



Over 350,000 Free Food and 9,000 Drink Recipes

## Alpha Lipoic Acid Diabetic Neuropathy

Alpha lipoic acid [ALA] is an antioxidant that has shown tremendous promise in not only reducing the pricking, cutting and searing pain associated with diabetic neuropathy but also in providing a boost in the effectiveness of other vital vitamins in diabetics. Hence, with alpha lipoic acid diabetic neuropathy can certainly be tamed to a certain extent.

Diabetics might unfortunately find out that over a period of time, due to poor blood circulation and nerve damage, they might start getting a feeling of numbness followed by bouts of pricking, cutting and searing pain in the muscle of their leg or hand. Diabetics will need to increase their level of care in such cases since they might not even realize if a nail has punctured through the sole of their feet. Regular foot and hand inspections will become mandatory in such cases. However, the arrival of alpha lipoic acid in capsule form can at least alleviate the pain related to diabetic neuropathy.

In addition to relieving pain, ALA has also been shown to remove glucose from blood, which in turn helps in regulating

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

blood sugar levels to a certain extent in diabetics. Again, while there are no sure-shot cures for diabetes, this antioxidant is also helpful in mopping up harmful chemicals in a diabetic patient's blood cells due to its antioxidant properties. However, blood sugar levels will need to be continuously monitored for patients taking these capsules to maintain a proper balance in levels. Alpha lipoic acid is anyway better than any current alternative in the market since analgesics might just make the patient drowsy while narcotics could quickly turn into a habit.

ALA is also found naturally in the human body. It can also be found in foods such as beef, spinach, broccoli, and even in brewers yeast. But if it is not present in normal levels in a diabetic's body, then regular doses in the form of supplements can be recommended by the patient's doctor. Past studies have revealed that alpha lipoic acid works quickly upon ingestion and provides relief from the aches and pains related to diabetic neuropathy. Alpha lipoic acid also helps in enhancing the effectiveness of other vitamins such as vitamin C and E. Its antioxidant properties have also helped in defending vital brain tissue from the ravages of harmful chemicals.

Although ALA is beneficial for humans as well as pets, it is

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

not recommended for cats since it could result in liver toxicity. Anyway, before starting any pet on alpha lipoic acid, it would be better to consult the pet's veterinarian. The healths of most humans and pets have definitely improved within a month of taking these capsules. Again, pregnant or lactating women should also avoid the intake of alpha lipoic acid capsules due to an absence of data of any long term effects.

Hence, antioxidants such as alpha lipoic acid in capsule forms can be of great help to diabetics that are suffering due to the painful effects of diabetic neuropathy. Diabetics should consult their doctor and get started immediately since with the right dosage of alpha lipoic acid diabetic neuropathy can certainly be reduced to quite an extent and the patient can concentrate on taking care of the other aspects of diabetes.

This article is submitted by Ola Martinsson, who just recently got the diagnosis diabetes. Trying to read and understand as much as possible. Found an interesting site at <http://adviceondiabetes.com> with a free ebook having more than 500 diabetes recipes

Recipes from The Weekend Chef (<http://theweekendchef.com>)