

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. April Ruzycki



Dr. Sheldon Cherniak



The Experts®  
you need to know  
on Chiropractic Care

Dr. Wallace Jans

## TINGLING FEET & HANDS

Mrs. Smith is in her late sixties. She has adult on-set diabetes and suffers from tingling and numbness in her feet. The symptoms keep her from walking much and they prevent her from sleeping restfully. She is uncomfortable all the time. The medications she has given to alleviate the symptoms have unpleasant side effects. What can she do?

Tingling and numbness in the feet and hands is often a sign of Peripheral Neuropathy. This is a condition where signals between the brain and the body are disrupted due to irritated, damaged or diseased nerves. The disrupted nerve communication can result in not only sensory changes but pain and loss of muscle control as well. Although the feet and hands are the most commonly affected areas, all parts of the body can be affected, even internal organs causing digestive, bladder or breathing problems.

Peripheral nerves can commonly be affected by

repetitive strains, Vertebral Subluxations, disease processes such as diabetes or shingles, exposure to toxins, autoimmune disorders and reactions to various medications. Resulting symptoms can become very disruptive to people's lives. A variety of drugs can be used to treat the symptoms of Peripheral Neuropathy, but treating the root cause of the problem is always preferred. Many people who take medications for peripheral neuropathy symptoms experience unpleasant side effects from those drugs. Consequently, people often look to alternative therapies to alleviate their symptoms.

Although chiropractic does not specifically treat Peripheral Neuropathy, many of our patients find improvement in their symptoms after receiving chiropractic care on their spines. This is because improving spinal function improves the conductivity of the nerves exiting the spine. There are many cases where Vertebral Subluxations in the spine are the root cause of the Peripheral Neuropathy. Chiropractic can also help peripheral nerves by improving the function of the joints of the legs and arms. The nerves and blood vessels can then flow uninterrupted in the vicinity of these joints.

At our clinic we often combine chiropractic care with low level laser for Individuals with Peripheral Neuropathy. Laser therapy directly energizes the nerves to improve the way they function. This combination results in significant

symptomatic improvement for a large percentage of those who come to our clinic with tingling and numbness in their feet and hands. There are nutritional supplements which can also be helpful. Even those with underlying diseases such as diabetes, usually experience relief without side effects.

If tingling and numbness in your feet or hands, legs or arms, is making your life difficult consider a series of chiropractic adjustments and low level laser treatments. Many people have experienced benefits. Perhaps you can too. Call our office today for a free consultation.



**Can Chiropractic Help You?**

CALL  
529-9069  
TODAY FOR A  
FREE  
CONSULTATION



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