



Post nerve Damage

7 dietary supplements to help

- ① Acetyl-L-Carnitine-supplement and food-meat/ poultry/ dairy
- ② Alpha-Lipoic Acid-supplement and food-broccoli, red meat, Brussel sprouts, spinach
- ③ B vitamins-B100 COMPLEX from GNC-mainly B1/B6/B124.Curcumin
- ④ Fish oil
- ⑤ N-Acetyl Cysteine-supplement
- ⑥ Vitamin D

Exercises to help

- ① Look in the mirror - drag Q-tip from non-affected side to affected side
- ② Use something sharp like a fork and do the same
- ③ Use something cold - Ice cube or popsicle - place on non-affected side first and then the affected side

Observing yourself in the mirror doing this helps your brain realize the difference between the two sides and triggers regeneration