

STOP

NEUROPATHY FOOT PAIN

by NeuroGo



7 SIMPLE WAYS TO START
FEELING YOUR FEET AGAIN

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7 Simple Ways to Start Feeling Your Feet Again

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Published by NeuroGo

www.NeuroGo.com

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The NeuroGo Foot Massager and any techniques, products, or routines mentioned in this guide are not intended to diagnose, treat, cure, or prevent any disease. Statements in this book have not been evaluated by the Food and Drug Administration.

Use this book and its suggestions at your own discretion and risk.

For everyone who's tired of living with
foot pain—you are not alone, and you
are not out of options.

This guide is for you.

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Introduction: What to Expect

If you're reading this, chances are you've been dealing with foot pain, tingling, or numbness that just won't go away. Maybe you've tried creams or pills. Maybe you've just been hoping it would magically disappear. But deep down, you know something's not right.

This book is here to help you understand what's really going on—and more importantly, what you can do about it.

You'll learn simple, doable ways to:

- Improve blood flow to your feet
- Calm irritated nerves
- Create daily habits that support healing
- Eat and supplement in a way that supports nerve health
- Use your NeuroGo Foot Massager as part of a full recovery routine

Each section is short. Every step is clear. You won't find medical jargon or complicated instructions here—just real solutions you can use, starting today.

You're not stuck. You're not broken. Your body can change—starting with your feet.

Let's begin your journey toward feeling your feet again.

A Letter from the Founder

Hi there,

My name is Dr. Darrin King, D.C., and I'm one of the founders of NeuroGo.

Before starting this company, I spent years running a multidisciplinary medical clinic alongside chiropractors, physical therapists, massage therapists, acupuncturists, and pain management doctors. I've always had a deep passion for helping people move better, feel stronger, and live with less pain—especially as they age.

After stepping away from my practice due to an injury, I felt called to find new ways to keep making a difference. One close friend was struggling with neuropathy in his feet, and I saw how hard it was to find something that truly helped. Most of what was available felt cheap, confusing, or just didn't work.

So I put my background in health—and my long-standing interest in nutrition and movement—to work. I began testing what was out there, and when nothing met the standard I was looking for, I decided to build something better.

Too many products on the market felt like gimmicks, not tools I'd ever use in a clinical setting. From the start, our goal with NeuroGo was to create a breakthrough device built to medical-grade

standards—something safe, effective, and engineered to deliver real results at home.

I teamed up with a manufacturer and worked closely with a group of leading health experts I've trusted for years to help guide the design. After multiple rounds of testing and refinement, the NeuroGo foot massager was born.

It uses a proven, safe technology called neuromuscular electrical stimulation (NMES) to help boost circulation and activate the muscles and nerves in your feet—something that's especially important for people dealing with nerve pain or numbness.

We keep improving NeuroGo with feedback from real people like you. But one thing hasn't changed: our mission to help you get back the comfort and freedom that pain tries to steal.

This book was created to guide you through simple, daily steps that support your healing. You don't have to be perfect. Just start. Stick with it. And don't give up.

Wishing you relief and renewed strength—

Dr. Darrin King, D.C.

Co-Founder, NeuroGo

Helpful Resources to Support Your Progress

As a reader of this guide, you get access to a few special tools we created to make your journey easier.

They're completely free and only shared with people like you—those who are ready to take action.

Just type them into your address bar at the very top of the web browser (not Google or Bing search) to get started.



The 21-Day Diet Reset for Neuropathy Pain Relief

A simple email series to help you change how you eat—without feeling overwhelmed. Includes tips, food swaps, and ideas to support your nerve health:

www.neurogo.com/diet



Join Our Private Facebook Support Group

Join others who are following this plan. Share your wins, ask questions, and get encouragement anytime:

www.neurogo.com/fbgroup



More Tools & Printable Trackers

Access printable foot routines, habit trackers, and checklists to help you stay on track:

www.neurogo.com/resources

Part 1:

Your 7-Step Daily Plan to Feel Your Feet Again

Step 1:

Wake Up to What's Really Going On

Start with a 2-Minute Foot Check

Why Are My Feet Always Numb, Tingling, or Burning?

Let's be honest—when your feet first started feeling a little “off,” you probably didn't think much of it.

Maybe they tingled a bit after sitting too long.

Maybe you noticed a patch of numbness or a strange burning feeling at night.

At first, it just seemed like something small. Nothing to worry about.

But then... it kept happening.

And now you might be wondering,

“Why do my feet feel this way—and is this going to get worse?”

That's a smart question to ask. And you're not alone.

Millions of people—especially folks over 60—are dealing with strange foot symptoms just like yours.

Numb toes. Burning soles.

Feet that feel like they're buzzing or wrapped in cotton. Some people even say it feels like they're walking on pebbles... when there's nothing in their shoes.

Here's the part no one tells you:

Most people ignore these signs. They think it's just "part of getting older."

They don't talk to their doctor. They don't change anything. They just live with it... until it gets worse.

But that's **not** going to be your story. Because now you're here. And you're taking the first step to get your feet back.

You don't have to be a doctor or a health expert to start feeling better. You just need a little help—and a new habit or two.

That's where this guide comes in.

Together, we're going to walk through seven simple changes that can make a real difference.

You'll learn how to care for your nerves, improve circulation, and feel more in control of what's going on in your body.

It all starts with paying attention.



What's Really Happening Inside Your Feet

Now that you're paying attention to those strange feelings in your feet, let's talk about what's really going on.

Imagine this:

Your nerves are like tiny telephone wires. They send messages between your brain and your body.

When everything's working right, those messages are fast and clear—"Move your foot," "Watch out, that's hot," or "Time to wiggle your toes."

But here's the problem...

Those wires can get damaged. And when they do, the messages get fuzzy—or stop coming through at all.

That's what causes the numbness, tingling, or burning.

So what's damaging the wires?

In many seniors, the answer is poor circulation.

The blood that's supposed to carry oxygen and nutrients to your nerves just isn't getting there like it used to.

Think of it like this:

If your nerves are a garden, then blood is the water. Without good blood flow, those nerves dry up. They get weak. And if it goes on too long, they start to shut down.

And if you have diabetes, high blood sugar makes it worse.

Sugar in the blood can actually "rust" the nerves over time.

That's why people with diabetes often notice nerve problems in their feet first.

But here's the good news:

You can do something about it.

You don't need fancy equipment or hard-to-follow routines. Just a few small changes—done daily—can help get more blood to your nerves and wake up the parts of your feet that feel “asleep.”

Let's start with something super simple you can do every morning.



Try This Simple Morning Habit

You don't need a doctor's visit to start making progress.

You just need your own eyes... and two minutes.

Every morning, before you put on socks or shoes, take a moment to check your feet.

This small habit can help you catch problems early—before they turn into something serious. And over time, it teaches you to notice changes in how your feet look, feel, and move.

Here's how to do it:



LOOK:

Sit down and look closely at both feet.

- Do you see any red spots, cuts, or swelling?
- Is the skin dry, cracked, or discolored?
- Do your toenails look healthy?

Even small changes matter. What you see on the outside can be a clue to what's happening on the inside.



TOUCH:

Gently run your fingers across your toes, the tops of your feet, and your soles.

- Can you feel light pressure?
- Does it feel numb in certain areas?
- Is there tingling or pain when you press?

If one foot feels different from the other, take note of that too.



MOVE:

Wiggle your toes. Rotate your ankles. Stretch your feet.

- Do they move easily?
- Is one side stiffer than the other?
- Any sharp or shooting pain when you flex?

Movement helps blood flow—and checking it helps you spot stiffness early.



Can't reach your feet easily?

Try using a **hand mirror** to inspect the bottoms. Or ask a loved one to help once or twice a week. Even a glance is better than nothing.



Optional: Keep a small journal

Keep a simple notebook or calendar nearby. Write down anything unusual:

“Left foot tingled this morning.”

“Big toe felt numb again.”

Over time, this little journal can help you track patterns and bring better info to your doctor if needed.



Get a copy of the Morning Foot Check Guide at:

www.neurogo.com/resources



This may seem small, but it's not.

This is how you take charge of your nerve health—one habit at a time.

Many serious foot injuries in people with neuropathy start as **tiny unnoticed issues**—a small cut, an irritated toe, or a stiff joint.

But when your nerves aren't working right, you may not feel pain the same way. That's why **seeing and touching** your feet is just as important as feeling them.

Catching things early can prevent infections, balance problems, or even hospital visits down the road.

You're learning to listen to your feet. And they've got a lot to say.

And now that you're checking them each morning, let's make sure those nerves are getting the one thing they crave most: **blood flow**.

That's where we're headed next.

Step 2:

Get Blood Flowing Again

Circulation Is Life for Your Nerves

Your Nerves Can't Survive Without Blood

In Step 1, you learned how to spot signs that your nerves might be struggling. But now it's time to ask the bigger question:

What do your nerves actually need to stay alive and healthy?

The answer is simple:

Oxygen-rich blood.

That's the lifeline. Blood brings oxygen and nutrients to every part of your body—including the tiny nerves in your feet.

Without good circulation, those nerves start to wither, like a plant that's gone too long without water.

This is one of the main reasons people with neuropathy get worse over time.

It's not just the nerves breaking down.

It's that **they're not getting what they need to heal.**

The good news?

You can absolutely do something about it—starting today.



Why Circulation Slows Down as We Age

As we get older, our blood vessels naturally become less flexible.

That means it takes more effort to get blood all the way down to your toes—and even more effort for it to come back up again.

And if you sit a lot (which many people do), blood tends to pool in your lower legs and feet.

That leads to swelling, stiffness, and... you guessed it—worsening nerve problems.

Your feet are the farthest point from your heart—and that means they're the hardest place for blood to reach. That's why circulation problems often show up there first.

You might've even noticed your feet feel cold or change color sometimes. That's a circulation issue, too.

But here's the encouraging part:

Even gentle movement and a few small daily habits can make a big difference in how well blood flows to your feet.

By doing a few simple moves each day, you're helping your heart send oxygen where it's needed most.

Let's take a look at what works.



4 Easy Ways to Get Blood Moving Again

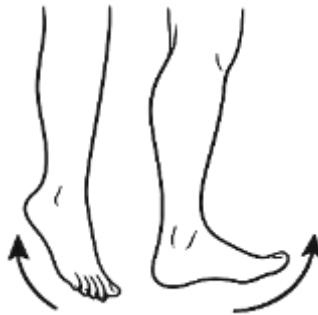
You don't need to go to the gym or take up jogging. These simple moves can fit into your morning or evening routine—right from a chair.



1. Ankle Pumps

Sit comfortably with your feet flat on the floor.

Lift your toes up while keeping your heels down. Then press your toes down while lifting your heels.



Ankle Pump Exercise – Flex your foot up and down to improve circulation.

Do this 20 times. It takes less than a minute.

This movement helps push blood through your lower legs and back toward your heart—like squeezing a tube of toothpaste from the bottom up.



2. Toe Wiggles and Foot Circles

Still seated, stretch your legs out in front of you.

Wiggle your toes for 10 seconds. Then make 10 slow circles with each ankle, going one way, then the other.



This wakes up the nerves, strengthens small muscles, and improves joint flexibility.



3. Calf Massage (Gentle Upward Strokes)

This one helps if your lower legs feel tight or heavy.

- Sit upright and gently massage your calves with both hands.
- Use light, upward strokes—from your ankles up toward your knees.
- Do this for 1–2 minutes on each leg.



This movement encourages better blood flow and relieves tension from sitting too long.



4. Leg Elevation

If your feet tend to swell, this one's a must.

Lie back on a couch or bed and place a pillow under your calves so your feet are slightly above your heart.

Stay in that position for 10–15 minutes. It helps gravity do the work and relieves pressure on the veins.



Try Leg Elevation If...

- Your feet feel swollen at the end of the day
- Your socks leave deep marks on your legs
- Your feet change color when sitting too long



Try This Circulation Booster Routine

Here's a simple flow you can do in under 10 minutes:

1. **Ankle pumps (20 reps)**
2. **Toe wiggles (10 seconds)**
3. **Foot circles (10 each way)**
4. **Calf Massage (1-2 minutes each leg)**
5. **Leg elevation (10–15 minutes)**

You can do it once in the morning to wake your feet up—and again in the evening to wind down and boost recovery.



QUICK TIP:

If your feet feel warmer, look less swollen, or aren't as stiff after doing these, that's circulation at work!

These small changes are your body's way of saying, "Thank you."



Get a copy of the Foot Exercises at:

www.neurogo.com/resources



Now that you've got your blood flowing, here's the next big win: consistency.

Small actions—done every day—can add up to real relief over time.

In the next step, we'll show you how to build simple habits into your routine without making it feel like a chore. These are the kinds of changes that stick—and your nerves will thank you for it.

Step 3:

Stack Small Daily Habits That Heal

Use short, repeatable routines to support nerve repair—without overhauling your whole life.

Feeling Better Doesn't Have to Be Complicated

Let's be honest—when you're dealing with nerve pain, fatigue, or just trying to make it through the day, the idea of “changing your lifestyle” can feel exhausting.

And that's why most people don't follow through.

Not because they're lazy.

Not because they don't care.

But because they're overwhelmed.

If that sounds like you, this chapter is going to be a game-changer.

Because the truth is—you don't need a perfect plan.

You just need a few simple habits you can stick to. Ones that fit into your day without turning your whole life upside down.

Think of it like turning a ship.

One small steering change—done daily—can take you in a completely new direction over time.

That's what these habits do. They steer you back toward healing.



Why Most Diets and Big Changes Don't Work

You've probably seen it before—or lived it.

You get excited about the latest health trend. A new diet, a challenge, a list of rules that promise to change your life.

At first, it feels great. You go all in. You cut out everything "bad" and try to do everything right.

But after a few days—or maybe a few weeks—it starts to wear you down.

You get tired. You miss a step. Life gets busy.

And before long, the plan falls apart. You feel frustrated. And maybe even worse than when you started.

That's because most of these big health changes are **built for short-term effort—not long-term success.**

They rely on willpower. And willpower runs out.



Why Small Habits Work Better

Here's the good news: healing your nerves doesn't have to come from a total life overhaul.

In fact, the opposite is usually true.

Small, daily habits are easier to start—and easier to stick with.

They don't overwhelm you. They don't drain your energy.

And when done consistently, they lead to real, long-lasting change.

Think of them like drops of water filling a glass.

Each one seems small. But over time, they add up.



What Is Habit Stacking?

It's simple.

You take something you already do—like brushing your teeth, making coffee, or turning on the TV—and you *stack* a new habit onto it.

You don't need a new schedule.

You just build on what's already there.

Here's how it looks:

- “After I brush my teeth, I'll check my feet.”
- “After I drink my morning coffee, I'll do 10 ankle pumps.”

- “After I eat lunch, I’ll take my ALA supplement.”
- “Before I turn on the evening news, I’ll do a quick stretch.”

The brain loves these pairings. It’s like giving your new habit a built-in reminder.



5 Tiny Habits You Can Stack Starting Today

Let’s walk through a few easy examples:

1. Check your feet after brushing your teeth

You’re already in the bathroom. While you’re there, take 2 minutes to look at your feet. Notice anything numb, red, or different?

That’s your early warning system working for you.



2. Do ankle pumps while your coffee brews

Waiting for that morning cup? While the coffee’s dripping, lift your heels and toes—10 times each.

That gets your blood moving and helps wake up your nerves.



3. Take your supplement right after lunch

Whether it's ALA, omega-3s, or a B-complex, leave the bottle near your fork or your water glass.

That way, you won't forget—and it becomes part of the meal.



4. Do a foot stretch before watching TV at night

Just before you sit down to relax, do a gentle foot roll, toe stretch, or calf squeeze.

It's short, easy, and improves circulation before you get still for the evening.



5. Adjust your sleep position after turning off the light

Once the lights go out, place a pillow under your knees or between your legs—just like you learned in the last step.

Now you're not just sleeping—you're healing.



You're Not Trying to Be Perfect—You're Building Momentum

These little routines may seem small—but they are the building blocks of nerve recovery.

They don't take energy. They don't require motivation. They just work, **because they're consistent.**

And unlike the latest health trend, **they're actually sustainable.**

This isn't about “doing it all.”



How Long Until I Notice a Change?

Everyone's different—but most people start to feel more energy, warmer feet, or steadier steps within 2–3 weeks of sticking with these habits.

They may seem small, but each one helps your nerves recover and your circulation improve—day by day.

A Sample Day of Healing Habits

Time of Day	Habit	Stacked Onto
Morning	Foot check	After brushing teeth
Morning	Ankle pumps	While making coffee
Lunch	Take supplements	After your meal
Evening	Stretch	Before watching TV
Bedtime	Adjust sleep posture	After turning off the light

Get your printable Daily Healing Habits Tracker Table at:

www.neurogo.com/resources

It's not about being perfect. It's about building small wins that last.

And step by step, that's how you take back control of your health—starting with your feet.



QUICK TIP:

If you miss a day, don't worry. You're not aiming for perfect—you're aiming for progress. Just pick it up again tomorrow.

Step 4:

Eat to Feel Your Feet Again

The Simple Food Fixes That Help Nerves Heal

Your Nerves Are Listening to What You Eat

If there's one thing that makes nerve pain worse faster than anything else, it's this: **blood sugar spikes**.

Most people don't realize it, but the food you eat has a direct effect on your nerves.

Every time your blood sugar rises too high, it puts stress on those nerves.

And if that keeps happening—day after day, meal after meal—it adds up.

That's when the damage starts.

Here's the part that surprises a lot of people:

It's not just sugar that causes these spikes.

It's also many of the everyday foods we've gotten used to eating over the years.

You might be eating them every day without realizing it.



What Do Processed Foods Look Like?

Processed food is anything that's been changed a lot from its original form—usually in a factory.

It's often boxed, bagged, or frozen, and it's made to taste good and last longer on the shelf.

Things like:

- White bread
- Cereal
- Crackers
- Chips
- Frozen meals
- Cookies, pastries, or packaged snacks

These foods break down fast in your body—just like sugar—and that can lead to big blood sugar swings.

That constant rollercoaster puts pressure on your nerves and makes it harder for them to heal.

But don't worry—you don't have to change everything overnight.

Let's start small, with just **one better meal** each day.



1. Start With One Healthier Meal a Day

Trying to change everything at once usually doesn't work. That's why we're going to keep it simple.

For the next few days, just **focus on one meal a day**—and make it a little healthier than usual.

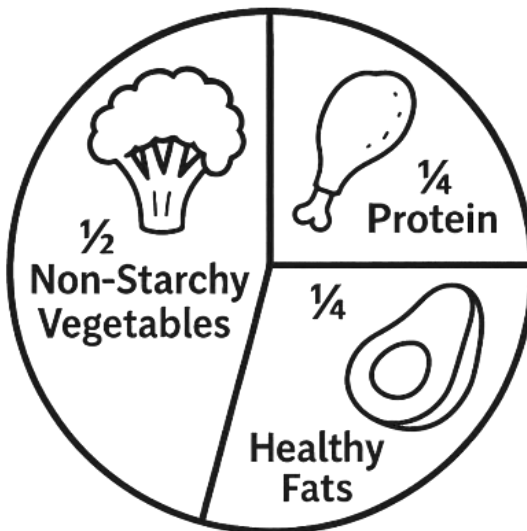
That's it.

Start with whichever meal feels easiest to change. For some people, that's breakfast. For others, it's lunch.

Either way, the goal is to **cut out sugar and processed food**, and instead build a plate that helps you feel full and balanced.

Here's a simple formula:

- $\frac{1}{2}$ **non-starchy vegetables** (like broccoli, spinach, cauliflower, zucchini, peppers)
- $\frac{1}{4}$ **protein** (like eggs, chicken, tuna, or tofu)
- $\frac{1}{4}$ **healthy fat** (like olive oil, avocado, or nuts)



Example 1: A better breakfast

Instead of cereal or toast, try scrambled eggs with spinach and a few slices of avocado.

Example 2: A better lunch

Instead of a sandwich with chips, try grilled chicken on top of a salad with olive oil and vinegar.

Example 3: A better dinner

Instead of pasta or a frozen meal, try baked salmon with steamed broccoli and a side of roasted zucchini in olive oil.

QUICK TIP:

If you're going to eat toast, make sure it's from **low-carb or whole grain bread** with no added sugar—and keep it to one slice max.



You're not going for perfect—you're just taking one plate and making it better.

Do that every day for a week, and you'll already be giving your nerves a better chance to heal.

Up next: we'll look at one of the easiest (and most powerful) habits you can build—**cutting out just one processed snack or packaged food** from your day.



2. Cut Out One Packaged Snack or Processed Food

Once you've started making one meal a day healthier, the next step is just as simple:

Cut out one processed food you eat regularly.

We're talking about the stuff that comes in boxes, bags, or wrappers—things like:

- Chips
- Crackers
- Pretzels
- Cookies
- Sweetened granola bars
- Frozen meals with long ingredient lists
- Sugary drinks like soda or sweet tea

If you're in the habit of snacking during the day or grabbing something “quick” from the pantry, this step is for you.

These foods may be convenient, but they're usually loaded with processed carbs, seed oils, and added sugar—all of which can spike blood sugar and inflame your nerves.

You don't need to cut out everything at once.

Just start with **one**.

Pick the one you eat most often—the one you automatically toss into your grocery cart or reach for after dinner—and commit to leaving it off your list this week.



Need Ideas for What to Do Instead?

You can always skip the snack altogether (your body might thank you).

But if you want a replacement, try something simple and blood sugar-friendly:

- Instead of crackers: try cucumber slices with hummus
- Instead of chips: a small handful of almonds or walnuts
- Instead of soda: **sugar-free** sparkling water or **unsweetened iced tea** (avoid artificial sweeteners if you can, but they're still better than sugar for now)

- Instead of sweetened yogurt: try plain Greek yogurt with cinnamon or a few frozen berries

You don't need to be perfect.

You just need to be **a little better** than yesterday.

Every time you skip a sugary snack, you give your nerves a break—and your blood sugar a chance to stay steady.



QUICK TIP:

If you remove it from your house, you won't eat it. Try shopping with a list—and don't let old habits sneak into your cart.



Coming up next: Let's tackle one of the hardest—and most important—shifts of all: **cutting out sugar**.

Even if you've got a sweet tooth, you *can* do this. And it might change everything.



3. Start Cutting Out Sugar (Kick the Cravings)

If you're like me, sugar might be the hardest thing to let go of.

And you're not alone.

Many of us grew up with dessert after dinner, sugary coffee and cereal in the morning, or something sweet to get us through the afternoon.

It's comforting. It's familiar.

And sometimes, it feels impossible to give up.

But if you want to protect your nerves—and stop the damage—**cutting out sugar is one of the most important things you can do.**



Why Sugar Hurts Your Nerves

Every time you eat something sugary, your blood sugar spikes.

When that happens too often, your nerves become inflamed.

They stop getting the oxygen and nutrients they need.

Over time, they get damaged—and they stop working right.

That's what leads to:

- Burning or tingling feet
- Numbness in your toes
- Pain that shows up for no reason
- A sense that your feet are "disconnected" from your body

But here's the good news:

Once you start cutting out sugar, you'll notice the cravings **begin to fade**.

And when they do, it gets a whole lot easier.



The First Week Is the Hardest (Then It Gets Better)

Let's be honest: the first 7–10 days might feel rough.

You might feel tired, cranky, or like your body is begging you for just a bite of something sweet.

That's normal.

Sugar affects your brain like a drug—it gives you quick highs and then crashes.

And when you stop feeding that cycle, your body notices.

But hold steady.

Because within a week or two, something amazing happens:

- Your cravings shrink.
- Your energy becomes steadier.
- Your feet may start to feel warmer, lighter, or less painful.
- And your blood sugar stops going on that roller coaster.

Stick with it. You're rewiring your body for healing.



Here's How to Start Cutting Out Sugar

You don't need to get it perfect. But you do need to start.

Here's how:

- **Stop bringing sweets into the house.** If it's not there, you won't eat it.
- **Read food labels.** Sugar hides in things like ketchup, yogurt, salad dressing, and cereal—even the “healthy” ones.

- **Replace dessert with something simple:**
 - **Sugar-free** cinnamon tea
 - A small bowl of **frozen berries and Greek yogurt**
 - A walk after dinner to distract your brain (it works!)

Avoid artificial sweeteners if you can—but if you’re choosing between a diet drink and a sugary one, go with the sugar-free version for now.

Heads-up: Some “sugar-free” snacks or drinks still cause cravings or bloating—listen to your body. You’re not aiming for perfect, just better.



QUICK TIP:

Write down how you feel after a day without sugar. Then check again in a week. You might be surprised how much better your body feels.



You’re already changing how you eat.

Now let's put all these new habits into a simple, no-stress **3-week action plan**.



4. Your 3-Week Food Reset Plan (One Step at a Time)

You don't need to change everything overnight.

You just need to **start**, keep going, and let your habits build on each other.

Here's a gentle plan you can follow over the next three weeks to support your nerves, stabilize your blood sugar, and start feeling better—**without the overwhelm**.



Week 1: One Healthier Meal a Day

Pick one meal—breakfast, lunch, or dinner—and make it lower in sugar and processed carbs.

What to do:

- Use the low-carb plate: $\frac{1}{2}$ veggies, $\frac{1}{4}$ protein, $\frac{1}{4}$ healthy fat
- Cut out bread, cereal, or juice for that one meal
- Choose foods that keep your blood sugar steady

Examples:

- Eggs with spinach and avocado for breakfast
- Tuna salad on greens with olive oil for lunch
- Chicken with steamed broccoli and butter for dinner



Week 2: Cut Out One Junk Food or Snack

Pick one processed food you normally buy (like chips, crackers, or soda), and **cut it out** completely.

What to do:

- Don't replace it with another boxed snack—just skip it
- If needed, try a simple alternative like cucumber slices or sugar-free tea
- Pay attention to how your body feels without it



Week 3: Start Cutting Out Sugar

This week, focus on removing added sugars from your home and your plate.

What to do:

- Stop buying sweets, cookies, or sugary drinks
- Read labels on everything—sugar hides in more foods than you think
- Try natural replacements (like cinnamon tea or frozen berries) to ease cravings
- Allow your body to reset—remember, the first 7–10 days are the hardest



You can find a printable version of this plan at:

www.neurogo.com/resources

You might be surprised how quickly your energy shifts.

Your nerves may feel less irritated.

Your blood sugar may begin to even out. And best of all—you'll feel more in control of your health again.



Free Bonus for Readers:

Want help with meals and food choices?

We created **The 21-Day Diet Reset for Neuropathy Pain Relief** just for readers of this book.

It's a free, step-by-step email plan with easy swaps, grocery tips, and simple daily guidance.

Get it here: www.neurogo.com/diet



Up Next:

You've already started feeding your nerves the right way.

Now it's time to give them the building blocks they need to truly heal.

In the next step, we'll cover the most important vitamins and nutrients for nerve repair—and how to start getting more of them into your day.

Step 5:

Take the Right Nutrients Your Nerves Are Begging For

*Feed your body with research-backed
vitamins and supplements that support nerve
health.*

Good Food Matters But It Might Not Be Enough

By now, you've started making better food choices.

You've cut out sugar, added more real meals, and begun to feel like you're back in control.

That's a huge step.

But here's something most people don't realize:

Even if you're eating better, your body might still be missing **key nutrients** that your nerves need to heal.

Why?

Because as we age, our bodies stop absorbing vitamins and minerals the way they used to.

Medications can make it harder. Stress and inflammation can block the process too.

That's where supplements come in.

They don't replace a healthy lifestyle—but they can **fill in the gaps** and give your nerves the support they've been begging for.



The Best Supplements for Nerve Health

You don't need a cabinet full of pills. You just need a few proven nutrients that help your body do what it's already trying to do: heal.

Here's a short list of nerve-friendly supplements, explained in plain language.



Recommended Nerve-Supporting Supplements

Supplement	What It Helps With	How to Take It
ALA	Nerve protection, circulation	300–600mg with food
Omega-3s	Inflammation, blood flow	Daily with a meal
B-Complex	Nerve repair, energy	Once daily in morning
Magnesium	Nerve calm, muscle relaxation	Evening or before bed

Supplement	What It Helps With	How to Take It
Acetyl-L-Carnitine	Nerve energy, regrowth	500–1,000mg per day
Curcumin	Natural anti-inflammatory	With food, black pepper

Let's break that down a little further:



Alpha-Lipoic Acid (ALA)

This is one of the most helpful supplements for people with nerve pain.

ALA is a powerful antioxidant that helps reduce inflammation and improve blood flow to damaged nerves.

You can find it in most stores as a capsule. Look for 300–600mg. Take it with food.



Omega-3s (Fish Oil or Algae Oil)

Omega-3s help lower inflammation and improve circulation—both key for healthy nerves.

Look for a high-quality softgel and take it once a day with food. If you're vegetarian, algae oil works too.



B-Complex Vitamins (especially B1, B6, B12)

These help your nerves communicate and rebuild. Many seniors are low in B12 without realizing it.

You want a full B-complex with the active forms (like methyl-B12).

Take it in the morning with food.



Magnesium (Glycinate or Citrate)

This helps relax tight muscles and calm overactive nerves—especially if you get cramping or twitching.

Take it before bed to help with sleep and nerve repair.



Acetyl-L-Carnitine

This one supports energy inside your nerves and may help them grow new connections.

Try 500–1,000mg daily. Take it with food for better absorption.



Curcumin (from Turmeric)

A natural anti-inflammatory that may help calm nerve flare-ups.

Look for one with black pepper extract—it helps your body absorb it better. Take with food.



How to Choose the Right Supplements for You

You don't need to take everything on this list.

Start small—just one or two—and give your body time to respond.

Tips to make it easy:

- Buy from a trusted brand (look for third-party tested)
- Stick to capsules or softgels—they absorb better than tablets
- Keep them near your toothbrush, coffee maker, or pill organizer
- Take them at the same time every day to build the habit

And always talk to your doctor or pharmacist if you're on medications or have health conditions.

Not a fan of pills?

Start with just **one** supplement and see how you feel. You don't need to take everything at once. Many readers start with just ALA or Omega-3s—and build from there.



When Will I Feel It?

Most people notice subtle changes within 2–4 weeks—like steadier energy, warmer feet, or fewer nerve flares.

Remember: supplements work best when you take them consistently with healthy meals.



Stacking Supplements Into Your Routine

Remember Step 3?

Habit stacking makes this easy.

Here's how you can build these into your day:

- **Morning:** ALA + B-Complex (with breakfast)

- **Lunch:** Omega-3 (with meal)
- **Evening:** Magnesium or Curcumin (with dinner or before bed)

Keep it simple. Set a reminder if you need one. The more consistent you are, the more your body benefits.



QUICK TIP:

You can print a simple supplement list at www.neurogo.com/resources or find a copy in the appendix at the back of this book.



You're Giving Your Nerves a Fighting Chance

These nutrients aren't magic—but they are powerful fuel for healing.

And when you use them consistently, your body has a real shot at repairing what's been damaged.

In the next step, we'll look at something just as critical: how to protect your nerves while you sleep—

and avoid the common mistakes that make pain worse overnight.

Step 6:

Sleep Smart to Protect Your Nerves

Are You Sabotaging Your Feet While You Sleep?

Why Does Neuropathy Feel Worse at Night?

You might have noticed this yourself:

During the day, your feet feel manageable. But once the sun goes down, the burning starts.

The tingling gets sharper.

The numbness becomes more noticeable.

You shift in bed, trying to find relief—but nothing seems to help.

You're not imagining it.

Nerve pain really does get worse at night.

Here's why:

- **Circulation slows down while you sleep**, which means your nerves get less oxygen and nutrients.
- **You're lying still**, so blood flow drops even more.
- And if you're stressed, your body may stay tense—keeping nerves on “high alert.”

The good news? You can stop making things worse—and start helping your body recover—by changing just a few small things before bed.



What Your Nerves Need While You Sleep

Think of nighttime as repair time. This is when your body goes to work fixing cells, reducing inflammation, and supporting nerve healing.

But for that to happen, your nerves need:

- **Good blood flow**
- **Reduced stress**
- **Less pressure on your feet**
- **And the right nutrients in your system**

If you go to bed with sugar in your bloodstream, your nerves stay inflamed.

If you sleep with your feet in a tight or pinched position, blood can't move properly.

And if you're missing key nutrients, your body doesn't have what it needs to rebuild damaged nerve tissue.

Let's fix that—one simple step at a time.



A 5-Minute Bedtime Routine to Soothe Your Nerves and Sleep Better

You don't need a complicated routine or expensive gear. You just need a few calming habits that support your nerves while you sleep.

Here's a plan you can start tonight:

1. Stretch Your Feet and Calves (2 Minutes)

Before bed, do some gentle ankle pumps, toe stretches, or calf stretches while seated or lying down.

This wakes up your circulation and helps prevent that “tight and burning” feeling during the night.



2. Take a Nerve-Friendly Supplement (1 Minute)

Consider taking **ALA (alpha-lipoic acid)** and **omega-3s** before bed.

- ALA is a natural antioxidant that helps protect nerves and improve blood flow.
- You can buy it over the counter at most pharmacies or health stores.

- Omega-3s (from fish oil or algae) help reduce inflammation and support nerve repair.

These don't work overnight—but taken daily, they support your nerves long-term.

If you're not sure where to start, look for ALA in capsule form (usually in the 300–600mg range).



3. Calm Your Nervous System (1 Minute)

Sit quietly for a moment. Close your eyes. Breathe in slowly through your nose... then breathe out gently through your mouth.

Or just think of one thing you're grateful for from the day.

This helps shift your body out of stress mode and into rest mode—so your nerves can relax too.



4. Elevate or Adjust Your Feet (30 Seconds)

Try sleeping with a small pillow under your knees if you're on your back, or between your legs if you're on your side.

This relieves pressure on nerves and helps blood drain better through your legs.

Avoid falling asleep in a recliner with your feet hanging down—that can cut off circulation.



5. Find a Nerve-Friendly Sleeping Position (30 Seconds)

If you sleep on your back, keep your feet relaxed—not pointed.

If you sleep on your side, don't curl up too tightly.

And make sure nothing (like heavy blankets or tight socks) is pressing on your toes or ankles.

A small change in position can reduce nighttime pain and improve how your nerves feel in the morning.

QUICK TIP:

Try doing this routine at the same time each night. The consistency helps train your body—and your nerves—that it's time to rest and repair.



Common Sleep Mistakes to Avoid

A few small things can sneak in and make nerve pain worse overnight.

Watch out for these:

- **Heavy blankets** pressing down on your toes
- **Tight socks** that cut off circulation
- **Sleeping in a recliner** with your feet below your heart
- **Late-night sugar** (dessert, wine, or snacks before bed)
- **Watching the news or scrolling your phone right before bed** (stressful input = tense nerves)

None of these are deal-breakers. But together, they add up. And they might be the reason you wake up feeling worse than when you went to bed.



You Deserve Better Rest—and Better Healing

Sleep isn't just about rest. It's about repair. And your nerves need that healing time more than ever.

By giving your body what it needs—gentle movement, calming nutrients, and a better

position—you're helping your feet recover while you sleep.

And you don't have to do it all at once. Start with one new habit tonight. Then add another tomorrow.



Want a copy of this routine you can keep by your bedside?

Go to: www.neurogo.com/resources

QUICK TIP:

If you wake up in the middle of the night, don't panic.

Try slow breathing and gently stretch your toes or ankles for 30 seconds. It can help calm nerve activity and get you back to sleep faster.



Sleep is when your body repairs what the day has worn down.

And your nerves—more than anything—need that healing time.

Start small. Stay consistent. And trust that each night, you're giving your feet a better chance to feel alive again.

In the next step, we'll bring everything together into a full **daily foot recovery routine**—including morning and evening habits you can actually stick to.

Step 7:

Do This Every Day to Start Feeling Your Feet Again

Follow this simple 20-minute routine to support daily nerve repair and lasting relief.

Your Feet Need a Routine, Too

You've already made powerful changes—eating better, sleeping smarter, moving more.

Now it's time to bring it all together with one simple, daily routine.

Because when it comes to healing nerves, consistency is everything.

Nerves respond to repetition.

That means gentle movement, oxygen-rich circulation, the right nutrients, and daily stimulation—all done regularly.

Think of this step as your “nerve reset” time.

You'll use it to check in with your feet, get your blood moving, take your supplements, and activate healing—all in just 20 minutes a day.

Nerves don't heal all at once.

They rebuild little by little—just like a path you clear by walking the same way every day.

That's what this routine does.

It keeps the blood flowing, the nerves firing, and your body working toward recovery.

And when you do it consistently, your results compound.



The 20-Minute Daily Routine for Nerve Pain Relief

You don't need a gym. You don't need fancy equipment.

You just need a quiet spot and a little consistency.

Here's how to do it:

The Routine

1. **Supplement Support**

Take your nerve-friendly nutrients like ALA and Omega-3s. These help support healing from the inside.

2. **1-Minute Morning Foot Check**

Look at your feet. Feel them. Wiggle your toes.

This helps you spot small changes and reconnect with areas that feel numb.

3. **2-Minute Movement or Gentle Stretch**

March in place. Do slow toe raises. Rotate your ankles.

Movement encourages blood flow—and blood flow feeds your nerves.

4. **1-Minute Mindful Breathing**

Take a moment to relax. Breathe slowly.

Calming your nervous system lowers inflammation and improves circulation.

5. **15 Minutes with NeuroGo**

Turn on your NeuroGo and sit back while it gently stimulates the nerves and muscles in your feet.

This boosts circulation, oxygen delivery, and nerve activation.

You can do this routine once a day to start.

As you build the habit, many people feel even better when they use NeuroGo twice daily—morning and evening.



Haven't Tried NeuroGo Yet?

If you haven't added **NeuroGo** to your daily routine yet, this is the perfect time to start.

This isn't just another foot massager. NeuroGo is a therapeutic device that uses gentle electrical stimulation to target the **root causes of foot neuropathy**—poor circulation and damaged nerves.

It's designed to send **oxygen-rich blood** deep into the feet, helping wake up nerves, reduce inflammation, and restore healthy function over time.

What to Expect When You Use It

Most people don't feel a dramatic change after just one session—and that's normal.

But after a few days of consistent use, subtle shifts begin to happen:

- Your feet may feel warmer
- You might sleep more deeply
- You may notice fewer flare-ups at night

For many people, **week 3 or 4** is when the bigger changes start to appear—especially when they're following the full plan in this book:

- Eating better
- Sleeping smarter
- Moving more
- Using NeuroGo daily

It's the **consistency**—not intensity—that creates real progress. Every time you use NeuroGo, you're helping your nerves rebuild.



Our 90-Day Pain Relief Promise

You have **ninety full days** to try NeuroGo—completely risk-free.

If you're not seeing results, just send it back.

No hassle. No questions asked.

That's how confident we are that it can help you.



What Real People Are Saying

“After 6 years and 3 surgeries on my feet, I’m finally pain free.”

— Carol

“I had a ‘feeling’ sensation after my first session. After 15 years of numbness!”

— Ray

“The device is very helpful in relieving foot pain. Thank you for your help. You made an 81-year-old, visually impaired man very happy.”

— Don



How to Start

1. **Turn it on.**
2. **Place your bare feet** on the pads.
3. **Relax for 15 minutes** while it stimulates the nerves in your feet.

You can read a book, watch TV, sip some tea, or simply close your eyes and breathe.

This is your time to heal.



Special for Our Readers

As a thank-you for reading this book, you can receive 40% off your own NeuroGo device.

Visit: www.neurogo.com/40off

Covered by our 90-Day Pain Relief Promise.



You're In Control Now

This step isn't just about what you do. It's about what you keep doing.

Because small steps—done daily—lead to big change.

Stick with this plan.

Show up for yourself every day.

And trust that healing is happening—even when it's slow.

You're not stuck. You're rebuilding. And your nerves are listening.

Now you have a plan. A simple one.

You know what helps. You know what hurts.

And you've taken real steps to support your body—starting with your feet.

Keep going. Healing doesn't happen overnight, but it does happen.

One day at a time. One small win at a time.

You're not just managing pain—you're creating change.

Part 2:

Bonus Tips & Tools for Your Journey

Bonus 1:

Top 10 Neuropathy Questions

Simple answers. Clear guidance. Real support.

1. Will this ever go away?

This is the question most people ask—and it's completely understandable. Neuropathy can feel scary, frustrating, and permanent.

The truth?

Nerves **can heal**, but it takes time—and the right support.

If your nerve damage is mild or moderate, you might start noticing changes within weeks or months.

If it's more advanced, progress can be slower. But that doesn't mean there's no hope.

Think of your nerves like tiny wires. When they're damaged, they don't work right.

But if you lower the inflammation, improve your circulation, and give your body the nutrients it needs—those wires can start to recover.

You may not go back to how things were 20 years ago. But you *can* feel better, walk steadier, and regain more control.

And you're already on the path.



2. Why do my feet go numb or tingle?

That numb, tingling, or burning feeling in your feet is your nerves trying to send signals—but they're not working right.

It's like a bad phone connection. The message gets scrambled or doesn't come through at all.

This happens when nerves are damaged—often from **high blood sugar, poor circulation, or inflammation** in the body. Over time, those things wear your nerves down, and they start to misfire or go silent.

The good news is you can help calm and reawaken your nerves.

Eating better, moving more, and using circulation tools like NeuroGo gives your nerves what they've been missing: **oxygen, nutrients, and support.**



3. How do I know if my neuropathy is getting worse?

The biggest red flags are changes you can feel—or sometimes, *not feel* at all.

If your numbness spreads, if you have more trouble walking, or if everyday things like putting on socks or

shoes feel different, it could mean your neuropathy is getting worse.

Some people also notice more pain, burning, or pins-and-needles at night.

One of the best things you can do is a **simple foot check every morning**.

Look for redness, swelling, cuts, or any spot that feels “off.”

If you notice changes, don’t ignore them—your nerves are trying to tell you something.

The sooner you take action, the more likely you are to stop the damage and start feeling better again.



4. Is it too late for me to start feeling better?

No. It’s not too late.

Nerves can improve at any age. Even if you’ve had neuropathy for years, your body still has the ability to heal—especially when you start giving it the right support.

The key is **consistency**.

You don’t have to change everything overnight.

But if you start eating better, moving your body, sleeping smarter, and using the tools in this book—your nerves will notice.

Progress might feel slow at first. That's okay.

What matters most is that you **keep going**. The little things you do each day add up.

And one day, you'll realize something feels a little better... then a little more.

And that's how healing begins.



5. Do I Still Need a Doctor?

Yes—but you're the one in charge of your day-to-day progress.

A good doctor can help you track how things are going, order blood tests, adjust your medications if needed, and check for other issues that might be adding to the problem.

But most of what helps your nerves heal happens **at home**, with the choices you make every day.

That's why this plan matters so much.

You're already taking control by learning, checking your feet, eating better, moving more, and using daily tools like NeuroGo.

And when you do see your doctor, you'll be better prepared to ask smart questions and speak up for what you need.

You're not helpless. You're in the driver's seat.



6. What's the best diet for nerve pain?

The best diet is one that keeps your **blood sugar steady** and your **inflammation low**—because both of those things can make nerve pain worse.

To start, **cut out sugar and processed foods**—things that come in bags, boxes, and cans with long ingredient lists.

Skip the cookies, chips, crackers, white bread, soda, and frozen meals full of chemicals.

Instead, look for **real, whole foods**:

- Fresh or frozen vegetables
- Simple proteins like chicken, eggs, or canned tuna
- Healthy fats like avocado, olive oil, or a small handful of nuts

Cooking doesn't have to be hard.

If you don't like cooking, try recipes with just a few ingredients.

Things like:

- **One-pan sheet meals** (chicken + veggies + olive oil)
- **One-skillet stir-fries**
- **Soups you can reheat for days** (not canned)

And remember—you don't have to change everything at once. Just start with **one healthier meal a day**, and build from there.

It's the small, repeatable choices that help your nerves the most.



7. Should I take supplements?

In many cases, yes—the **right supplements can help support your nerves**.

Most people with neuropathy are low in certain vitamins and nutrients their nerves need to repair and function properly.

Some of the most helpful ones include:

- **Alpha-lipoic acid (ALA):** Helps protect nerves from damage and may improve blood flow

- **Omega-3s:** Fights inflammation and supports nerve health
- **Vitamin B1, B6, and B12:** These are critical for nerve repair and many seniors don't get enough
- **Magnesium:** Helps with nerve signaling and muscle relaxation

You can find these at most stores or online. Just make sure to **talk with your doctor first**—especially if you take medications.

Supplements alone won't fix everything. But when you combine them with healthy eating, better sleep, and daily movement, they can help your nerves heal faster and feel better.



8. Why is it worse at night?

You're not imagining it—**nerve pain really does feel worse at night.**

There are a few reasons for that:

First, when you lie down and stop moving, your **blood flow slows down.**

That means your nerves aren't getting as much oxygen and support. Second, with fewer distractions at night, your brain focuses more on the pain signals.

And third, **poor sleep position** can put pressure on your nerves without you even realizing it.

The good news? You can fix this.

Try doing a short stretch before bed, taking a supplement like ALA or magnesium, and adjusting your sleeping position.

You'll find more help in **Step 6** of this book—it's all about sleeping smarter to protect your nerves.



9. Is This Diabetic Neuropathy?

If you have diabetes—or even **pre-diabetes**—there's a good chance your neuropathy is related to your blood sugar.

When blood sugar stays high over time, it damages the tiny blood vessels that feed your nerves.

That damage builds up slowly, often starting with numbness, tingling, or burning in your feet.

Your doctor can run a few simple tests to confirm it. But here's the most important part:

Even if it is diabetic neuropathy, you have more control than you think.

By **cutting out sugar**, improving your meals, and staying consistent with your daily routine, you can calm the damage and start to feel better again.

You don't have to wait for permission to take your health into your own hands.



10. Is there really hope?

Yes. **There is real hope.**

You're not stuck. You're not broken. And you're not alone.

Neuropathy can feel overwhelming—but you've already done something powerful: **you took the first step.**

You're learning, you're making changes, and you're building new habits that support your nerves every single day.

Will it take time? Yes.

Will it be worth it? Absolutely.

Most people start feeling better around **week 3 or 4** of following the plan in this book.

The more consistent you are—with what you eat, how you move, and how you care for your body—the more likely you are to notice a real difference.

You don't have to do it all at once. Just keep going, one step at a time.

Progress is possible—and you're already on your way.



You're Not Alone—And You're Not Powerless

We know how overwhelming neuropathy can feel. There are so many questions—and not always clear answers.

But here's what's clear: **you have more power than you think.**

Every small choice you make—to eat better, to move more, to use your tools and routines—adds up.

This journey isn't about being perfect. It's about staying consistent and giving your body what it needs to heal.

And you're doing exactly that.

Find foot check visuals, a meal reset tracker, and more at www.neurogo.com/resources

Bonus 2:

What to Ask Your Doctor About Neuropathy

*How to Speak Up, Get Answers,
and Make the Most of Every Appointment*

Let's Get You Ready for Your Next Appointment

It's not always easy to talk to your doctor—especially when appointments feel rushed or you're not sure what to ask.

But here's something important to remember:
You are your own best advocate.

Doctors are there to help, but they don't know how you feel unless you tell them. And the more prepared you are, the more likely you are to get the support and answers you deserve.

Let's walk through what to bring, what to ask, and how to feel more confident at your next visit.



What to Bring With You

Before your appointment, take a few minutes to gather these:

- A short list of your main symptoms
(Example: “Burning in both feet at night,” or “Numbness when walking”)
- A list of your medications and supplements
- Any questions you want to remember to ask

- Your blood sugar log, if you track it
- A friend or family member, if you want someone to listen or take notes
- A photo of any changes in your feet (redness, swelling, sores)

Want a printable version of this checklist? Visit [**www.neurogo.com/resources**](http://www.neurogo.com/resources)



Smart Questions to Ask Your Doctor

Use this list as a guide. You don't have to ask every question—just pick the ones that matter most to you right now.

- What type of neuropathy do I have?
- What's causing it—and is it getting worse?
- Can any of my medications make it worse?
- Should I be tested for vitamin deficiencies (like B12, B1, or magnesium)?
- Are there any signs of poor circulation in my feet?
- What treatments or therapies do you recommend?
- Are there options I haven't tried yet?

- Do you think supplements like alpha-lipoic acid (ALA) or omega-3s could help?
- Should I see a specialist—like a neurologist, endocrinologist, or podiatrist?
- What should I be doing at home to support my nerves?

QUICK TIP:

Write down your top 3 questions and hand them to your doctor at the start of your visit. It shows you're prepared—and helps them focus on what matters most to you.

It helps keep the conversation focused and makes sure you don't forget anything.



You Deserve to Be Heard

Don't worry about saying things the “right” way.

Just speak up. Your pain is real. Your questions are valid. And your voice matters.

You know your body better than anyone.

When you come prepared, you give your doctor the chance to do their best work—and you take a powerful step toward healing.

Bonus 3:

Neuropathy-Friendly Grocery List

How to Read Labels, Shop Smart, and Start Small

Let's Make Grocery Shopping Simpler

Grocery shopping doesn't have to be overwhelming.

You don't need to follow a strict diet or become a nutrition expert.

You just need to start making one better choice at a time.

This section will help you:

- Understand what to look for on food labels
- Cut out nerve-damaging ingredients slowly, over time
- Build a pantry that supports better blood sugar and nerve health



What to Watch For on a Food Label

Many foods that look “healthy” are actually loaded with sugar or processed carbs.

To protect your nerves, start looking at these three parts of the label:

1. Sugar

Check the *added sugars* section. If it's more than a few grams, skip it.

Also check the ingredients list. Watch out for these hidden names:

- Corn syrup
- Brown rice syrup
- Maltodextrin
- Fructose
- Glucose
- Dextrose
- Evaporated cane juice
- Agave nectar
- Honey

If sugar (or anything that ends in “-ose”) is one of the first 3 ingredients, it's best to put it back.

2. Total Carbohydrates

If the total carbs are high—especially in boxed or bagged snacks—it usually means more blood sugar spikes.

As a general rule:

Try to keep processed foods under 15–20 grams of carbs per serving.

3. Ingredients List

If the list is long or filled with words you can't pronounce, it's probably highly processed.

The simpler, the better.



Start Small—and Build Over Time

Don't try to change your whole diet in one week. That almost never works.

Start by cutting out just one item you buy regularly that isn't helping your nerves.

Then replace it with something simpler—or skip it altogether.

Here are a few easy swaps:

- Instead of sweetened iced tea → choose **unsweetened tea**, preferably with no artificial sweeteners, since some people find they still trigger cravings or stomach issues.
- Instead of crackers → try **a handful of raw nuts, sliced cheese, or celery with peanut butter** (no added sugar)
- Instead of sugary cereal → try **scrambled eggs with spinach** or **plain Greek yogurt with cinnamon**

Once that feels easy, move on to the next food.

Small wins turn into lasting habits.



Eat This, Not That: Neuropathy Edition

This simple guide shows you exactly what to swap out—and what to reach for instead.

Instead of This...	Try This Instead
White bread	Sprouted grain bread or low-carb tortillas
Sugary cereal	Eggs with veggies or plain Greek yogurt
Crackers	Raw almonds, walnuts, or carrot sticks
Granola bars	A boiled egg or a cheese stick
Sweetened yogurt	Plain Greek yogurt with cinnamon
Fruit juice	Water with lemon or unsweetened iced tea
Soda	Sparkling water or herbal tea

Instead of This...	Try This Instead
Pasta	Zucchini noodles or cauliflower rice
White rice	Steamed broccoli, cauliflower rice, or quinoa
Mashed potatoes	Mashed cauliflower with butter
Ice cream	Frozen berries with a spoonful of nut butter
Potato chips	Cucumber slices, celery, or cheese crisps

Keep this list handy the next time you go shopping. Even swapping out just one or two things at a time can lead to major improvements.

Want a printable version of this list? Visit

www.neurogo.com/resources



Quick Label Check:

- Low sugar
- Low total carbs
- Short, simple ingredients



Reader Bonus:

Want help building better shopping habits?

Join **The 21-Day Diet Reset for Neuropathy Pain Relief** — free for readers of this book.

It's packed with meal ideas, smart swaps, and a full 3-week food plan.

Just visit: www.neurogo.com/diet



You're in Charge of What Goes in Your Cart

You don't need to be perfect. You just need to be consistent.

Read the label. Make one better choice. Then another.

That's how you take back control of your health—one shopping trip at a time.

Bonus 4:

Nerve-Friendly Snacks and Meal Ideas

*Simple Food Swaps to Satisfy Your Hunger—
Without Spiking Your Blood Sugar*

Tired of Wondering What to Eat?

You're working hard to eat better.

But when it comes to meals and snacks, it's easy to fall back into old habits—especially when you're tired or short on time.

The truth is, many “easy” foods are loaded with sugar or processed carbs.

These foods might give you a quick boost... but they also send your blood sugar on a roller coaster—and your nerves pay the price.

Let's fix that.



What Makes a Meal or Snack “Nerve-Friendly”?

To keep your blood sugar stable and support your nerves, focus on:

- **Low-carb:** Fewer blood sugar spikes means less nerve stress
- **Healthy fat:** Keeps you full and helps you absorb vitamins
- **Good protein:** Supports healing and energy

- **Real ingredients:** Whole foods, not boxes and bags

You don't have to be perfect.

You just need a few reliable go-to meals and snacks that work for your body—not against it.



Quick Meal Ideas (No Fuss Required)

Breakfast Ideas:

- Scrambled eggs with spinach and olive oil
- Greek yogurt (plain, unsweetened) with cinnamon and chopped walnuts
- Hard-boiled eggs with a side of berries
- Low-carb tortilla with eggs and avocado

Lunch or Dinner Ideas:

- Grilled chicken on a salad with olive oil and vinegar
- Tuna salad wrapped in romaine lettuce leaves
- Zucchini noodles with pesto and grilled shrimp
- Cauliflower rice stir-fry with veggies and protein
- Egg salad or chicken salad with celery sticks

Keep it simple.

One-pan meals or slow cooker recipes are great if you don't like cooking.



No-Cook Dinner Ideas (When You're Too Tired to Cook)

Some days, standing in the kitchen just isn't happening.

That's okay. You can still feed your body well—without turning on the stove.

Here are a few no-cook, nerve-friendly meals you can make in minutes:

Turkey Roll-Ups Plate

- Sliced turkey or chicken breast (nitrate-free if possible)
- Roll around slices of avocado or cheese
- Serve with baby carrots or cucumber slices

Tuna Salad Lettuce Wraps

- Mix canned tuna with mayo, mustard, or plain Greek yogurt
- Spoon into romaine or butter lettuce leaves
- Add sliced olives or pickles on the side

Snack Plate Dinner

- Hard-boiled eggs (store-bought is fine!)
- A few slices of cheese or a small handful of nuts
- Raw veggies with hummus
- Optional: a few berries

DIY Egg or Chicken Salad Lettuce Wraps

- Mash 2 boiled eggs or shred a cooked chicken breast
- Mix with a spoonful of plain Greek yogurt or avocado (instead of mayo)
- Add mustard, chopped celery, a pinch of salt, and a squeeze of lemon
- Spoon into romaine or butter lettuce leaves

Mediterranean Snack Board

- Sliced cucumber, cherry tomatoes, kalamata olives
- A few pieces of feta or goat cheese
- Roasted red peppers (jarred, no sugar added)
- A boiled egg or canned sardines (packed in olive oil) for protein
- Optional: a handful of walnuts or almonds

Remember: You don't need a fancy meal. You just need to eat something that helps your nerves—not hurts them. Keep a few of these ingredients on hand so you're never stuck.



Snack Smarter: What to Reach For Instead

When your stomach starts growling between meals, try one of these:

Instead of This...	Try This Instead
Chips or pretzels	Sliced cucumber, bell pepper strips, or cheese crisps
Candy or cookies	A handful of berries or a square of 85% dark chocolate
Crackers	Raw almonds, pecans, or macadamia nuts
Sweetened yogurt	Plain Greek yogurt with a dash of cinnamon
Granola bars	A boiled egg or a small piece of leftover chicken
Ice cream	Frozen berries blended with coconut milk
Soda or juice	Sparkling water with lemon or lime

You don't need to cut out snacks. Just **choose ones that help you heal**—not hurt.

Want to print this list or save it to your fridge? Visit www.neurogo.com/resources



Quick Label Tip:

Even “healthy” snacks often hide sugar or carbs. Check the label for total carbs and added sugars before buying.



Free Gift for Readers:

If you liked the tips in this section, you’ll love:

The 21-Day Diet Reset for Neuropathy Pain Relief.

This free plan was created to help you take control of your eating habits—without getting overwhelmed. It’s just for readers of this book.

Sign up at: www.neurogo.com/diet



One Small Step at a Time

Don’t feel like you have to eat “perfectly.”

Just pick one of these swaps and try it this week.
Then try another. And another.

Each better meal or snack is a small step toward
feeling your feet again.

Bonus 5:

The Neuropathy Home Safety Checklist

*Make Your Home Safer, Easier to Navigate,
and More Nerve-Friendly*

Let's Turn Your Home Into a Healing Space

You don't have to do a full renovation.

You just need a few simple tweaks to make your home easier on your feet and nerves.

Many people with neuropathy trip, fall, or make their symptoms worse just by going about their day.

A safer, nerve-friendly home helps you:

- Stay independent longer
- Avoid injury
- Feel more confident moving around

Let's go room by room and fix the little things that can make a big difference.



Your Nerve-Smart Home Checklist

Flooring & Walkways

- ☐ Remove loose rugs or use non-slip pads underneath
- ☐ Clear clutter from floors and walkways
- ☐ Keep extension cords out of high-traffic areas
- ☐ Wear slippers or socks with grip—not bare feet

Lighting

- ☐ Use night lights in hallways, bathrooms, and bedrooms
- ☐ Make sure stairs and entryways are well lit
- ☐ Add a lamp near your bed for easy access

Bedroom

- ☐ Keep a flashlight or phone within arm's reach
- ☐ Place shoes or slippers by the bed
- ☐ Avoid thick comforters that can trip you up

Bathroom

- ☐ Add a grab bar near the toilet and in the shower
- ☐ Use a non-slip bath mat inside and outside the tub
- ☐ Consider a shower chair if you ever feel unsteady

Kitchen

- ☐ Store everyday items within easy reach
- ☐ Use anti-fatigue mats if you stand to cook
- ☐ Keep a chair nearby if you need to sit and prep meals

Living Room

- ☐ Remove low furniture or sharp-edged tables
- ☐ Avoid footstools that can be easy to trip over

☐ Keep remotes, glasses, and phones close to your favorite chair



Make One Change at a Time

You don't need to fix everything all at once.

Pick one small improvement each day or week.

A safer home adds up to a stronger, more confident you.

Appendix A:

Your Daily Nerve Health Checklist

*A Simple Routine to Follow Every Day for
Stronger, Healthier Feet*

Start Here: Your Simple Daily Checklist

Healing your nerves takes consistency—not perfection. Use this checklist to stay on track each day. Small steps add up when you do them regularly.



☐ **Take One Nerve-Boosting Supplement**

Choose Alpha-Lipoic Acid (ALA) or Omega-3s to feed and protect your nerves. Take with a meal.

☐ **Morning Foot Check (2 minutes)**

Look for swelling, redness, cuts, or changes in sensation. Catching problems early helps prevent complications.

☐ **Gentle Stretch (2–3 minutes)**

Wake up your muscles and improve circulation with a simple stretch. Even light ankle circles and toe wiggles make a difference.

☐ **NeuroGo Session (15 minutes)**

Turn it on, relax, and let the stimulation support your circulation and nerve health. Use daily—or twice a day for faster results

☐ **Eat One Healthy, Low-Carb Meal**

Use the 1/2-1/4-1/4 plate method:

- Half non-starchy vegetables
- A quarter clean protein
- A quarter healthy fat
- Avoid sugar and processed foods.

☐ **Cut Out One Unhealthy Snack or Drink**

Choose one thing to stop buying—like soda, crackers, sweetened yogurt, or chips. Replace it with something that helps your nerves heal.

☐ **Wind-Down Ritual Before Bed (2 minutes)**

Turn off screens, lower the lights, or take a few deep breaths to reduce nerve-triggering stress before sleep.

☐ **Sleep in a Nerve-Friendly Position**

Use a pillow between your legs or slightly elevate your feet. Avoid pressure on your feet during the night to help prevent flare-ups.



Want an online version you can print?

Visit www.neurogo.com/resources for a downloadable copy.

Appendix B:

Nerve-Supporting Supplements at a Glance

A Simple Guide to What They Do and Where to Find Them

What to Take—and Why It Matters

Your nerves need the right nutrients to stay strong. These supplements are safe, well-studied, and commonly used by people with nerve issues.



Recommended Supplements

Name	Benefit	Find It
Alpha-Lipoic Acid	Nerve protection	Health store, online
Omega-3s	Fights inflammation	Fish oil, flaxseed Vitamin aisle
B-Complex (B1, B6, B12)	Nerve repair	Vitamin aisle
Acetyl-L-Carnitine	Helps damaged nerves	Health store, online
Magnesium (Glycinate)	Nerve signals, sleep	Vitamin aisle
Turmeric (Curcumin)	Natural anti-inflammatory	Capsules – Health store Spice – Grocery store

QUICK TIP:

Look for supplements with short ingredient lists.
No need to buy blends with dozens of extras.

**Important:**

Talk to your doctor or pharmacist before starting anything new—especially if you’re already taking other medications.

Appendix C:

The Low-Carb Plate Formula

A Simple Visual Guide to Building Nerve-Healthy Meals

Build a Better Plate—One Meal at a Time

You don't have to follow a strict diet to start feeling better. Just aim to build most of your meals around this simple plate formula.

It helps control your blood sugar, calm inflammation, and give your nerves the fuel they need.



The ½–¼–¼ Plate Formula

Use this easy structure to build meals that support nerve health and keep blood sugar stable.



½ Plate: Non-Starchy Vegetables

Aim for 1 to 2 cups of cooked or raw vegetables:

- Broccoli
- Spinach or leafy greens
- Cauliflower
- Zucchini
- Bell peppers
- Green beans

- Cabbage



¼ Plate: Protein

Aim for 3–5 ounces of high-quality protein:

- Eggs
- Chicken breast or thighs
- Ground turkey or beef
- Tuna or salmon
- Tofu or tempeh
- Cottage cheese
- Greek yogurt (plain, full-fat)



¼ Plate: Healthy Fats

Choose 1–2 servings of healthy fat:

- Avocado (a few slices)
- Olive oil (1–2 tablespoons)
- Nuts or seeds (a small handful)
- Nut butters (1 tablespoon)
- Full-fat Greek yogurt

- Cheese (1–2 ounces)



Foods to Cut Out Over Time

- Bread, crackers, cereal
- Pasta, white rice, white potatoes
- Candy, cookies, pastries
- Soda, sweet tea, fruit juice
- Frozen dinners and boxed meals
- Anything with long ingredient lists



You don't need to overhaul your diet all at once.

Start small. Pick one meal a day and make it better. Then slowly cut out the foods that aren't helping you heal.



QUICK TIP:

If it comes in a bag or a box and lasts forever on the shelf, it probably isn't helping your nerves.

Want more help?

Visit www.neurogo.com/resources for extra support and sample meals.

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The following studies and resources support the technologies discussed in this book, including Neuromuscular Electrical Stimulation (NMES), Transcutaneous Electrical Nerve Stimulation (TENS), and circulation support for people with neuropathy and related conditions.

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About the NeuroGo Foot Massager

Helping You Feel Your Feet Again—One Day at a Time

The NeuroGo foot massager was built for people like you—people tired of numbness, tingling, and foot pain that just won't go away.

We know how frustrating it is to try cream after cream, pill after pill—only to be let down.

That's why we made something different—something designed to actually support how your nerves function.



What Makes NeuroGo Different?

NeuroGo uses a proven method called **Neuromuscular Electrical Stimulation (NMES)**.

It sends gentle, comfortable pulses into your feet to:

- Improve blood flow
- Deliver more oxygen to damaged nerves
- Reduce pain, numbness, and tingling
- Support long-term healing—not just short-term relief

What sets us apart is our **Oxygen Boost Technology**. It works hand-in-hand with NMES to deliver more oxygen-rich blood right where your nerves need it most.

Most people use NeuroGo for just **15 minutes once or twice a day**. It's cordless, easy to use, and built for older adults who want to stay active and independent.

Some feel results fast. Others need a few weeks of consistent use. That's why we offer a **90-day risk-free trial**.

If it doesn't help, return it for a full refund—no questions asked. That's our **Pain Relief Promise**.



Ready to Learn More or Order?

Go to: www.neurogo.com/40off

Readers of this book can **save 40% for a limited time**.

We're here to support you—every step of the way.

About the NeuroGo Brand

Our Mission Is Helping You Feel Better — Naturally

NeuroGo, based in Raleigh, NC, was founded to serve people who often feel overlooked by traditional medicine—especially those living with nerve pain, poor circulation, and foot discomfort.

We believe in simple, non-invasive tools that support the body's natural ability to heal.

That means products backed by science, built with care, and made for real people—no matter their age.

From our foot massager...

To the nutrition tips...

To the daily routines in this book...

Everything we create is designed to help you live with **more comfort, more confidence, and more control.**

Learn more at www.neurogo.com

Thank You

We're Honored to Be Part of Your Journey

Thank you for reading this book and taking steps to care for your feet, your health, and your future.

Neuropathy can feel overwhelming—but you're not alone.

Every small change you make matters. Whether it's one better meal, one gentle stretch, or one session you're your NeuroGo foot massager, it all adds up.

You have everything it takes to start feeling your feet again.

We're here for you if you need support, encouragement, or help with your device.

Need Help or Have Questions?

Visit: www.neurogo.com/support

Email: support@neurogo.com

You'll find answers to common questions, how-to videos, and an easy way to contact our friendly team.

To your continued progress,

– The NeuroGo Team

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