

How to Help Your Nerve Pain: Neuropathy

By Robert Ferguson

Nerve pain, also called neuropathy, happens when your nerves get damaged. This can cause pain, tingling, numbness, or weakness, especially in your hands and feet. Many things can cause neuropathy, like diabetes, poor diet, or too much inflammation in your body. But did you know that two key nutrients—**omega-3 fatty acids** and **polyphenols**—can help?

These nutrients can reduce nerve damage, improve nerve health, and even help you feel better. Let me tell you a story about Peggy, who used these nutrients to turn her life around.

Peggy's Story: From Pain to Feeling Strong Again

Peggy didn't have diabetes, but she had nerve pain in her feet and hands that made it hard to do everyday things. When I met her, I explained that her diet might be part of the problem. She wasn't getting enough **omega-3s**, the healthy fats found in fish and was likely eating too many unhealthy fats called **omega-6s**, which are common in processed foods.

At first, Peggy didn't believe her nerve pain could come from her diet. Her doctor had never mentioned omega-3s. After months of talking about it, she finally agreed to try **BalanceOil+**, a special supplement with both omega-3s and **polyphenols** from olives.

Before starting, we tested her omega-3 and omega-6 levels. The results showed she had a serious imbalance: her omega-6 to omega-3 ratio was **39 to 1**. A healthy ratio is **3 to 1** or lower.

What Happened Next?

- **After 4 Months:** Peggy's ratio improved to **5.1 to 1**. She started feeling less pain and tingling in her feet and hands.
- **After 6 Months:** Her ratio dropped to **2.8 to 1**, which is excellent! Peggy now feels more comfortable walking and says she has "a new edge in her step."

Peggy's story shows how powerful omega-3s and polyphenols can be for helping with nerve pain and healing.

How Omega-3s Help Nerve Health

Omega-3 fatty acids are healthy fats found in fish-like salmon and in supplements like BalanceOil+. They do amazing things for your body, especially your nerves.

- **Reduce Inflammation:** Inflammation damages nerves over time. Omega-3s help calm it down so your body can heal.

- **Repair Nerves:** Omega-3s help rebuild the outer layer of nerves, called the myelin sheath, which protects them.
- **Improve Blood Flow:** They help blood flow better, which gives your nerves the oxygen and nutrients they need.

How Polyphenols Help Nerve Health

Polyphenols are natural compounds found in plants like olives, berries, and green tea. They work together with omega-3s to protect your nerves.

- **Fight Oxidative Stress:** Oxidative stress damages nerves. Polyphenols act like shields to protect them.
- **Boost Energy:** Nerves need energy to work well. Polyphenols help your body make and protect energy.
- **Help Omega-3s Work Better:** Polyphenols in BalanceOil+ keep omega-3s fresh and make them easier for your body to use.

Why BalanceOil+ Is the Best Choice

BalanceOil+ is different from regular fish oils. It combines omega-3s with polyphenols from unripe olives, giving you double the benefits. The polyphenols keep the omega-3s fresh and help them get into your cells, where they work their magic.

This is why BalanceOil+ was perfect for Peggy. It helped fix her omega-6 to omega-3 ratio and gave her nerves the support they needed to heal.

How You Can Get Started

If you have nerve pain or neuropathy, here's what you can do:

1. **Test Your Levels:** Take a Balance Test to see if your omega-6 to omega-3 ratio is healthy.
2. **Take Omega-3 Supplements:** Start with BalanceOil+ for the best results.
3. **Eat Less Processed Food:** Avoid foods high in omega-6 fats, like chips and fried foods.
4. **Eat More Polyphenol-Rich Foods:** Add berries, olive oil, and green tea to your meals.

Conclusion

Nerve pain can make life hard, but fixing the problem at its root can help. Omega-3s and polyphenols work together to calm inflammation, repair nerves, and help your body heal.

Peggy's story shows what's possible with the right nutrients. After six months of taking BalanceOil+, she went from daily discomfort to walking confidently again. You can do the same!

Take the first step by testing your omega-6 to omega-3 levels today. With the right plan, you can feel better, too.

References

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