

NEUROPATHY



PATIENT DIET

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► Diet Tips For Neuropathy Patient

Neuropathy occurs when nerves don't work properly because they're damaged or destroyed. A person will feel pain without any reason even if you will not get any signal when you are experiencing harm. There are some top signs and symptoms of neuropathy, such as paralysis, pain, Increased sensitivity to touch, Temporary or permanent numbness, Dysfunction in organs or glands, and more. If you face this problem then you can easily contact "Stem Cell Care India", the best hospital for stem cell therapy in Delhi NCR. We have better-experienced doctors to help you. Also, they will recommend some great food diets for Neuropathy Patients.

► Special Diet For Neuropathy Patients

● Fruits

Our doctor's first recommendation is fruits because they contain antioxidants that help fight nerve damage and can easily control inflammation. A person with a neuropathy problem must eat fruits everyday. Do you know which fruits are beneficial for the nerves?

You can eat Raspberries, blackberries, blueberries, cranberries, cherries, grapes, and oranges. Apart from preventing nerve damage, fruits also facilitate the healing of nerve damage – especially grapes and berries. These fruits also contain resveratrol and it will protect the body against internal damage.

● Vegetables

Vegetables are also better for neuropathy patients as they are rich in antioxidants, vitamins, and minerals. You must try these foods that can prevent nerve damage and improve nerve function: broccoli, brussels sprouts, and spinach.

Potatoes and yams are popular because it contains alpha-lipoic acid and phytonutrients and will also help to fight inflammation. We hope you will keep these vegetables a part of your diet to recover better.

● Omega-3-rich foods

Fish oil involved omega-3 that assists in restoring the condition of damaged nerves. There are numerous Omega-3 foods, such as salmon, tuna, cod, herring, sardines, mackerel, flaxseeds, and chia seeds.

Add these foods to your diet because they will help to improve blood sugar regulation and control inflammation. Not everyone knows that Omega-3 contains resolvins. These are protective molecules that improve all symptoms of neuropathy.

● Whole grains

Doctors suggest whole grains because they contain carbohydrates. Try these whole grains like brown rice, oatmeal, quinoa, buckwheat, millet, and sprouted grain bread.

The best part is the outer shell of the grain contains important B vitamins as these are beneficial for brain and nerve health. You need to make sure to avoid refined grains, such as white bread and white rice. These refined grains trigger peripheral neuropathy symptoms.

● Nuts

There is another rich source of vitamin B and it is none other than Nuts. Patients with neuropathy should eat Almonds, cashews, walnuts, and sunflower seeds because all these are rich in fiber. Well, overeating is bad for neuropathy patients, so make sure nuts are added to your diet plan and follow properly.

● Lean proteins

There are so many Meat products that contain vitamin B-12 and the reason why you should eat a meat product is they are essential for a healthy nervous system.

The benefits of eating meat products are improving the transmission of nerve impulses and promoting nerve healing. By consulting the best doctor, they will also suggest eating chicken and turkey for better health.

● Legumes

For restoring nerve function, it is important or you can say mandatory for the patients to add Magnesium as it will even help in nerve regeneration. Numerous legume products naturally contain magnesium, such as black beans, lima beans, pinto beans, chickpeas, fava beans, and lentils.

► What to Avoid?

Make sure all these given below should be avoided by Neuropathy patients-

● Salty Foods

Those who love potato chips should keep their eyeballs here because doctors say that if you are a neuropathy patient you must avoid salty foods. It is not a part of nutritious food at all. If you want to relieve your burning or numb neuropathic pain then salty foods should be avoided.



One of the reasons for blood flow restrictions is high salt in your bloodstream and this results in tingling, burning, or numbness in your nerves. Foods that are high in sodium are cold cuts, fast foods, pretzels, etc. Make sure to avoid all these.

● Alcohol

It is a fact that overconsuming alcohol is not good for the body. If you are a neuropathy patient then don't even think of consuming alcohol. The research says Alcohol is a toxin and it will increase inflammation.

There are many patients whose nerve damage is already causing symptoms, so alcohol will make the situation worse. Wait for the situation of no more symptoms and you can consume alcohol at a limit after that.

● Gluten

Gluten is always on the list of food to avoid if you are a neuropathy patient. Gluten allergies, gluten sensitivity, and celiac disease can create a problematic situation for the patient.

Some of the most common sources of gluten are foods like wheat or baking flour. Also, soy sauce involves gluten. Here the patient needs to pay attention to the ingredient labels. When consuming gluten it can worsen nerve inflammation. Try to eat gluten-free foods from today.



● Sugar And Artificial Sweeteners

It is easy to develop diabetic neuropathy if any of you have a diabetes problem. The reason is simple; you might be consuming sugar and other artificial sweeteners. When the nerve gets damaged due to diabetes, you can meet with diabetic neuropathy problems. The only best solution is to cut out sugars and artificial sweeteners.

Neuropathy patients should not delay in consulting the best stem cell clinic in Delhi that is “Stem Cell Care India”. We have well-versed doctors to recover you quickly from this problem. Even doctors can suggest more food diets to follow for fast recovery.



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