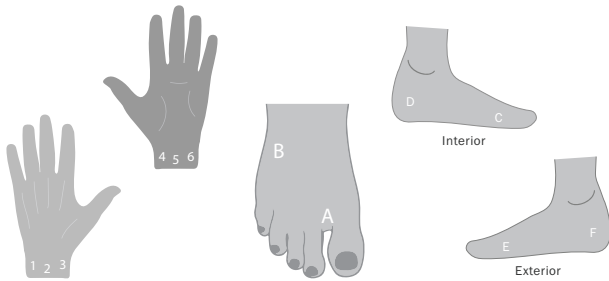
Treatment

Begin with the face treatment (Refer to our "Face Treatment" one-sheet for details). Longer treatments are more effective, but don't treat for more than 30 minutes.



Treat the spine. Start with the neck for 10 minutes, moving to the lumbar region at waist level for 10 minutes then the tailbone area for 10 minutes with the pad.

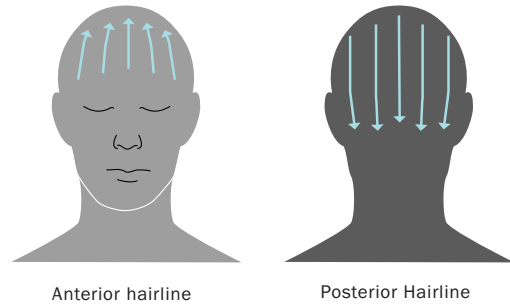
Treat the organ points around the wrists and feet, as shown below, and in the organs one-sheet. For optimal results, treat all four body parts in one sitting.



Treat the top and bottom of the hands and feet using the dome or device head. See the respective one-sheets. Be sure to treat all the way to the elbows and the knees concentrating on the sharp areas.

NOTE: Treating the hands helps the feet and vice versa. If the feet are too sensitive, treat the hands.

Treat the scalp per the scalp treatment one-sheet for at least 10 minutes. The foot and hand points are located on the front half of the scalp, left and right of the center of the head. Focus on these points, but be sure to treat the entire scalp.

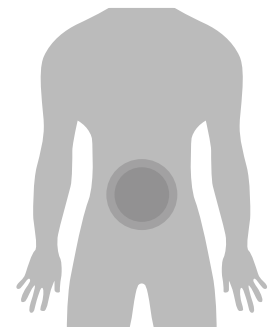


Treat dynamically. Put the dome or flex-array pad on the feet and move the feet up and down, or on the hands. Open and close the hand, or move up and down. This changes the signal to the brain so turn the device up until the sensation from the device is greater than the pain, but for no more than 1-2 minutes.



Treat the abdomen per the abdomen treatment one-sheet.

Spend at least 10 minutes on the abdomen.



Treatment Program

At least two steps per day are recommended, such as the face and spine or the organ points and scalp. Direct treatment of the hands and feet followed by a dynamic treatment in the same day is also recommended. It should take 3-4 days to get through the first cycle of treatment.

Following the initial cycle of treatment, continue with two steps per day, but increase the setting to 2 or 3. After doing three cycles of treatment (about 10-12 days) take 5-7 days off of treatment. The face is always treatable during the break, as it helps the whole body.

After the break, start again if symptoms still exist, rotating through the steps. At this point, if there is time, do more than two steps in a day.

By the end of the 10 additional days of treatment, there should be a decrease in symptoms. Take another break for 10-14 days this time.

After the 14 day break, you should be able to treat as needed. Focus more on direct treatment to the hands or feet moving up to the elbows or knees and doing dynamic treatment. Let the patient stand on the pads rocking back and forth on their feet. Be creative.

NOTE: If any treatment increases symptoms, rest for a day but treat the face at least 20-30 minutes on setting 2 to calm it down. Then restart. You should see a flare up somewhere in the beginning of treatment, flare ups usually only happen once.



Good Lifestyle Changes

Treating PN properly and effectively takes time, but with some effort and lifestyle changes, you can significantly reduce the symptoms, if not get rid of it completely.

One note of caution: InterX treatment works on what the body deems is its most urgent need. If your patient eats poorly, goes to bed late, drinks too much alcohol, etc. the treatment you do will work on the inflammation caused by poor lifestyle choices – not the pain in the feet or hands.

To get the most benefit from treatment, we recommend:

1. ■ Going to bed early between 9-10 p.m., and waking up by 6 for 7-8 hours of sleep.

4. ■ Limiting exercise to no more than 30 minutes. Over 30 minutes increases inflammation.

2. ■ Eating organic, non-GMO food; avoiding wheat, dairy, or sugar; drinking water; avoiding soda and processed food. Many people experience foot pain from wheat and sugar.

5. ■ Taking vitamin supplements, probiotics, vitamin B12, methyl B12, L-glutamine, Vitamin D3, antioxidant vitamins like C, E, anti-inflammatory fish oil, and Omega 3s like Krill Oil.

3. ■ Limiting alcohol to one drink per day. Your patient may want to try no alcohol for 21 days to see if it relieves pain.

6. ■ Control stressors by trying prayer, meditation, calming TV, movies, and music.

The logo for InterX is centered at the bottom of the page. It features the word "INTERX" in a bold, white, sans-serif font. The letter "X" is stylized with a white, brush-stroke-like texture. The text is overlaid on a large, light blue graphic that resembles a stylized eye or a lens, with curved lines and a central opening.