A GUIDE FROM DR. BEN SWEENEY

The At-Home Neuropathy *Field Guide*

Home therapies, food and text support

SWEENEY HEALTH CENTERS / FRANKLIN, TN



What would you like to do again?

Maybe it’s staying at the table after supper because your feet feel comfortable. Maybe it’s walking from the parking lot to your grandchild’s ball game. That’s the kind of goal I want to hear about.

In more than 22 years of practice, I’ve helped people with burning, numb feet work toward goals like these. I built the Neuropathy Relief At-Home Program for people who live too far from Franklin for regular visits. If it fits, we ship the supplies to your door and help you get started. You’ll have a team you can text when a question comes up.

Dr. Ben Sweeney, D.C.

CHECK AVAILABILITY WHERE YOU LIVE

Call (615) 595-9062

Request program information

NEUROPATHY RELIEF AT-HOME PROGRAM

What comes to your door?

One program brings the equipment, nutrition supplies and printed plan together. Start with a conversation so you know what fits, what it costs and who will help.



Bedrock Legacy LED Lightpad



ReBuilder 300 kit



ReBuilder conductive socks



NeuroRenew supplement



1NESS DMSO • 4 fl oz

Your binder and your support team

Your printed diet binder includes menus, recipes and grocery lists. Text our team for setup help. Before enrollment, we confirm what fits your care plan and coordinate the ReBuilder prescription.

1NESS DMSO / FOR EXTERNAL USE ONLY

Your kit includes one 4 fl oz bottle. Never swallow it or put it on your lightpad or conductive socks. Ask your clinician or pharmacist before using it on your skin, especially if you use medicated creams or patches.

Ask whether we can serve your location

BEFORE YOU BEGIN

Start with your feet.

Burning, tingling and lost feeling can change how you walk or sleep. What caused the change helps determine what will help you.



A DAILY FOOT CHECK

Sit in good light. Look at the soles, heels and spaces between your toes. A hand mirror helps you see the spots you can’t feel.

What do you already know?

If your symptoms are new or getting worse, arrange a local medical exam. Diabetes, a vitamin B12 deficiency and some medicines can all affect nerves. Knowing the cause can change the treatment.

BRING THIS TO YOUR FIRST CONVERSATION

Write down when the symptoms began, which foot is affected, and what makes them better or worse. Have your medication and supplement lists nearby, along with any diagnosis or test results you already have.

If you have diabetes and find a new sore, redness or drainage, contact your local medical team promptly, even if your foot feels fine.

Daily foot care / CDC

Understanding peripheral neuropathy / NHS

HOME EQUIPMENT

Red light therapy

If burning feet make it hard to settle in at night, comfort is a goal worth tracking. This is the flexible Bedrock Bioscience pad included in our home program.



BEDROCK BIOSCIENCE

Legacy LED Lightpad

The soft pad bends around the foot or lower leg. Adjustable straps hold it in place while it delivers red and infrared light. The power supply comes with the pad.

Make the session count.

Follow the device instructions and the schedule agreed with your care team. With reduced sensation, heat or irritation may be easy to miss. Look at your skin before and after use, and stop if redness persists or a blister appears.

How many times did burning in your feet wake you last night? Write down that number each morning so you can compare nights across the week.

Product photograph from Bedrock Bioscience.

HOME EQUIPMENT

ReBuilder 300 + conductive socks

The handheld ReBuilder sends electrical pulses through a lead wire. The conductive socks carry those pulses to your feet during a seated session.



ReBuilder 300 kit



Conductive socks

We help coordinate the prescription.

In the U.S., the ReBuilder 300 requires a prescription. A qualified prescriber decides whether it fits. When it does, we coordinate the device and socks with your kit so you know where they’re coming from and whom to ask about setup.

BEFORE YOU CONNECT THE LEAD WIRE

Tell your prescriber about a pacemaker or other implanted electrical device before use. Avoid use over an open wound or with an active deep vein blood clot. Review the manufacturer’s full precautions together.

Ask about the prescription process

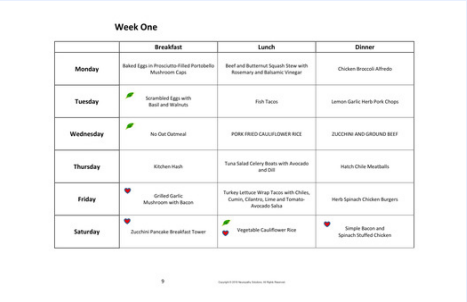
NUTRITION IN THE BOX

What's for dinner tonight?

Your printed Anti-Inflammatory Nutrition Guide pairs weekly menus with grocery lists. Choose one meal you would like to make again.



INSIDE YOUR BINDER



Week One

	Breakfast	Lunch	Dinner
Monday	Baked Eggs in Prosciutto-Filled Portobello Mushroom Cups	Beef and Butternut Squash Stew with Rosemary and Balsamic Vinegar	Chicken Broccoli Alfredo
Tuesday	Scrambled Eggs with Basil and Walnuts	Fish Tacos	Lemon-Garlic Herb Pork Chops
Wednesday	No Oat Oatmeal	PORK FRIED CAULIFLOWER RICE	ZUCCHINI AND GROUND BEEF
Thursday	Kitchen Hash	Tuna Salad Celery Boats with Avocado and Dill	Hatch Chile Meatballs
Friday	Grilled Garlic Mushroom with Bacon	Turkey Lettuce Wrap Tacos with Chiles, Cumin, Cilantro, Lime and Tomato-Avocado Salsa	Herb Spinach Chicken Burgers
Saturday	Zucchini Pancake Breakfast Tower	Vegetable Cauliflower Rice	Simple Bacon and Spinach Stuffed Chicken

Week One menu

From your 116-page guide

Try eggs with basil and walnuts for breakfast, or lemon-garlic pork chops for dinner. Mark what you already have at home before adding anything to your shopping list.



NUTRITIONAL SUPPORT

NeuroRenew™

The formula contains B vitamins, R-lipoic acid and acetyl-L-carnitine to support normal nerve function. Bring your current supplement list so your clinician or pharmacist can check for overlapping ingredients such as vitamin B6.

Receiving chemotherapy? Ask your oncology team first. Acetyl-L-carnitine is discouraged for preventing chemotherapy-related neuropathy.

Menu from Sweeney Health Centers' nutrition packet, © 2018 Neuropathy Solutions.

BETWEEN SESSIONS

You can ask from home.

Text support gives you a place to bring the practical questions that come up after you open the box or try the meal plan.

AN EXAMPLE OF A TEXT EXCHANGE

YOU

I’m on the weekly menu. I don’t like tuna. Is there another lunch in the guide I could try?

SWEENEY TEAM

Yes. Try the turkey lettuce wraps on Friday’s menu. You can use that grocery list for the ingredients.

What makes a helpful check-in?

Tell us what you tried, what happened and the one thing you want help with. Your text can be as simple as “I woke twice last night. Where do I put that on the tracker?”

WHEN YOU NEED SOMEONE NEARBY

Use text support for routine program questions. For a new wound, new weakness or a sudden change in your symptoms, seek prompt local medical care. For an emergency, call your local emergency number.

Turn to your seven-day tracker

PRINT THIS PAGE EACH WEEK

A week in your own words.

Week of _____ **The activity I want back** _____

Choose one activity you already do, such as walking to your mailbox. Record what happened on an ordinary day. Leave a blank if you skipped it.

Day	Night waking Times feet woke me	My usual activity Minutes or distance	What I noticed Comfort, steadiness, shoes…
1			
2			
3			
4			
5			
6			
7			

One change I want to discuss

NEUROPATHY RELIEF AT-HOME PROGRAM

Could this program fit your life?

Tell us your country and state or province. We'll explain availability, the full price and how to enroll.

+1 (615) 595-9062

Request a program call

Scan to contact