Diabetic Neuropathy and ALA Overview

Did you know that diabetic neuropathy affects over 20 million Americans bringing burning pain, numbness, and weakness, especially with diabetes? While there are no magic cures, studies indicate that alpha lipoic acid, or ALA, shows promise as an antioxidant to help manage it.

AL A is a natural compound in your cells that fights free radicals and turns nutrients into energy.

How Alpha Lipoic Acid Helps Nerves

You get it from liver, spinach, broccoli, of supplements. It tackles oxidative stress from high blood sugar or toxins that harm nerves. ALA cuts free radicals, boosts blood flow to nerves, and eases pain.

For diabetic neuropathy, the top type, it can delay damage and improve insulin sensitivity when other options fall short.

Research and Dosage Evidence

Studies back this up. One in the review of diabetic studies found 600 milligrams daily delays or reverses symptoms. A diabetes and metabolism journal trial showed better nerve function after 12 weeks at that dose.

It helps other causes too, like chemo, shingles, lupus, even migraines or carpal tunnel. Meta-analyses confirm IV 600 mg for 3 weeks slashes pain.

Safety, Sources, and When to Use It

Oral over 600mg works short term. Stick to food sources first to dodge nausea, dizziness, or rash. No set recommended daily amount, but 600 milligrams oral daily is standard in trials, like always.

Consult your physician before starting any treatments. If symptoms improve, keep going.

Podiatry Care and Treatment Support

if not, stop, got foot neuropathy. At We Treat Feet Podiatry, we blend multiple strategies with TopCare in Maryland, Pennsylvania, and Washington, D. C.

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