

Help for Diabetics

Research for diabetes-related health problems continues, and seems to be finding positive results. Here are some fascinating tidbits about the benefit of micronutrients (alpha-lipoic-acid, Vitamin C, selenium, L-carnitine, and N-acetyl-cysteine) in the fight against peripheral neuropathy in diabetic patients. There was a side benefit- increased mental function- also due to the intake of these nutrients.

Medical professionals have often been accused of pooh-pooing supplementation, so it is encouraging to see research approaching this issue from a micronutrient-loss perspective. As diabetes continues to gain a strong foothold in our population, more research and information could offer life-saving hope to many Americans.

"From PRNewswire:

Mark L. Gostine, M.D., founder of Michigan Pain Consultants, PC, one of the nation's leading full-service pain management practices, and Lawrence Pawl, M.D., a recognized oncologist, today released the results of a new study revealing that the under consumption of micro-nutrients -- essential vitamins, minerals and antioxidants -- can accelerate pain and other complications associated with diabetic neuropathy, a peripheral nerve disorder caused by diabetes. Of the 20.8 million reported diabetics in the country, an estimated 70 percent, or 14.6 million, have or will develop some form of diabetic neuropathy."

"While the over consumption of macro-nutrients, such as carbohydrates and fats, is recognized as a root cause of type 2 diabetes, we set out to determine if the under consumption of select micro-nutrients might be the cause of diabetic complications such as neuropathy," said Gostine. "What we found is that restoring a group of five dietary vitamins and minerals was very effective in alleviating a number of key symptoms, including burning, numbness and overall pain."

The foundation of the study was shaped by extensive data mining of the PubMed database established by the National Institute of Health and National Library of Medicine which catalogues thousands of journals and millions of articles in the field of medicine. Based on this effort, five nutritional supplements -- N-acetyl-cysteine (NAC), alpha-lipoic-acid (ALA), L-carnitine (LCA), vitamin C and selenium -- were selected and provided to patients over a three-month period. Baseline status was assessed using a modification of the Wong-Baker FACES Pain Rating Scale (rating scale from 1 to 10). The following eight parameters were judged:

- Burning pain*
- Numbness*
- Overall pain*
- Perceived level of impairment of function*
- Perceived level of impairment of concentration*
- Perceived level of impairment of thought clarity*
- Perceived level of impairment of alertness*
- Perceived level of impairment of energy*

The conclusion?