CAN DIABETIC NERVE PAIN ACTUALLY GO AWAY?

IN ONE SMALL STUDY, IT DID FOR 17 OF 21 PEOPLE.

17 of 21

people with diabetic nerve pain (average age 64) reported complete pain relief within 4 to 16 days on a low-fat vegan diet with exercise. Numbness improved but remained. Small study, no comparison group.

Crane MG, Sample C. Journal of Nutritional Medicine, 1994 [1]

WHAT DID THEY CHANGE?

- **A low-fat vegan diet**
- **Regular exercise**
- **A 25-day live-in program**

Diet plus exercise, not diet alone.

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **Could better circulation, through diet and exercise, help my nerves, not just mask the pain?** [1,2,3]

2. **What is causing my neuropathy? Have I been tested for blood sugar and vitamin B12?** [4]

3. **I eat plant-based or take metformin. Should we check my B12?** [5]

4. **What kind of exercise is safe for my feet?** [6]

5. **If my pain improves, could we lower my pain medication?**

−8.2 points on the McGill pain scale vs. the control group after 20 weeks on a low-fat, plant-based diet. Foot nerve function (skin conductance) also improved (randomized pilot, 35 people).

Bunner et al. · Nutrition & Diabetes · 2015 [2]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE Small studies, big results: in one, 17 of 21 people were pain-free within about two weeks. Worth asking about.

MORE OF THE EVIDENCE

- Randomized pilot: 35 people with painful diabetic neuropathy. A low-fat, plant-based diet lowered pain and weight more than the control group. Both groups took B12. [2]
- Blood flow: nerves are fed by tiny vessels, part of your 60,000 miles of them, and damage to those vessels contributes to diabetic neuropathy. Across 90 studies, one high-fat meal impaired artery function for 4 hours. Eat that way at breakfast, lunch and dinner, and your arteries can spend most of your waking day impaired. [7,8,3,9,10]

Keep in mind: Small studies; only one was randomized. Plant-based eaters need a reliable B12 source.

> **My own neuropathy and diabetic retinopathy cleared up quickly after I went plant-based in February 2013. I believe better blood flow to my smallest blood vessels is a big reason why. That's my story, not proof. Read more on my Blood Is Life page (HealthyAgingWithLex.com/blood-is-life).**
>
> Lex Frasure, HealthyAgingWithLex.com (not a medical professional)

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Crane MG, Sample C. Journal of Nutritional Medicine, 1994. Regression of diabetic neuropathy with total vegetarian (vegan) diet. https://doi.org/10.3109/13590849409003592

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[4] National Institute of Neurological Disorders and Stroke. Peripheral Neuropathy. https://www.ninds.nih.gov/health-information/disorders/peripheral-neuropathy

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[10] Greger M. NutritionFacts.org video, 2015. Fatty Meals May Impair Artery Function. https://nutritionfacts.org/video/fatty-meals-may-impair-artery-function/

Lex Frasure is not a medical professional. This guide is not medical advice. More free guides: HealthyAgingWithLex.com/questions-for-your-doctor