

# NEUROPATHY SUPPORT & NERVE HEALTH

These may be signs of peripheral nerve irritation or damage — and we offer education and supportive strategies to help address contributing factors

[WWW.WHITEHOUSEFAMILYMEDICAL.COM](http://WWW.WHITEHOUSEFAMILYMEDICAL.COM)

## LEARN WHAT YOUR NERVES MAY BE TELLING YOU

Are you experiencing symptoms such as:

- Numbness or tingling in hands or feet
- Burning, stabbing, or electric-like pain
- Pins-and-needles sensations
- Muscle weakness or balance issues
- Sensitivity to touch or temperature
- Symptoms that worsen at night

## FOUNDATIONS OF NERVE HEALTH

Supporting nerve function often involves addressing underlying contributors such as:

- Nutrient deficiencies
- Oxidative stress
- Metabolic or blood sugar imbalance
- Mitochondrial and cellular energy support
- Education may include reviewing labs, medications, lifestyle factors, and nutritional status with your provider.

## NUTRACEUTICAL & NUTRITIONAL SUPPORT

Certain nutrients have been studied for their role in supporting nerve health and comfort. Education may include discussion of:

- Antioxidants that support nerve cells
- Vitamins essential for nerve signaling and repair
- Nutrients involved in mitochondrial energy production
- Support for inflammation and oxidative stress balance

These approaches are intended to support nerve health and are used alongside medical care — not as a replacement.



**WATCH OUR VIDEO!**

**NEUROPATHY**



**TAKE OUR QUIZ!**

[Neuropathy Quiz](#)



**SUPPORT OPTIONS MAY INCLUDE:**

- Oral nutritional supplements
- Combination nutrient formulas
- Lifestyle and dietary guidance
- Coordination with medical evaluation and treatment

All recommendations are individualized and discussed with your provider.

**SCHEDULE NOW**

