

The Neuropathy Survival Guide



HOW TO STOP THE PROGRESSION, EASE THE
PAIN, AND BEGIN YOUR HEALING JOURNEY



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INTRODUCTION

Welcome Letter from Dr. Jared Wootton

Dear Friend,

If you're reading this guide, it means you're seeking real answers — and you're in the right place.

Too often, patients are told that numbness, burning, or weakness are "just part of aging" or "something you have to live with."

But I want you to hear me clearly:
Neuropathy is not normal — and it is not something you have to accept.
At Relief and Renew Center, we believe your body was created by God and has an incredible ability to heal when given the right tools, the right guidance, and the right support.



This guide will give you a 7-step survival roadmap — the same key principles we use every day to help people just like you avoid unnecessary surgeries, reduce their dependence on medications, and regain their freedom.

You are not broken. You are not hopeless. And your best days are not behind you. Let's take this journey toward healing — together.

- Dr. Jared Wootton

CHAPTER I

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What Is Neuropathy?

Neuropathy is a condition where **nerves are damaged or dying** — and as a result, they fail to send the correct signals between your body and brain.

You might experience:

- Numbness or tingling
- Burning sensations
- Sharp, stabbing pains
- Weakness
- Loss of balance
- Increased sensitivity to touch

Over time, **untreated neuropathy can steal your independence**, leading to falls, injuries, wounds that won't heal, and even amputation.

Common Causes of Neuropathy:

- Diabetes
- Circulatory problems
- Chronic inflammation
- Toxic exposures (like chemo)
- Nutritional deficiencies
- Autoimmune conditions
- Injury or trauma

**Important:**

- Just because it's common doesn't mean it's normal.
- Just because you have neuropathy today doesn't mean it's too late.

CHAPTER II

7 Things You MUST Know About Neuropathy

1. Neuropathy is Progressive: If left untreated, nerve damage worsens over time.

2. Pain is Just the Tip of the Iceberg: Many patients lose feeling long before pain ever appears.

3. Numbness is Dangerous, Not Comforting: Loss of sensation increases the risk of falls, injuries, and wounds.

4. Medications Often Mask Symptoms: Drugs can help with pain but rarely treat the root cause.

5. Early Action is Critical: The earlier you start targeted treatment, the better your chances of success.

6. Healing Requires a Multi-Step Approach: There's no "magic pill" — real healing addresses inflammation, circulation, and nerve repair.

7. You Have More Power Than You Think: Your body can heal when supported with the right care, strategies, and expert guidance.



CHAPTER III

5 Action Steps You Can Take Now

**1. Fight Inflammation Through Food**

Eat anti-inflammatory foods like:

- Leafy greens
- Berries
- Omega-3-rich fish (salmon, sardines)
- Avocados
- Turmeric and ginger

Avoid inflammatory foods like:

- Refined sugars
- Processed foods
- Fried foods

**2. Protect Your Feet Daily**

Check for cuts, blisters, or wounds every day.

Wear cushioned, well-fitting shoes — avoid walking barefoot.

3. Move Your Body, Carefully and Consistently

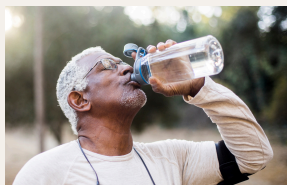
Gentle movement like walking, stretching, and balance exercises stimulates circulation and protects nerves.

4. Prioritize Circulation

Hydrate well.

Elevate your feet when resting.

Consider therapies that increase blood flow naturally.

**5. Break Bad Habits**

If you smoke, drink heavily, or over consume processed foods, start eliminating those stressors to support nerve health.

SMALL CHANGES DONE CONSISTENTLY LEAD TO BIG IMPROVEMENTS OVER TIME.

CHAPTER IV

Patient Story Highlight

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From Despair to Renewal: Stanley's Journey to Healing

"It was the worst feeling in the world," Stanley recalls. "It felt like my world was coming to an end." For years, Stanley struggled with severe neuropathy. His feet felt like lifeless bricks, making walking a painful and frustrating ordeal. "I couldn't feel my feet at all," he shares. "I was walking like a caveman."

The neuropathy didn't just affect Stanley physically; it stole his quality of life. Nights were sleepless, spent in a recliner instead of the comfort of his bed beside his wife. Even simple joys, like standing to worship at church, became impossible.

Everything changed when Stanley discovered our Renew Healing Framework. Through customized care designed to restore blood flow and nerve health, Stanley began to experience what he never thought possible: hope and healing.

"I didn't think I'd ever have feeling in my feet again," he says. But now, warmth and circulation have returned to his toes, and he feels life flowing back into his steps. He's sleeping soundly in his own bed again and standing proudly during worship at church.

Stanley's newfound energy has even started doing more chores and now he's considering mowing the lawn again! It's more than just getting back on my feet," Stanley explains. "It's getting back to my life."

Stanley's transformation is proof that neuropathy doesn't have to define your future. The Renew Healing Framework is designed to help you regain control, comfort, and confidence—just like Stanley.



CHAPTER V

How We Help at Relief and Renew Center

At the Relief and Renew Center, we use a unique multi-modal system called the **RENEW Healing Framework**.

Our approach focuses on:

- **Restoring nerve communication**
- **Improving blood flow and oxygenation**
- **Reducing systemic inflammation**
- **Stimulating natural tissue repair**
- **Revitalizing dormant nerve function**

Our difference:

- Non-invasive
- Drug-free
- Surgery-avoiding
- Customized to your body's unique needs



We've helped so many patients reduce or even reverse the symptoms of neuropathy — often when other options had failed. You deserve a strategy built on healing, not just managing symptoms.

CHAPTER VI

Your Next Step Toward Healing

RELIEF & RENEW
— CENTER —**Don't Wait Until It's Too Late to Protect Your Nerves.**

If you've made it this far in the guide, then you already know:
Neuropathy doesn't get better on its own — but you don't have to face it alone.

At Relief and Renew Center, we've so many patients just like you:

- Avoid invasive surgery
- Restore sensation and mobility
- Reclaim the freedom they thought was gone forever

Now it's your turn.

Take advantage of our New Patient Special Today:

During your visit, you will:

- Get a complete nerve health evaluation using advanced, non-invasive testing
- Have a one-on-one conversation about your symptoms, goals, and lifestyle
- Receive a personalized treatment plan based on our proven RENEW Healing Framework



Scan the QR Code to
take advantage of our
New Patient Special
or Contact us at 901-207-3247

