COLORADO MEDICAL SOLUTIONS

- - - Welcome To Your Neuropathy (A) Program! - - -

What we look to accomplish with this program is to target many different potential causes and/or contributing factors to your Neuropathy as well as support the healing of your nerves.

Nutritional

Your program consists of nutritional support first. This is vital to the success of your Neuropathy recovery program; please do not overlook this step! You will be purchasing your supplements through Fullscripts. We set you up with an account and sent over your recommendations in an email address.

The first product is NEO40. Neo40 Pro is the most efficacious, concentrated and convenient daily supplement to help to quickly increase the body's Nitric Oxide levels. Neo40 Professional offers significantly more N-O production in each tablet, with added methylfolate for increased efficacy.* Improving NO levels improves circulation and therefore supports the healing of your nerves.
You may take up to 2 tablets per day during the restoration-loading phase. Take each tablet 12 hours apart. After 30-45 days, take only one tablet daily. Place the tablet in your mouth, dissolve or chew, and swallow. Do not place it under your tongue or swallow whole. Hydrate before and after taking to avoid mouth sensitivity.

ClearVite products with Apex use an advanced formulation containing collagen-based protein and targeted amino acids that are intended to support the intestines, liver detoxification, and sugar metabolism.* Hydrolyzed collagen, a hypoallergenic protein source, may support the gastrointestinal function and muscular system, as well as skin, hair, nail,

and joint health.* ClearVite is carefully formulated to help support energy levels with no added sugars or carbohydrates.* Uses a blend of targeted phytonutrients, vitamins, minerals, and amino acids to support the intestines, liver detoxification, and sugar metabolism*

Mix 1 scoop with up to 6 ounces of water. Mix well before drinking. Use once a day.

PhytoGanix® features 20+ whole foods in each serving, including: organic fruits, organic vegetables, organic flax seed, organic chia, organic quinoa sprouts, herbs, plant enzymes, prebiotics, and probiotics

The combination of clearvite and PhytoGanix is to supply the nerves with the extra nutrients they need to heal that are often lacking in diet and other supplements.

Mix 1 scoop with up to 6 ounces of water. Mix well before drinking. Use once a day.

Vibration

Use this device for stimulating the nerves that sense vibration. It is set to a specific proprietary high frequency vibration for maximum effectiveness. The NervePlate stimulates the Pacini Corpuscles unlike other vibration plates that stimulate the Meissner Corpuscles. These vital nerves are located in the skin, organs and bone. This device can also relax painful muscles in the feet. It can be used as a tool to increase balance as well when combined with exercises.

Use NervePlate once per day for 30 to 45 minutes. Can be used while watching TV or any other activity.

Infrared light therapy is a non-invasive painless modality that effectively treats diabetic neuropathy and other neuropathies. Studies indicate that infrared light therapy is effective in helping produce or restore a normal sensory threshold back to the feet of neuropathy patients within 30 days to 60 days or more, depending upon the severity. Infrared light therapy emits infrared photo energy to increase circulation and temporarily reduce pain in the area where it is applied. It has been designed to maximize the effectiveness of infrared photo energy by using highly efficient light emitting diodes (LEDs) placed in direct skin contact.

Light therapy should be used every day for the rest of your life! It can be a game changer. While seated, you can have your feet directly on the panel and wrap the reflective blanket around your feet and lower legs to improve effectiveness.

Do no look directly into the light

Diet

Reducing your inflammation is the name of the game when it comes to healing from Neuropathy. Many anti-inflammatory diets are out there with a simple google search and we provide you with one good one. The experience for people though is that it may not be sustainable for them. In our opinion it's best to approach this in a way that makes sense for you. Yes if you want the best results bar none then adopt one of these diets for the rest of your life! Now for the patients who cannot do that, then here is the more convervative approach. DO THE BEST THAT

YOU CAN! It really is that simple. You can approach this in stages. Your healing stage can consist of 100% adherence to a strict diet for say 6-12 months with the idea that you can come off the diet afterwards. If that is motivating enough then go for it. But keep in mind that at the minimum, that you should not resume the same inflammatory diet that contributed to your Neuropathy to begin with. Find a middle ground that is sustainable for you for the rest of your life!

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In addition to Program A you ALSO are receiving in-office treatments to support your healing!

Trifecta Light therapy - 12 sessions:

This therapy is like your home plate but is MUCH more powerful! You will be shooting for 2x per week, and on those days you will not use your home plate.

Please see this video for more info!
https://www.youtube.com/watch?v=iXugTbemAyQ&t=18s

Also, please check out this research!
https://drive.google.com/file/d/1WLLnivhwbP3_GtgFCsS6FRorxzEGvvQO/view?usp=sharing

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- - - Welcome To Your Neuropathy (C) Program! - - -

In ADDITION to Program A and B you also are receiving additional in office treatments

Platelet Rich Plasma(PRP)

Platelet-rich plasma is a revolutionary therapy that uses your own blood to heal injured tissue, including nerves. To obtain PRP, we draw a small sample of your blood and then spin it in a centrifuge to separate out the platelets and plasma from other blood components.

The concentrated platelets are then injected into key areas so they can get to work healing and restoring nerve function. Platelets are a component of the blood known for their healing proteins and growth factors that help healthy cells proliferate.

Two Rounds of PRP injections spaced out 4 to 6 weeks apart.

Shock Wave Therapy

Shock wave therapy is a non-invasive method that uses pressure waves to treat various musculoskeletal conditions. High-energy acoustic waves (shock waves) deliver a mechanical force to the body's tissues. This causes the body to initiate a healing response in the affected tissues.

You will be doing this therapy 2x week for 12 treatments.