


20-MINUTE DAILY RELIEF
ROUTINE CHECKLIST

(Follow these simple steps once a day to support your nerves and feel better over time.)

STEP	 TIME	WHAT TO DO
Do a 2-Minute Foot Check	2 min	Look for redness, swelling, or numb spots. Gently move your feet to wake up circulation.
Boost Circulation with Foot Stretches	2 min	Ankle pumps, toe curls, and gentle calf stretches.
Take Your Nerve-Supporting Supplement	1 min	ALA, Omega-3, or B-complex — whichever you're using. Take with water or a meal.
Use the NeuroGo Foot Massager	15 min	Sit comfortably. Turn on the device and relax while it works. Use 1-2 times daily for best results.