Neuropathy Treatment: 3 Natural Remedies for Neuropathy and Lou Gehrig’s Disease (ALS) And How They Work

Unraveling the Neuropathy–Mycotoxin–Link

Hannah Yoseph, MD
Neuropathy Fix-1
Day 1: Mycotoxin-Binders
Fast-Absorbing
Fast-Acting

Neuropathy Fix-2
Week 3: Mix With Neuropathy Fix-1
Fast-Absorbing
Fast-Acting

Neuropathy Fix-3
Week 5: Energizing Drink Mix
Fast-Absorbing
Fast-Acting
Neuropathy Treatment:  
3 Natural Remedies for 
Neuropathy and 
Lou Gehrig's Disease (ALS)  
*And How They Work* 

Hannah Yoseph, MD
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Preface

In most of my self-help medical books, James would word-smith both the Introduction and Epilogue. His pen offered the most easy reading and practical wisdom to my dry science.

One year ago, James was wheeled away for a routine pacemaker implant. We had not been advised of any bad outcome, so when a weeping surgeon announced that James' heart had stopped after insertion of the lead wire, I was totally unprepared. I resisted. “Oh nooooo; James can't die – you don't understand. Go back and throw everything you have at him. Death is not an option!”

The cardiologist, who had come to love James as did everyone who peered into his naked, open heart, wheeled around and with a quick assurance retorted, “Okay, but this will take some time.”

James died. Mercifully released from two decades of suffering from statin-drug (mycotoxin) poisoning and multifocal motor neuropathy, he took with him the truth on how to prevent and reverse his illness which his doctors should have known.

This book is a gross simplification of what we discovered and detailed in two coauthored books: Conquering Lou Gehrig's Disease: The ALS Diet and How Statin Drugs Really Lower Cholesterol (And Kill You One Cell at a Time). Refer to these books for exhaustive evidence that supports what is simply stated here where the greater focus is on REMEDY rather than cause.

The cause for ALS and various neuropathies has been known for many years. It is well documented in this book. That statin drugs induce ALS and peripheral neuropathy serves to further cement the connection between mycotoxins and neuropathy. The logical and simple mode of remedy follows proven cause.

Hannah Yoseph, MD
August 11, 2018
Introduction: Poisoned (NOT Genetics)!

*Many types of mycotoxins induce ALS and other non-traumatic neuropathies. Layers of evidence make this is inarguable.*

-H. Yoseph

Ubiquitous toxins that cannot be sensed are slowly and imperceptibly debilitating us. These poisons are in our food, in the air and in our medicine cabinets. They are *everywhere* with one exception: our medical textbooks – the type that medical doctors read.

Unlike medical doctors, veterinarians are well-informed of these universal toxins that seep into animal feed, causing wobbly legs (“staggers”) and sometimes a slow, nerve-destroying, paralyzing death. Pharmaceutical stakeholders, who structure medical curricula by funding university-based drug studies, have more to gain by keeping human doctors in the dark.

These universal toxins – so tenacious that they can survive a round trip to the moon and then wipe out an entire species – are spawned by fungi. They are called *mycotoxins* (“myco” means “fungus”). *Mycotoxicosis* is poisoning caused by mycotoxins.

Of the three types of fungi (molds, yeasts and mushrooms), the vast majority are molds that proliferate in wet acidic environments. Molds are spread all over the earth by invisible germinated spores that suspend in turbulent air for an indefinite time until a moist acidic environment invites them to spawn. The air we breathe is a virtual jungle of them. Even so, a healthy alkaline body normally resists them – but an acidic body does *not* (dark colas are ten thousand times more acidic than normal alkaline blood).
In mummification, the body is made alkaline and dry. The wet internal organs are removed and the body is dehydrated and salted. This removes the moist acidic environment that supports mold and subsequent decay. Western dietary habits, which include regular ingestion of soda drinks, promote an acidic environment that supports decay by mycotoxins.

Upon landing on moist and acidic organic matter, spores release mycotoxins that digest cells into microscopic subcellular parts that seep into the fungus as food. Mold “eats” this decayed soup and is nourished; what remains is returned to the earth. Without fungi, the earth’s biomass such as leaves and dead bodies would stockpile. Simply put, fungi cause cells to rot and die because that is what fungi do. Fungal spores, and the mycotoxins they release to cause cells to decay, are essential to the life cycle of the planet.

![CELL DECAY CAUSED BY SPORES](image)

If given the opportunity, mycotoxins could turn all of the earth’s biomass into rot for reuse. This doesn’t happen because spores require damp acidic environments to grow and proliferate. They may live forever, however, waiting for that opportunity to present
itself. And so it is that airborne mold spores inevitably find their way into any stored damp food - grains, fruit, coffee beans, nuts – *anything* organic.

Mycotoxins can degenerate most everything organic (alive, dead or dying) that they touch. Physicians are taught that most chronic degenerative diseases are due to “genetics”. This unsupported explanation is a crutch to lean upon when left without a sound diagnosis to explain any debilitating condition (such as that caused by mycotoxins inside an acidic moist host).

Mycotoxin-induced degenerative disease is not due to genetics. However, genetics is at the root of degenerative disease caused by mycotoxins. Some mycotoxins destroy the genetics housed inside cells by disrupting the DNA. This causes cells and the genetic material housed in the DNA to rupture. This is, after all, what mycotoxins do – cause cellular decay.

The nucleus that contains DNA is “command central” of any type of cell including nerve cells. If this is disrupted and the cell is ruptured, a live victim starts to degenerate, one poisoned cell at a time. If the cells are nerve glial cells, the victim experiences increasing neuropathy (loss of normal nerve function). Because DNA is unique to each individual, people respond to mycotoxin poisoning differently. For some, the insult is increasingly debilitating (such as motor neuron disease) while others have minor discomfort (such as muscle pain). Because different mycotoxins induce different types of decay, a host of degenerative diseases, including chronic neuropathies, affect different people differently.
Degenerative disease by mycotoxicosis is not due to genetics. Rather, genetic disruption and cell degeneration are at the root of mycotoxicosis.

When cells are destroyed by mycotoxins, antibodies are made to “flag” specific dead and dying cell parts for destruction by white blood cells (called macrophages).

If DNA is destroyed, *anti-DNA antibodies* are made. If the nucleus (which houses DNA) is ruptured, *anti-nuclear antibodies* mark the debris for removal. If cell membrane phospholipids are destroyed, *anti-phospholipid antibodies* are made. Macrophages “see” the antibodies and dispose of the damaged cell parts.

When these antibodies are discovered by lab tests, the patient is diagnosed with an “autoimmune disease”. It appears that the body is attacking itself by making antibodies against normal cells. In fact, the body is doing what it is designed to do – remove dead and dying cell parts that have been destroyed by the undetected mycotoxins that are EVERYWHERE in our air, food and buildings! Toxic drugs are then prescribed to block an immune system that is *simply doing its job*. To date, there remains no known cause for cancer or autoimmune disease, and there never will be. There is essentially no training in mycotoxicosis. When the connection is made, it is suppressed.
Some mycotoxins block DNA replication rather than degrade the DNA. When DNA replication is blocked in living cells, cells reflexively respond in a life-or-death attempt to override the blockade. This can lead to an out-of-control replication of cells called cancer. This is why some molds are implicated in cancer, as well as why some drugs that are disease-causing mycotoxins (such as statin drugs for lowering cholesterol) can induce cancer.

If a cell cannot override the DNA blockade, it dies. The degenerative disease that follows is as varied as there are different types of cells. But the root cause is the same.

Mycotoxins can rupture cells by a process called apoptosis. Human cells that die by apoptosis leave behind pits, ulcers and scars. If this happens to stomach cells, we see ulcers. If this happens to glial cells that make myelin in nerves, “multiple scars” are seen on MRI scans. If this happens to red blood cells, it causes anemia or, if enough blood cells are ruptured, death by asphyxiation.

All nerves are protected by living interconnecting cells called “glial cells”. These fat-rich cells wrap around and insulate nerves just like plastic protects electrical wire. If glial cells are destroyed by glial toxins, then normal electrical conduction to muscles and organs is interrupted. This results in shaking and weakness. The tremors and muscle weakness are like faulty conductions in electrical wires with missing portions of protective plastic wrap. For this reason, ALS and other neuropathies have been linked to glial toxins from mycotoxins and various other nerve toxins.
Because mold can be seen, mold-contaminated foods are readily treated. But mycotoxins that ooze from mold spores onto food are invisible, and more often than not, are left intact after treatment methods destroy the mold but not the unseen toxins. For this reason, a milk cow that has eaten moldy feed can have mycotoxin-contaminated milk that is not purified by pasteurization. The same applies to grains sprayed for mold after mycotoxins have already penetrated the hull. (This begs the question: Is grain intolerance due to gluten or is it unseen and untested-for mycotoxins?)

The above excerpt from the book *How Statin Drugs Really Lower Cholesterol (And Kill You One Cell at a Time)* is one of many layers of evidence that the number one-selling drug for lowering cholesterol is actually a deadly mycotoxin that was originally used in cancer research to demonstrate how cancer-inducing mycotoxins predictably lower cholesterol before causing cancer (low cholesterol precedes various forms of mycotoxin-induced cancers; this is due to accelerated cell replication that reduces
blood cholesterol). Physicians are ill-equipped to recognize mycotoxin poisoning or the dietary habits that promote it. They have no training in mycotoxicosis (mycotoxin poisoning), only a few hours of training on nutrition and wrong training on pH (acid vs alkaline blood) which serves to resist, support or exacerbate mycotoxicosis.

To diagnose and reverse mycotoxicosis requires KNOWLEDGE of:

1. Mycotoxins (MDs have NONE)
2. Nutrition (MDs have MINIMAL)
3. pH (MDs have it WRONG)

One day in medical school, a group of colleagues and I were handed a message to appear at the Dean of Surgery's office. We speculated why the normal schedule had been interrupted for this odd meeting, only to find that the entire class had been divided into eight groups for a focused two-day lesson on blood pH balance. Because multiple students had complained that the recent lessons on pH balance did not make sense, the class was divided into smaller sections for a do-over. But after two days and four hours of exhaustive instruction by the Dean, my colleagues and I insisted that the blood pH formulas still did not make a lick of sense.

I can now look back on that meeting and know that the reason we did not understand the formulas for blood pH balance is that western medicine has it wrong. I discovered this after working in New Zealand where physicians measure blood pH with a direct measurement of the four alkaline minerals: sodium, potassium, calcium and magnesium. In the USA, pH is indirectly calculated by measuring blood gases (such as carbon dioxide and oxygen) that are altered by these four alkaline minerals. This is not intuitive, and is the reason my then fellow-students complained that the formulas for calculating blood pH defied common sense.
Nothing is more important to plant health than the pH of the soil. How much more, then, for the human soil – the blood – to have a proper pH balance that resists, rather than promotes, mycotoxin poisoning and for physicians to understand it correctly!

In violation of consumer safety laws, MANY prescription drugs are made from known disease-causing mycotoxins…and both prescribers and consumers are woefully uninformed. This is indisputably proven in my book, *How Statin Drugs Really Lower Cholesterol (And Kill You One Cell at a Time).*

The pharmaceutical machine can support patent chemicals (Rx drugs) only because trustworthy medicine – vitamins and whole foods – can not be patented. Trillions have been invested over the past century in medical schools, clinics and hospitals, to provide a polished illusion of credibility that merits unconditional trust.

This illusion of pharmaceutical medicine's reliability is a clear danger to the masses. Prescribers are grievously uninformed about how mycotoxins, nutrition and pH interact to promote cellular health or disease. Whether this ignorance is by design does not matter, because the inevitable result is the same: repeat failures to diagnose mycotoxicosis and/or nutritional deficiencies that induce chronic degenerative disease (therefore blaming genetics) and continuing to chase symptoms and posturing oneself as an authority to support the mystique of credibility.

For example, arteries and joints are lined with collagen, which provides strength and pliability. Collagen is made of three proteins wound together by vitamin C like a rope. Vitamin C deficiency predictably results in weakening of collagen, and therefore weakening of the blood vessels and joints. This can manifest as bleeding and receding gums, frequent infections, sore joints, hemorrhoids, varicose veins and high blood pressure. This nutritional deficiency is called “scurvy” and is no longer recognized by physicians or dentists (no money to be made in advising patients to eat more fruit). The remedy used to be oranges or onions, fed to smoking ancient mariners to prevent
death by cardiovascular disease on the high seas. But modern prescribers have been so dumbed down in regards to nutritional deficiencies and disease that if you complain of bleeding gums, your dentist will tell you to use a softer tooth brush. If you present with elevated blood pressure, your physician will give you an unknown chemical that will block the body's normal response to weakening blood vessels. But at what cost? Mycotoxins and snake venom, after all, also lower blood pressure by weakening the heart muscle.

Even penicillin, the so-called medical wonder-drug, remains the singular number-one cause of drug-induced death. Physicians are taught that this is due to an allergic reaction causing the patient to stop breathing. Penicillin is a mycotoxin that, in some people (due to their genetics) causes red blood cells to rupture (lack of blood cells to carry oxygen = lack of breath). If the patient survives, normal gut bacteria may learn to survive the poisoning by shedding their protein coat and morphing into forms that have been implicated in autoimmune diseases of all kinds. This medical mayhem continues for one simple reason: physicians are taught only what patent drugs do – not what they are.

Most autoimmune diseases, cancer and some cases of Type 2 diabetes (which all express various types of neuropathies) are caused by nutritional deficiencies and mycotoxin poisoning. It is the same for ALS. I have collected hundreds of pages of evidence on this matter, available in the following two books:

1. *How Statin Drugs Really Lower Cholesterol (And Kill You One Cell at a Time)*
2. *Proof for the Cancer-Fungus Connection*

In this book I am presenting the underlying cause of ALS (mycotoxicosis) and various neuropathies, backed by decades of research and connecting the dots in order to restore James to health after two decades of mycotoxin poisoning by prescription statin drugs. I refer you to these two books for more detailed science than will be covered in this book, where the focus is more
on remedy than cause. Here are a few published studies proving the connection between mycotoxin poisoning and nerve disease of various kinds (“tremorgenic” means “to cause tremors or shaking”):

**Aflatrem: A Tremorgenic Mycotoxin With Acute Neurotoxic Effects**
Valdes J, Cameron J and Cole R.

“A group of fungal metabolites collectively known as tremorgenic mycotoxins have been identified as the causative agents of a neurological disease of cattle known as “staggers syndrome”. This disease is characterized by muscle tremors and hyperexcitability, and similar responses have been observed in laboratory animals treated with the mycotoxins. The fungi which produce these compounds have been isolated from corn, silage and various forages, and so pose a health threat for both livestock and humans who consume these commodities.”

Environmental Health Perspectives, 1985 (62): 459-63.

**Territrems, Tremorgenic Mycotoxins of Aspergillus terreus**
Ling K H, Yang C K and Peng F T.


**Territrems B, a Tremogenic Mycotoxin That Inhibits Acetylcholinesterase with a Noncovalent yet Irreversible Binding Mechanism**

Since mycotoxicosis is the missing diagnosis in ALS and various non-traumatic neuropathies (including sciatica and diabetic neuropathy), the first natural remedy is a blend of mycotoxin binders to remove the toxins from INSIDE the poisoned nerve cells.
The connection between mycotoxins and neuropathy is not up for debate. There are also many other mycotoxin-like toxins that damage the nerves. Nevertheless, the first step remains the same: identify the toxin source and remove the toxin load.

**STEP ONE: BIND THE TOXINS.**
The FIRST STEP is Neuropathy Fix-1.
1. Neuropathy Fix-1: Mycotoxin Binders

“The doctor of the future will give no medicine, but will interest his patients in the cause and prevention of disease.”
- Thomas Edison

Before taking any kind of remedy for a chronically debilitating neurological condition not caused by trauma, toxin sources must first be eliminated. Prevention MUST precede remedy.

There are five main mycotoxin sources implicated in nerve cell degeneration:

1. Mycotoxin-contaminated food and/or buildings
2. Rx drugs that are mycotoxins
3. Occupational toxins
4. Acid blood pH (primarily from drinking colas)
5. Excess alcohol ingestion

Eliminate these potential sources one at a time:

1. Mycotoxin-contaminated food and/or buildings

Any moldy food can cause mycotoxin poisoning. The most common source is grains (rice and cereals) stored in silos.
Many mycotoxins are neurotoxic. Fumonisins, penetrems and territrems, for example, are universally present in peanuts, corn and wheat products. These can cause tremors, convulsions, limb weakness, and ataxis (unsteady gait) – similar to symptoms of ALS and various neuropathies such as Multiple Sclerosis (MS).

Most physicians would diagnose mycotoxicity and its resultant tissue damage by apoptosis (causing spasms and shakes) as one or more of the following:

1. Amyotrophic Lateral Sclerosis (ALS – a nerve destroying muscle wasting condition).
2. Parkinson’s disease (shaky muscular condition).
3. MS (another nerve scarring muscular condition).

Because of varied symptoms caused by different toxins, there are as many different diagnoses to account for the symptoms. Most MDs would agree, nevertheless, that the neuromuscular trouble is attributed to some “genetic proclivity” rather than possible mycotoxicity from common food molds. Mycotoxicosis is the missing diagnosis.

Do your own research here to look for a potential source of contamination in your diet. Keep in mind that foods that are stored long-term, such as in silos, are at high-risk for mold contamination. Consider other sources of environmental mold exposure such as cancer-causing black mold found in public buildings and homes. (Noteworthy, the Jewish-Christian scriptures include a mandate in Leviticus 14:34-48 to destroy clothing and buildings irreversibly contaminated by mold.)

2. Rx drugs that are mycotoxins

The most commonly-prescribed Rx drugs that are mycotoxins are statin drugs (Lovastatin, Lipitor, etc.) for lowering cholesterol. If your doctor knew that these drugs are mycotoxins, he or she would never prescribe them for long-term use.
Again, doctors know only what drugs *do*; they do not know what most of them *are*. Other drugs that are high on the mycotoxin suspect list are those that induce autoimmune disease and cancer. These drugs cause cells to decay, which triggers an antibody response. This includes over 70 drugs such as:

- Statins (Lipitor)
- Sulfadiazine
- Hydralazine
- Procainamide
- Isoniazid
- Methyldopa
- Quinidine
- Minocycline
- Cyclosporin
- Chlorpromazine

All of the above are antibiotics (as is penicillin, which is a mycotoxin-based antibiotic and the most common cause of drug-induced death by apoptosis/rupture of red blood cells). Other mycotoxins such as statin drugs (Lovastatin) rupture nerve cells (glial cells):

In this study we demonstrated that the cytotoxic effects of lovastatin fall into two categories: suppression of cell growth and induction of apoptosis of C6 glial cells...In conclusion, our data demonstrate that lovastatin can inhibit cell proliferation and induce apoptosis in C6 glial cells, which highlights the importance of the mevalonate pathway on the regulation of cell proliferation and prevention of apoptosis.
If you have neurodegenerative disease and are taking any of these drugs, do some investigating and make an educated decision as to whether a prescription drug may be the source of the damage to your nerves. If the prescription drug you are taking has been linked to “drug-induced Lupus” or “drug-induced autoimmune disease” then it is highly suspect as the source toxin for any neuropathy. Most autoimmune illnesses involve some type of neuropathy and increased risk of cancer. Again, some mycotoxins are indisputably linked to autoimmune disease and cancer.

3. Occupational Toxins

Mycotoxins are now marketed as “Fungal Biological Control Agents” or FBCA. They are used as herbicides and pesticides for farm crops. We spray mycotoxins everywhere and have been doing so for deades.

FBCA are sold as “all-natural” insecticides. They are dusted on crops for bug control, coated on fruit to extend shelf life and
sprayed on ball fields to kill weeds without any regard for the athletes who then roll in it.

Predictably, many studies demonstrate a relationship between exposure to FBCA agricultural chemicals and ALS:

**Severely Increased Risk of Amyotrophic Lateral Sclerosis Among Italian Professional Football Players.**


**Amyotrophic Lateral Sclerosis in Sweden in Relation to Occupation**

Gunnarsson L, Lindberg G, Soderfeldt B, Axelson O.


**Amyotrophic Lateral Sclerosis, Rural Environment and Agricultural Work in the Local Health District of Ferrera, Italy, in the years 1964-1998.**

Govani V, Granieri E, Fallica E, Casett I.


**Occupational Exposures and Amyotrophic Lateral Sclerosis. A Population-based Case-Control Study**

“These findings suggest an association between ALS and agricultural chemicals in men”.

4. Acid blood pH (primarily from drinking colas)

We are born with alkaline blood (normal pH is 7.4) and we die acidic (pH less than 7). Upon death, the body immediately begins to become acidic. This causes unseen microbes in the blood to transform into fungi that release mycotoxins that turn the body to dust. This is why a vacuum-sealed dead body will still decay. The body rots from the inside-out, not the outside-in.

Dark sodas (including “diet” versions) are made with phosphoric acid that is 10,000 times more acidic than normal blood. The heart is like an alkaline battery that functions optimally only when bathed in alkaline blood. Acid sodas, when drunk without food, are quickly absorbed through the empty stomach wall into the bloodstream. Some people discount this hazard, reasoning that stomach acid is more acidic than a cola drink. But stomach acid is not released when soda is ingested without food. When stomach acid is not released, the pancreas is not stimulated to release neutralizing enzymes which would neutralize the acid drink. What a mess!

**Phosphoric acid-containing sodas should NEVER have been approved for human consumption.**

The body is intricately designed to neutralize acidic drinks that are absorbed into the blood (so that the heart does not stop) by mobilizing alkaline minerals (calcium and magnesium) from bone and muscle for release into the blood. In time, the ill effects of daily calcium and magnesium loss from bone and muscle surface as a collapsed spine and fragile bones (osteoporosis) and stiff or sore muscles (fibromyalgia or MS). Prove the connection for yourself by asking anyone with any type of muscle, nerve or bone disease (and eventually cancer, including childhood leukemia) how many phosphoric acid-containing colas they drink every day (or serve to their children).

Depending on the bone mass and soda-drinking habits of the individual, mineral reserves become depleted so that the body can
no longer compensate for acid fluids entering the blood without risking complete collapse of the skeleton or complete destruction of the muscles and nerves. The blood begins to become acidic at this point, greatly increasing the risk of heart attack and stroke (acid blood forms clots more easily than normal alkaline blood) and all types of degenerative disease including neuropathy.

Acid blood mimics the condition of death. Remember, we are born with alkaline blood and die with acid blood. Upon death and no longer breathing oxygen, the body fluids increasingly turn acidic, toxins (similar to mycotoxins) are released into the blood and the body decays. In this light, autoimmune disease and cancer are conditions that mimic death – because cells are decaying and antibodies are being released to clean up the debris. All autoimmune diseases have a higher incidence of cancer which is a continuum of the degenerative death process.

Processed solid foods that can not completely metabolize into energy form dietary acids that, in time, will change the blood to a disease-promoting acid pH. To learn more about how solid foods can also transform a healthy body into a degenerating wasteland (which in turn can cause mycotoxins to be made from within) see my book: *Fat is a Four Letter Word: ACID*.

5. Excess alcohol ingestion

Excess alcohol intake depletes B-vitamins that are required to metabolize alcohol from the body but which are also essential to nerve health. Grain-derived alcohols, such as beer, are also at risk of environmentally-derived mycotoxin contamination from every stage of processing: growth, harvest and storage (silage).

**FIRST STEP: Neuropathy Fix-1**

After identifying all toxin sources, the FIRST STEP to arresting non-traumatic neuropathy is to BIND THE TOXINS. All of the ingredients in **Neuropathy Fix-1** are potent mycotoxin/toxin binders. These organic and natural ingredients include:
Colostrum
Beta Glucan
Glutamine
Glycine
Silibinin
Curcumin
Crocin
Quercetin
Licorice
Mannose
Uncaria
Honey Granules

All of these natural ingredients are powerful toxin binders. Most are plant compounds uniquely employed by plants to prevent cell-wall destruction by mold-derived toxins. All of the plant flavonoids additionally suppress the JNK gene which is activated in many types of neuropathies.

New research reveals that ALS and various neuropathies involve activation of the JNK gene that is linked with the nucleus of human cells. Certain mycotoxins infect human cells and stimulate those cells to turn on the DNA replication machinery via the JNK pathway. Any kind of stress activates the JNK gene. When the JNK gene is turned on, the DNA replication mechanism is also activated (the JNK gene is part of the replication machinery). This is why stress (emotional, hormonal or environmental) can exacerbate many types of neuropathies.

Neuropathy Fix-1 is specifically formulated to suppress this activated JNK pathway with a combination of plant flavonoids (pigments) that protect each plant from mycotoxin poisoning by mold. The result is a blend that is much more effective than each individual plant compound alone.

Published clinical studies have demonstrated the activation of the JNK (c-Jun) gene with neuropathy and ALS as follows:

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**The JNK/c-Jun signaling axis contributes to the TDP-43-induced cell death.**
Suzuki H1, Matsuoka M.


**c-Jun, JNK/SAPK kinases and transcription factor NF-kappa B are selectively activated in astrocytes, but not motor neurons, in amyotrophic lateral sclerosis.**
Mighell A1, Piva R, Atzori C, Troost D, Schiffer D.
Simply put, blocking JNK activity also blocks mycotoxins from interfering with normal function of the cell nucleus that houses the DNA. But, that is not all! Blocking an over-active JNK gene not only blocks mycotoxin destruction of nerve cells but also improves brain function, provides pain relief, decreases cancer risk, enhances repair of damaged blood vessels and improves nerve function.

Here are three such reports:

1. **JNK: A Putative Link Between Insulin Signaling and Alzheimer's Disease** (Rodriguez-Perdigon).

2. **SP600125, a selective JNK inhibitor, protects ischemic renal injury via suppressing the extrinsic pathways of apoptosis** (Wang).
3. **Neuroprotection against focal ischemic brain injury by inhibition of JNK and attenuation of the mitochondrial apoptosis-signaling pathway (Gao).**

All of the ingredients in **Neuropathy Fix-1** have been demonstrated in published clinical studies to suppress the JNK gene. This proprietary formula includes silibinin, curcumin, crocin, quercitin, licorice and uncaria. Because these flavonoids suppress the JNK gene that mycotoxins activate to destroy glial cells, **Neuropathy Fix-1** improves nerve problems associated with sciatica, tinnitus (ringing in the ears), peripheral neuropathy (and effects such as shaking, burning and sensitivity to touch) motor neuron disease (muscle weakness) and autonomic neuropathy (bowel, bladder or digestive problems and changes in blood pressure that may cause dizziness or lightheadedness).

The most effective way to realize the benefits of any natural medicine is to enhance the absorption of the product through the stomach and small intestine. This way, more of the medicine reaches the blood stream and less is lost as waste. For this reason, **Neuropathy Fix-1** is not encapsulated but instead packaged in its native powdered form without any anti-caking agents or other fillers. To prevent the powder from caking, refrigerate after opening (although this is not required). To enhance absorption of **Neuropathy Fix-1** through the gut, mix it with orange juice or juice of your choice once or twice daily. You can also mix it with cottage cheese, yogurt, apple sauce or a smoothie.
Neuropathy Fix-1 is POWERFUL medicine based upon cutting edge research that has repeatedly shown how a wide variety of plant compounds neutralize and thus inactivate many different types of mycotoxins via a wide variety of strategies.

Neuropathy Fix-1 should be taken daily as directed for a minimum of 8 weeks (each jar has 30 servings which will last one month if taken once daily) and taken for as long as needed. After 8 weeks, if neuropathy symptoms (tremors, weakness, difficulty breathing or swallowing, pain, etc.) return after discontinuing use, then restart the treatment and try reducing the dose.

Toxins affect nerve cells (glial cells) based upon genetics. Therefore, toxins are reversible in some people and not reversible in other people. So while your neuropathy is likely NOT due to genetics, genetics plays a role in recovery time which can not be predicted. This is the basis for the recommendation to discontinue or decrease Neuropathy Fix-1 after 8 weeks and see if any neuropathy-related symptoms return. Some nerve toxins bind irreversibly to nerve cells. If this proves to be the case for you, Neuropathy Fix-1 is safe to take indefinitely if needed.

Neuropathy Fix-1 is a toxin binder for NON-TRAUMATIC (not accident-related) types of central (brain and spinal cord) and peripheral (everything else) neuropathy, including nerve problems related to diabetes, ALS-related neuropathy, MS-related neuropathy, transverse myelitis, autoimmune neuropathy, sciatica, tinnitus (ringing in the ears), etc. It is also safe for children.

Remember, it is imperative to identify the source of the toxin(s) causing neuropathy in the first place (this includes dietary sources). If you are unsure of the root toxin(s) inducing your nerve problems, consider a face-to-face Skype consult with me at www.DocWise.net.
Neuropathy Fix-2 should be started after two weeks of taking Neuropathy Fix-1 and can be mixed with Neuropathy Fix-1. Neuropathy Fix-2 is a special blend of nutrients designed to repair damaged nerve cells. Nerve myelin is made of LIVING CELLS which, when provided the needed nutrients to make myelin, can repair damaged nerve cells.

Neuropathy Fix-2 is KEY to repairing damaged nerves only AFTER the toxin source has been identified and removed from the diet or environment, and the toxin load bound and eliminated or reduced with Neuropathy Fix-1. Neuropathy Fix-1 is thus formulated to stop the nerve damage. Step two, then, is to repair the toxin-induced damage to nerve cells with Neuropathy Fix-2.

**STEP TWO: REPAIR THE DAMAGED NERVES.**
The SECOND STEP is Neuropathy Fix-2.
2. Neuropathy Fix-2: Nerve Cell Repair

“No army can withstand the strength of an idea whose time has come.”
- Victor Hugo

Destruction of myelin in any neurodegenerative disease interrupts normal nerve impulses to nerves and muscle, gradually paralyzing the body. The resultant dreaded symptoms include tremors, muscle weakness, incoordination, burning pain, slurred speech, difficulty with swallowing and increasing shortness of breath (in ALS, mechanical breathing machines may be required to extend life). Prescription drugs can help alleviate symptoms, but do not reduce the progression of the disease.

While most nerve cells are slow to regenerate, glial nerve cells are not. Glial cells make up to 90 percent of the brain and support the entire nervous system. **Glial nerve cells rapidly replicate when there is injury.** This is good news for anyone with ALS, MS or any neurodegenerative disease, because glial cells make myelin – and lots of it!
More accurately, glial cells ARE myelin. “Glia” means “glue”. Glial cell outgrowths are what make myelin. When glial cells are damaged or destroyed, nerves become “unglued.” This leaves scars. If multiple glial cells are destroyed, the result is nerve and muscle damage (neuropathy and myopathy). Because nerves innervate muscles, neuropathy and myopathy go hand-in-hand. When toxin-poisoned glial cells die by apoptosis and are blocked from replicating (and therefore replacing) myelin, what remains are degenerated nerves. If the nerves are central (involving the brain and spinal cord), the resulting symptoms are more like MS (Multiple Sclerosis) or transverse myelitis. If the nerves are motor nerves that innervate muscle, the symptoms are more like ALS (Amyotrophic Lateral Sclerosis).

In some demyelinating neuropathies, the myelin sheath has become “scarred” – hence the “S” in ALS and MS which stands for “sclerosis” or “scars” (Multiple Sclerosis = Multiple Scars). Again, mycotoxins and other nerve toxins cause the glial cells that comprise the myelin to rupture by “apoptosis” which appears as “scars”. The source of glial cell poisoning must be found and stopped for glial cell health to be maximally restored.

Myelin, which is mostly fat, insulates nerve impulses from neighboring nerve fibers, and it increases the speed of impulses sent through nerve axons. Part of supporting glial cells that make myelin is knowing what to do and what not to do. Do not drink any phosphoric acid-containing colas. Do not ingest anything that blocks glial cells from making myelin or causes glial cells to
become unglued. You would do well to follow these suggestions while taking **Neuropathy Fix-2**:

- Avoid all oxidizers such as smoke, chlorine, fluoride and phosphoric acid (in dark colas) that destroy nerve cell membranes.

- Avoid all acidic drinks. This means NO soft drinks (diet or regular), no black coffee and no black tea. If you have problems with caffeine-withdrawal headaches, add plenty of milk or cream to your coffee or tea (do not use non-dairy creamer which does not have neutralizing calcium).

- Avoid all bottled drinks, juices and sports drinks. Avoid vitamin B-depleting alcohol during recovery from neuropathy. Glial cells need vitamin B.

- Drink clean well water or bottled spring water. Do not drink bottled water that has been purified by “reverse osmosis” or “distillation”. These so-called “purification” techniques remove alkaline mineral such as calcium and magnesium from water.

- Try to always drink home-made fruit juice (any kind).

For glial cells to maintain or repair myelin, they need to quickly replicate. You CANNOT take a statin drug that lowers cholesterol and expect success with myelin repair. Statin drugs block nerve cells from making isopentenyl adenine which is essential for DNA to replicate. Furthermore, myelin is 70% fat and much of that is cholesterol – another simple reason you do not want to take any prescription drug for lowering cholesterol and why cholesterol-lowering statin drugs can cause neuropathy. There are many natural antioxidants such as CoQ10 that will normalize high blood LDL cholesterol and support rather than hinder myelin repair.
After two weeks of taking Neuropathy Fix-1, it is time to fuel nerve cells with building blocks to make and maintain new myelin. At the start of week 3, add Neuropathy Fix-2 to your morning dose of Neuropathy Fix-1. Follow the directions provided on the label and the package instructional sheet. Neuropathy Fix-2 is formulated to provide glial cells the basic nutrients needed to make myelin and includes other amino acids that support cell growth and repair. Other nutrients, such as lecithin, are added to stimulate growth of new myelin sheath which protects nerves and serves to prevent shaking. It is a powerful mix of ingredients, designed to boost the body’s natural ability to make growth hormone, which helps to strengthen muscles and nerves. The ingredients include:

- lecithin
- glycine
- glutamine
- colostrum
- citrulline malate
- magnesium citrate
- calcium ascorbate
- mucuna
- GABA
- ribose

Here are a few case backgrounds and testimonies:

**Case 1 Background:** Female, mid-40’s with rapid-onset peripheral neuropathy and motor weakness in the lower extremities.

**Suspect toxin:** Hyalurinic acid injections (Botox-like “fillers”).

**Case 1 Testimony:** “I had a Skype consultation with Dr. Yoseph to address my peripheral neuropathy. She reviewed all my medical records (over 100 pages). Prior to meeting with her, I
had spent a year and a half with no answers and thousands of dollars racked up in testing. After 6 weeks of Neuropathy Fix-1, I was dramatically improved (about 80%). The numbness in my feet decreased and my balance improved. Shaking in my hands is diminishing and I have more energy. The haze I felt I was in is lifting and I feel clearer minded. She is extremely knowledgeable about myelin sheath and cells as well as the nervous system.”

After starting Neuropathy Fix-2 she reported:

“It’s helping…this is so cool!!! It’s only been ten days I’m taking it (Neuropathy Fix-2) but feeling is returning to my toes and the comforter used to feel so heavy almost painful when it was on my feet at night and now I am FINE. I truly think it’s curing the neuropathy. I am excited to see additional developments over time. If so, I have to meet Dr. Yoseph to thank her in person!”

Case 2 Background: Female, mid-80’s, with bilateral bicep fasciculations (involuntary twitches), hand tremors, increasing breathlessness (unknown etiology with normal pulmonary and cardiac tests), increasing weakness and imbalance.

Suspect Toxin: ACE Inhibitors

Case 2 Testimony: “One year ago I felt like I was quickly dying. As a retired nurse I have access to extensive medical care, but no one could account for my breathing problems and failing health even after three hospital admissions and multiple tests which all showed normal lung and heart function. After starting Neuropathy Fix-1 one month ago, I could tell after a couple of weeks that my breathing had improved and my blood pressure normalized enough to stop taking prescription drugs. Although the number one side effect with the ACE inhibitor I was taking is breathlessness, no one except Dr. Yoseph considered that this was the cause of all of my problems. I have been taking Neuropathy Fix-2 for three weeks now. The twitches in my arms have decreased and my strength is improved. Shaking has also decreased. My voice is stronger tand sounds more normal. I will
be celebrating a family reunion next month at the beach so I am looking forward to the opportunity to test how far I am able to walk at the shore which was impossible one year ago.

**Case 3:** Male, mid-50’s with tinnitus, intermittent high blood pressure and increased swelling and pressure in neck.

**Suspect Toxin:** Prescription thyroid hormone.

**Second-Person Testimony:** After three weeks of **Neuropathy Fix-1** the tinnitus is almost resolved (still faint ringing in ears but improved), BP is normalized and pressure in neck is gone.

Here is a list of the types of symptoms that are improved with **Neuropathy Fix 1/2/3:**

- Burning, freezing, sharp and/or throbbing pain
- Extreme sensitivity to touch or pain
- Reduced sensitivity to touch
- Prickling in feet or hands, spreading upwards
- Shaking/tremors and slow reflexes
- Lack of balance, lack of coordination and falling
- Muscle loss
- Muscle weakness and cramping
- Bowel, bladder or digestive problems
- Changes in blood pressure causing lightheadedness
- Ringing in the ears
- Pain in Gluteus maximus (“sciatica”)
Because nerve cells require very large amounts of energy to make neurotransmitters, step three in restoring nerve function is formulated to maximize nerve cell energy production.

STEP THREE: MAXIMIZE NERVE CELL ENERGY.
The THIRD STEP is Neuropathy Fix-3.

“Health is real wealth and not gold and silver.”
-Mahatma Gandhi

Cellular metabolism (the making of energy) must be optimized for nerves to function normally and to make sufficient neurotransmitters, which are the chemicals of the nervous system to control the entire body.

Certain types of cells require much more energy than others – and nerve cells are at the top of the list. One key sign that nerve cells are not making sufficient energy to function normally is difficulty sleeping. This is because nerve cells are not likely making sufficient neurotransmitters required for restorative sleep.

Neuropathy Fix-3 is begun on week 5. Follow the directions provided on the label and the package instructional sheet.

Because this tasty energizing drink mix increases cellular metabolism (and the making of neurotransmitters), you should notice one or more of the following:

- Improved sleep
- Improved sense of well-being
- Increased energy and focus
- Improved bowel function
- Relief from acid reflux
- Improved strength
- Improved balance
- Less breathlessness
It’s been said not to mix apples with oranges, but that is exactly what nerve cells do to make energy in the form of a molecule called ATP. Every nerve cell is energized by ATP and most kinds of neuropathy can be caused or exacerbated by a lack of ATP. The brain and nervous system have a huge demand for ATP to function optimally.

ATP is made from carbohydrate foods. The “carbo” portion is exhaled as carbon dioxide and the “hydrate” part (hydrogen) is converted into ATP.

Hydrogen, from carbohydrates (raw nuts, fruits and vegetables) is what lights up your life by energizing every nerve cell in your body. Not all carbs, however, are equal hydrogen donors and thus equal ATP makers!

Carbohydrates that make the most hydrogen make the most energy for nerve cells. The most energy-producing carbohydrates are NOT processed and have little to no shelf life. Due to all the active nutrients, these carbohydrates (mostly fruits and vegetables) rot in less than two weeks and are preferably eaten raw. Simply put, if you want to know if a carbohydrate is “good” for making ATP, if it can sit on your shelf for more than a month, then it probably does not qualify. There are two exceptions to this rule: Canned or jarred tomato products and apple cider vinegar.
In the final analysis, it is apple cider vinegar that makes more hydrogen (ATP) than any other food or drink. Here’s why:

Carbohydrate foods are broken down or metabolized by nerve cells into vinegar (called acetyl CoA). Vinegar then reacts with an apple acid (malic acid) stored in cells to make citric acid which is the acid found in citric fruit. Citric acid is metabolized to make carbon dioxide which you exhale. Citric acid is also metabolized into hydrogen which is converted into ATP. Again, ATP is what all nerve cells use to operate a very complex nervous system.

The release of carbon dioxide and hydrogen converts citric acid back into malic acid, which then reacts with the vinegar from the good carbohydrates that you eat – making citric acid again. This is how the nerve cell energy cycle (called the “citric acid cycle) is repeated.

While eating apples (malic acid) and oranges (citric acid) is a great way to supply your nerve cells with the ingredients they need to make ATP, nothing is as effective as apple cider vinegar, which has malic acid and vinegar – the two ingredients that nerve cells need to make citric acid. Drinking apple cider vinegar, then, is like throwing hot coals into the energy furnaces of your nerve cells!

No wonder, then, that there are so many positive reports about the amazing health benefits of apple cider vinegar. But vinegar, even if mixed with honey, can be hard on the taste buds, cause stomach upset and damage the dentine layer of teeth.

Powdered apple cider vinegar, on the other hand, has none of the negative effects of liquid apple cider vinegar and retains all of the health-promoting benefits. Neuropathy Fix-3 is formulated with powdered apple cider vinegar, malic acid, citric acid and eight other ingredients that nerve cells need to make optimal ATP.

One of the key ingredients is inositol nicotinate, an active form of vitamin B3 that nerve cells need to convert hydrogen into ATP.
While a different form of vitamin B3 called niacinamide is added to cereals and vitamin supplements, studies have shown that this is not the form of B3 that nerve cells prefer to make ATP.

ATP works like a rechargeable battery that makes energy for every cell. ATP is the fuel you need to move, eat, think and sleep. Without sufficient ATP, you simply cannot be healthy. And, more likely than not, you will also be overweight, sore, tired and frequently sick. Because nerve cells require large amounts of ATP to function normally, Neuropathy Fix-3 is a MUST to optimize nerve cell ATP production.

Optimum ATP production is the key to overall health – period! When nerve cells have more energy, YOU have more energy and you have better health.

Neuropathy Fix-1, Neuropathy Fix-2 and Neuropathy Fix-3 work synergistically to:

1. Bind toxins
2. Support nerve cell repair
3. Optimize nerve cell ATP production

Maximizing the effectiveness of these three natural products requires a basic review of how nerve glial cells replicate. There are certain foods you can include in your diet to increase the efficiency of the nerve cell replication pathway called the “mevalonate path”.

The mevalonate path makes glial cell fats such as cholesterol that make up the myelin sheath. Let’s take a quick look at the mevalonate path and how it helps make myelin and stimulate
glial cells to replicate – a **KEY** biochemical path to support if your goal is to restore damaged and scarred nerves back to health. More on these fats of life…
4. Fats of Life

“Let food be your medicine.”
- Hippocrates

There are two biochemical paths that support nerve cell life:

1. **Metabolism path** (makes energy)
2. **Mevalonate path** (makes fats and replicates cells)

The *metabolism path* is supported by **Neuropathy Fix-3** and a diet rich in raw carbohydrates (fruits, vegetables and raw nuts).

The *mevalonate path* is also supported by **Neuropathy Fix-3**. To further enhance REPLICATION and GROWTH of fat-rich glial nerve cells that make fat-rich myelin, the mevalonate path can be further optimized by making food your medicine.

Made of 60% fat, the brain is the fattest organ in the body. Glial cells use mevalonate to make fats such as cholesterol, which is the most abundant fat in brain tissue. Cholesterol is also the most abundant fat in myelin, which is 70% fat and 30% protein.

Mevalonate is the precursor to fatty CoQ10 which helps convert hydrogen into ATP via the metabolic path.

Mevalonate is not something you can buy at the store. Rather, nerve cells readily make it when:

1. The mevalonate path is open – not blocked by mycotoxins or drugs such as statins for lowering cholesterol.

2. The correct ingredients are provided in the diet.

The ingredients in **Neuropathy Fix-3** provide the building blocks that glial cells need to make mevalonate. Even so, is important
that you make careful food choices to further optimize the mevalonate path.

Glial cells make fatty molecules that are necessary for a healthy nervous system via the mevalonate path. Other key mevalonate products that glial cells cannot make must instead be obtained from dietary plants; these include vitamins A, E and K, as well as antioxidants and pigmented fats that are required for nerve health.

Plants make fatty molecules from mevalonate, such as the oily vitamins A, E and K that are essential for nerve health. All vitamins are “vital” because they cannot be made inside human cells and must therefore be obtained from food. Vitamin E is a powerful antioxidant with anti-cancer and heart-protective properties. Vitamin E deficiency can cause painful neuropathy.

Orange and red plant pigments are rich in vitamin A. Green pigments are rich in vitamin K. Nuts and seeds are rich in vitamin E. Vitamins are best absorbed into the nervous system when the source is a natural food rather than a manufactured supplement. (Note: An exception is a multi-B vitamin supplement that should be taken daily with food during recovery from any neuropathy. Studies show that vitamin B6 can promote nerve health in diabetics. Vitamins B12, B9 and B1 are also important to the structural integrity of the fats found in the myelin.)

The following plant foods are excellent sources for nerve-healthy “fatty” vitamins A, E and K:

- Sweet potato – Vitamin A
- Winter squash (butternut and acorn) – Vitamin A
- Carrot – Vitamin A
- Tomato – Vitamins A and K
- Greens (kale, collards and turnip) – Vitamins A and K
- Green vegetables – Vitamin K
- Sunflower seeds and raw nuts – Vitamin E
- Sunflower and Safflower cooking oils – Vitamin E
Many plant-derived fats and fatty acids from mevalonate are natural antioxidants that support nerve health and prevent cancer. Include these in your diet:

- Allixin (garlic)
- Danielone (papaya – consider dried papaya slices)
- Pterostilbene (blueberries)
- Ellagic acid (pomegranates)
- Resveratrol (grapes)

Mevalonate-derived fats are important to nerve health because electrons flow through fats. The flow of electrons through fatty cell membranes is how nerve cells (how all cells) work and communicate. Fats made from mevalonate are the “fats of life” because normal, healthy nerve cell function cannot happen without them. The most LIFE PROMOTING or DEADLY food choices we make are the fats and oils we consume. Fats and oils are incorporated into nerve and other cell membranes. The brain, spinal cord and entire nervous system is wired via fat-rich cell membranes through which electrons flow.

Half of the fats in nerve cell membranes are saturated with hydrogen (solid oils) and the other half are unsaturated (liquid oils). Two-thirds of unsaturated oils are omega-6 type fats and one-third is omega-3 type fats. Your diet, then, should reflect the same ratio.

Eating energizing fats in proper balance will be as easy as 1-2-3 if every day you use 1 part flax oil, 2 parts safflower oil and 3 parts coconut oil and/or butter as follows:

1 Tablespoon of flax oil mixed in cottage cheese or applesauce.
2 Tablespoons of safflower oil for salads or to sauté.
3 Tablespoons of coconut oil to fry; butter to flavor or bake.
Flax oil is one of the most important oils you can add to your daily diet during the phase of nerve repair. Flax oil is super-unsaturated which means ELECTRONS FLOW EASILY through this life-giving oil. I have used flax oil mixed in apple sauce or cottage cheese to restore dangerous heart rhythms back to normal within minutes. Oils are more-easily absorbed through the small intestine if they are mixed with cottage cheese (add fruit as you like) and/or applesauce. I recommend Barlean’s flax oil with lignan taken daily this way rather than cooking with it because heat will destroy (oxidize) this temperature-sensitive oil that lights up the nervous system (you will feel energy flow within minutes!).

I also recommend adding one tablespoon of phosphatidyl choline oil (by Body Bio at Amazon) to your daily mix of flax oil and cottage cheese or applesauce. Phosphatidyl choline is a key ingredient of myelin and your nerves will thank you. Do this daily for at least the first eight weeks of recovery from neuropathy. Neuropathy Fix-1 is also taken for a minimum of eight weeks. As an alternative to mixing Neuropathy Fix-1 in juice, you can add it to your flax oil and phosphatidyl choline oil and applesauce (or cottage cheese) mixture.

AVOID MAN-MADE saturated fats that make membranes rigid and less fluid; these include margarine, shortening (Crisco) and oils that are made with industrial solvents (vegetable oils and canola oil).
Mevalonate not only makes fatty substances that are key to healthy myelin; it is also the essence of cell renewal. In all cells, mevalonate travels down the mevalonate pathway to make cholesterol and myelin-essential fats. This stimulates a glial cell to grow, replicate the DNA and divide into two cells. This is the “cell cycle”. This is life at the cellular level and what keeps glial cells young and healthy.

For a glial cell to cycle, it must grow (G1), replicate its DNA (S phase) grow some more (G2) and divide into two new glial cells (M phase). Cell renewal, or turnover, varies for different types of cells. Cells lining the gut are replaced every five days, skin cells are recycled every two weeks, red blood cells last four months, bone cells last a decade and cells from the brain's vision center are as old as the individual. While glial cell turnover is poorly understood, about 28% of all glial cells are replaced every year.

Glial cells replicate, and glial cells are the living matrix that makes up myelin (in other words, glial cells do not just make myelin, they ARE the myelin). Therefore, if you have a demyelinating neuropathy then you should have plenty of hope that the myelin, in time, can be restored. If 28% of glial cells are replaced every year, then in four years you should have all new glial cells IF the toxin that has been destroying these cells has been properly identified and eliminated.

To sum: Cell cycles work in concert with cholesterol and fats made from the mevalonate pathway. Without mevalonate's fats, none of this happens. No glial cell cycle means no glial cell life which means no myelin renewal.

*The mevalonate path supports glial cell growth and replication.*
Do NOT take drugs that block glial cells from making cholesterol! Eat plenty of cholesterol-rich and choline-rich foods such as eggs (do NOT throw away the yolk). This way your glial cells won’t have to make so much cholesterol and choline from scratch.

Cholesterol in food does NOT raise cholesterol. It is oxidation, caused by consuming smoke products, dark colas containing phosphoric acid and drinking chlorinated city water, that destroys LDL cholesterol. This does not happen with HDL (“good”) cholesterol because it is a larger and heavier fatty molecule, making it less sensitive to destruction by oxidation. Because the liver must replace oxidized LDL cholesterol, it produces higher than normal levels in order to offset the ongoing damage. The connection between elevated cholesterol and cardiovascular disease and stroke is OXIDATION. Oxidation both destroys LDL cholesterol and hardens the fat-rich membranes that line the inside walls of arteries. Lighter-weight LDL cholesterol is simply more sensitive to damage by oxidation than heavier-weight HDL. LDL is not bad. All cholesterol is GOOD! It is oxidation that is bad.

Cholesterol, both LDL and HDL, are good, good, GOOD for a healthy, well-myelinated nervous system. If you read my book, *How Statin Drugs Really Lower Cholesterol (And Kill You One Cell at a Time)* you will find layers of indisputable evidence to support this. The health of your nervous system hangs in the balance of this uncontestable truth. Get informed!

The mevalonate pathway, then, is the pathway of glial cell life. It is what keeps glial cells replicating and renewed to make new myelin. The mevalonate pathway is, in fact, the “fountain of youth” for every cell in your body. The more efficiently this pathway operates, the younger your cells – which means a younger and healthier you.
The three steps of the Neuropathy Fix product line are:

1. **Neuropathy Fix-1**: Binds the myelin-destroying toxins
2. **Neuropathy Fix-2**: Supports nerve cell and myelin repair
3. **Neuropathy Fix-3**: Optimizes nerve cell ATP production

Other neurodegenerative diseases that are well-served with Neuropathy Fix include Parkinson’s Disease, Huntington’s Chorea and Alzheimer’s which are all associated with abnormally folded nerve proteins.

All three products promote a lean and energized body. They are also safe for children, with half the recommended dose for children age 6 to 12 and one-fourth the dose for children under 6. They can be consumed for conditions such as ADD, ADHD and autism (with or without seizures), which involve a wide spectrum of neurological deficits. The dietary recommendations are also safe for children, including the flax oil and phosphatidyl choline oil mixtures at the same lower doses.

Again, eat foods and oils that support the mevalonate path used by glial cells to make myelin’s fatty nerve insulation, especially eggs that are rich in cholesterol and choline. Stop drinking alcoholic drinks during recovery from neuropathy because alcohol depletes the myelin-dependent B-vitamins (and take a daily multi-B supplement with food). Finally, avoid oxidizers such as smoke, phosphoric acid in colas and chorine in city water, all of which destroy nerve cell fats.

This protocol is simple, but not easy! Every step is backed by conventional science. Having made a thorough investigation, it is time to take the first step and start your journey back to health.
5. What to Expect

“The best doctor uses the least medicines.”
-Benjamin Franklin

Conquering any type of non-traumatic neuropathy requires adopting protocols that are based on proven science. Myelin is made of living cells that replicate and make the fatty matrix that insulates nerves. Stop losing your nerve with myelin-destroying toxins and support your glial cells so that they can perform their normal functions optimally. That is the message of this book and the basis for the protocols herein.

One of the keys to recovery is patience. Chemistry students quickly learn that more is not always better when conducting chemical reactions in a controlled setting. Chronic illnesses don't develop overnight and neither does the recovery process.

As you fuel your body with real medicine and real food, there are outward signs that signal nerve cell health is being restored:

1. Nails will grow faster and become less brittle.
2. A white-coated tongue will become healthy and pink.
3. Dry, dull and thinning hair will become thick and shiny.
4. Thick scaly skin on the knees and elbows will clear up.
5. A butterfly rash will dissipate.
6. Recurrent bladder infections will lessen and stop.
7. Nail fungus will disappear as new nails advance.
8. Bowel function will regulate.
9. Breathlessness will decrease.
10. Muscle strength will increase and tremors will subside.
11. Psychiatric and emotional problems will balance out.
12. Libido will increase.
13. Clarity of thought (focus) and memory will improve.
14. Muscle and joint pain will subside.
15. Grip strength will improve.
16. Teeth sensitivity and bleeding gums will resolve.
17. Hemorrhoids will heal faster, recur less and/or stop.
18. Swollen ankles will improve.
20. Ringing in the ears and/or imbalance will decrease.

If you have drug-induced ALS neuropathy from taking a statin drug, know that the difficulty with recovering from statin use is that some damage is slow to heal and other damage may not repair at all. No one knows for sure. Consider bringing a copy of *How Statin Drugs Really Lower Cholesterol (And Kill You One Cell at a Time)* to your doctor for a second opinion. He or she, after all, might also be a victim of trust in the medical system and have a second thought about prescribing you or anyone else another statin.

Take charge of your own wellness. Good health is more than physical; it is mental, emotional and spiritual. It is very difficult to be patient and hopeful when feeling sick and tired of being sick and tired, especially when one's needs are so demanding. Try it anyway.

Please feel free to share with me your journey on the road to conquering neuropathy. Take this road map with you and be well.

Much care,

Hannah Yoseph, MD
Doc@docwise.net
6. Other Books by Hannah Yoseph, MD

Other Books by Hannah Yoseph, MD

FAT IS A FOUR-LETTER WORD: ACID
Lose Weight Fast and Easy Without Exercise

JAMES B. YOSEPH
HANNAH YOSEPH, MD

PROOF FOR THE CANCER-FUNGUS CONNECTION
And What You Can Do to Prevent and Cure Cancer

JAMES B. YOSEPH
HANNAH YOSEPH, MD
Unraveling the Bad from the Good:

Bad news: You have Herpes.
Good news: You can stop it and live life on your terms.

Three Lines of Defense:

HBG Red Top: Suppress outbreaks.
HBG SL Green-Top: Mitigate cross-infection.
HBG3 Blue-Top: Eradicate Herpes from the inside by suppressing the JNK gene that helps Herpes replicate.

Go Red. Go Green. Go Blue.

DocWise.net

HERPES CURE 911:
Three Herpes Treatments for Stopping Herpes Outbreaks
And How They Work

Red-Top
Green-Top
Blue-Top

Hannah Yoseph, MD

Sjögren’s Syndrome

You’ve been told by your doctor you have Sjögren’s Syndrome and that there is no cure. Dr. Yoseph dares to challenge the naysayers. She explains how Sjögren’s is not a diagnosis but a description, and without a proper diagnosis there can be no remedy. Toxic drugs to suppress painful symptoms are the best that modern medicine can offer in its current system of belief. Here, layers of evidence are provided to unlock the so-called mystery of Sjögren’s. Remedy is made straightforward when the axe is taken to the root of the tree. Dare to be well, stomp your physician and stamp out Sjögren’s – for life.

Sjögren’s Syndrome

CAUSE AND RECOVERY IN TEN SIMPLE STEPS

Hannah Yoseph, MD
Neuropathy Fix is available at:

www.DocWise.net

Neuropathy Fix can be used to improve:

- ADD, ADHD and Autism
- Alcoholic Neuropathy
- Alzheimer’s and other Dementias
- Autoimmune-related Neuropathy
- Autonomic Neuropathy
- Central Neuropathy
- Chemotherapy-induced Neuropathy
- Cranial Neuropathy
- Demyelinating Neuropathy (ALS, MS, etc.)
- Diabetic Neuropathy
- Focal Neuropathy
- Idiopathic Neuropathy
- Inflammatory Neuropathy
- Mood Disorders
- Neurodegenerative Neuropathy
- Parkinson’s, Huntington’s and other Tremors
- Peripheral Neuropathy
- Post-Infection Neuropathy
- Sciatica
- Seizure Disorders
- Tinnitus
- Tranverse myelitis
Unraveling the Neuropathy-Mycotoxin-Link:

Mycotoxin poisoning can induce ALS and various forms of non-traumatic neuropathy (diabetic and peripheral neuropathy, sciatica, tinnitus, etc.). Profiteers ignore the evidence but this does not make the evidence go away.

3 Natural Remedies:

Neuropathy Fix-1: Mycotoxin-binding food mix to abate nerve cell degeneration
Neuropathy Fix-2: Nutrients to support nerve cell repair
Neuropathy Fix-3: Energizing drink mix to optimize nerve cell function

Hannah Yoseph, MD
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