

# 3 Biggest Mistakes Diabetic Neuropathy Sufferers Make

**That cause**

**The numbness, tingling and  
burning to get worse, and stop  
you from healing.**



*With Dr. Cameron Harrison*



**Welcome to...**

## **3 Biggest Mistakes Diabetic Neuropathy Sufferers Make**

**I'm Dr. Cameron Harrison, and I'm really happy you are here today. In light of that appreciation, I want to give you a special bonus at the end of this training.**

**3 Natural Neuropathy Relief tips.**



# 3 Natural neuropathy tips and training.




"Sounds great doc, but this is driving me crazy!" "What can I do right now?"

Here's 3 simple things you can do right now to get some immediate relief. You'd probably like to get some sleep, or just a break from those crazy feet.

In clinic, patients comment on the methods that seem to help the most when their feet are at their worst. Here's the three go to techniques neuropathy sufferers use to provide some relief "Right Now".

**1. Massage with a natural healing balm, or cream, like Motion Medicine**

This technique provides several immediate benefits. It stimulates the nerves, and improves blood flow to them at the same time. By doing these two things at once, you can gain some instant relief, and get on with your life.



In a clinical setting, we use a product called Motion Medicine. Adding this can help reduce pain even more than massage alone. We have tried several different products and while all of them helped, Motion Medicine seems to give the biggest bang for your buck, because of its combination of ingredients that reduce inflammation, pain, and aid in tissue repair. So, here's what you need to do:

1. Apply quarter sized amount in the palm of hand, and rub into feet, toes, and areas of discomfort.
2. Go slowly.
3. Add more cream as needed.
4. Rest with your feet up for a few minutes.
5. Be careful, feet will be slippery!



This cheat sheet will give you natural relief from the numbness, burning, and tingling quicker, easier than ever before.

Again, If you want a copy, please stick around until the very end and I'll tell you how you can get your very own copy.

Also, please don't worry about trying to take extensive notes...because, at the end of today's workshop, I'll show you how to get a copy of the slides.



# Please give me your focus



Please eliminate distractions:  
- close your email, chat, and  
put your phone on vibrate.



**I'm really looking forward to this webinar, because in addition to getting you the 3 tips, here's some items we're going to be focused on:**

- Stopping those big mistakes that are stopping your nerves from healing**
- How you can lower (or eliminate) your need for diabetes drugs by ignoring the diabetic diet guidelines...**



- **How you can eat half a delicious pizza, without sending your blood sugar into the stratosphere.**
- **While it's true that the body heals itself, we'll talk about when you shouldn't wait to heal, but actively work at it.**
- **The one vitamin your nerves NEED that you are probably deficient in if you have taken Metformin.**



**Before we get started, let me tell you a little bit about me...**

**I'm Dr. Cameron Harrison, and for the past 6 years I've helped neuropathy sufferers stop and reverse the numbness tingling and burning of neuropathy in a clinical setting.**

**My specialty is in helping diabetic neuropathy sufferers stop and reverse neuropathy damage **WITHOUT** drugs or surgery.**



**Here's why learning these 3 big mistakes is important information for you NOW...**

**I have spent a decade helping diabetic neuropathy sufferers as they work to stop the pain, numbness, stabbing, burning and get back to doing the things they love.**

**I know how painful and life destroying nerve pain is. It steals away sleep, work and play**

**I've struggled to help my patients, and eventually my mom.**



It began with trying to use natural methods (eg. Supplementing with vitamin D) with varying success. (some big failures)

Over the years I learned what worked, and what didn't and eventually came upon a solution that works with 95% of patients

And I've seen the pitfalls they've faced without guidance. I've seen literally hundreds of patients all making the same huge mistakes, and continually getting worse.

I've searched and failed, and made the same mistakes over the years -

Until I discovered the system that helped my patients turn it all around.



# **Here's My Promise To You...**

**I'll show you how to stop making the 3 biggest mistakes that most neuropathy sufferers make, allowing you to start healing neuropathy damage without drugs or surgery.**

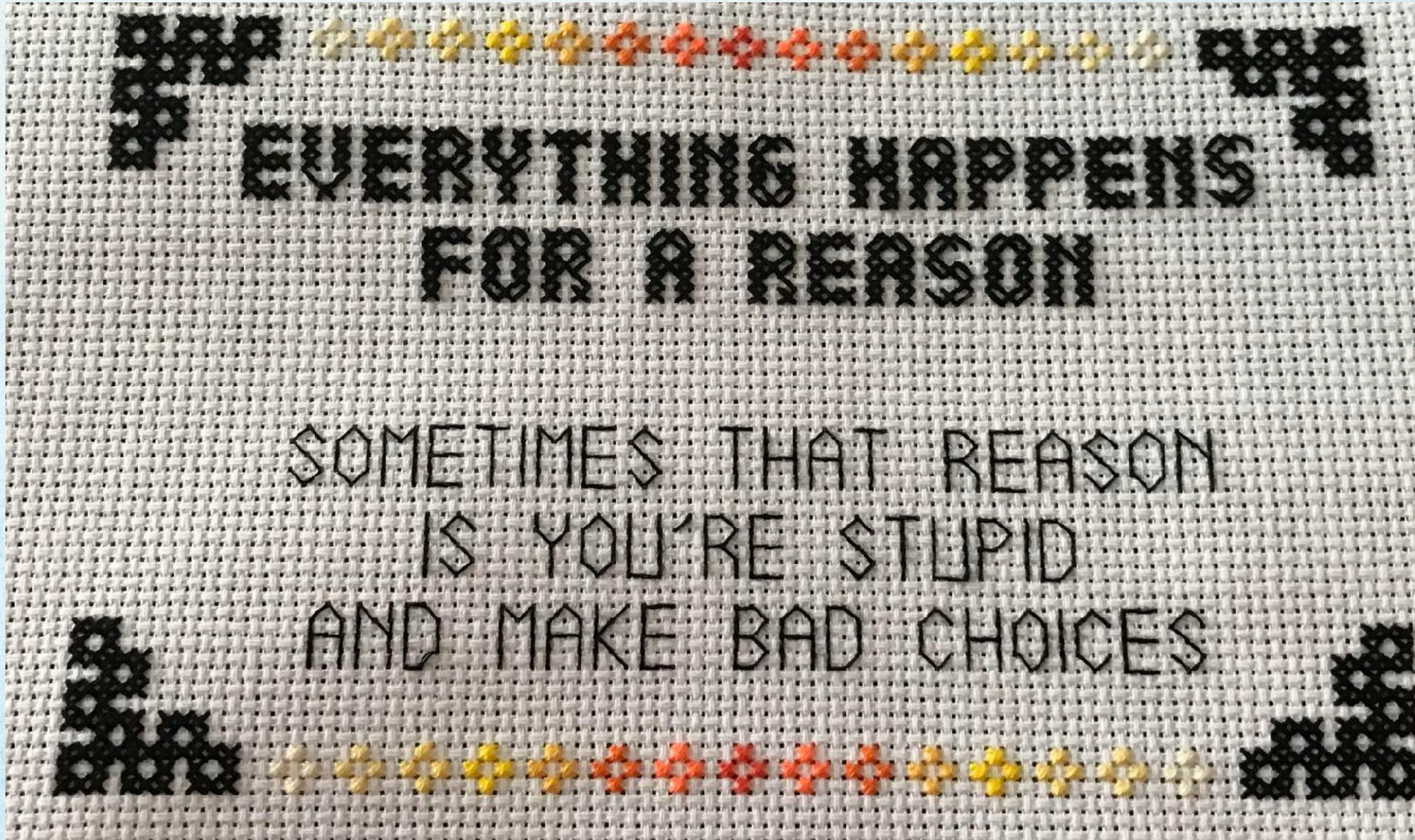


**Now that I've made you that promise, Let's get started. I'm going to share with you the 3 biggest mistakes.**

**Did you know that dietary carbohydrates are the cause of type 2 diabetes, and the reason your neuropathy isn't healing? (Yes, nerves heal)**



# Mistakes



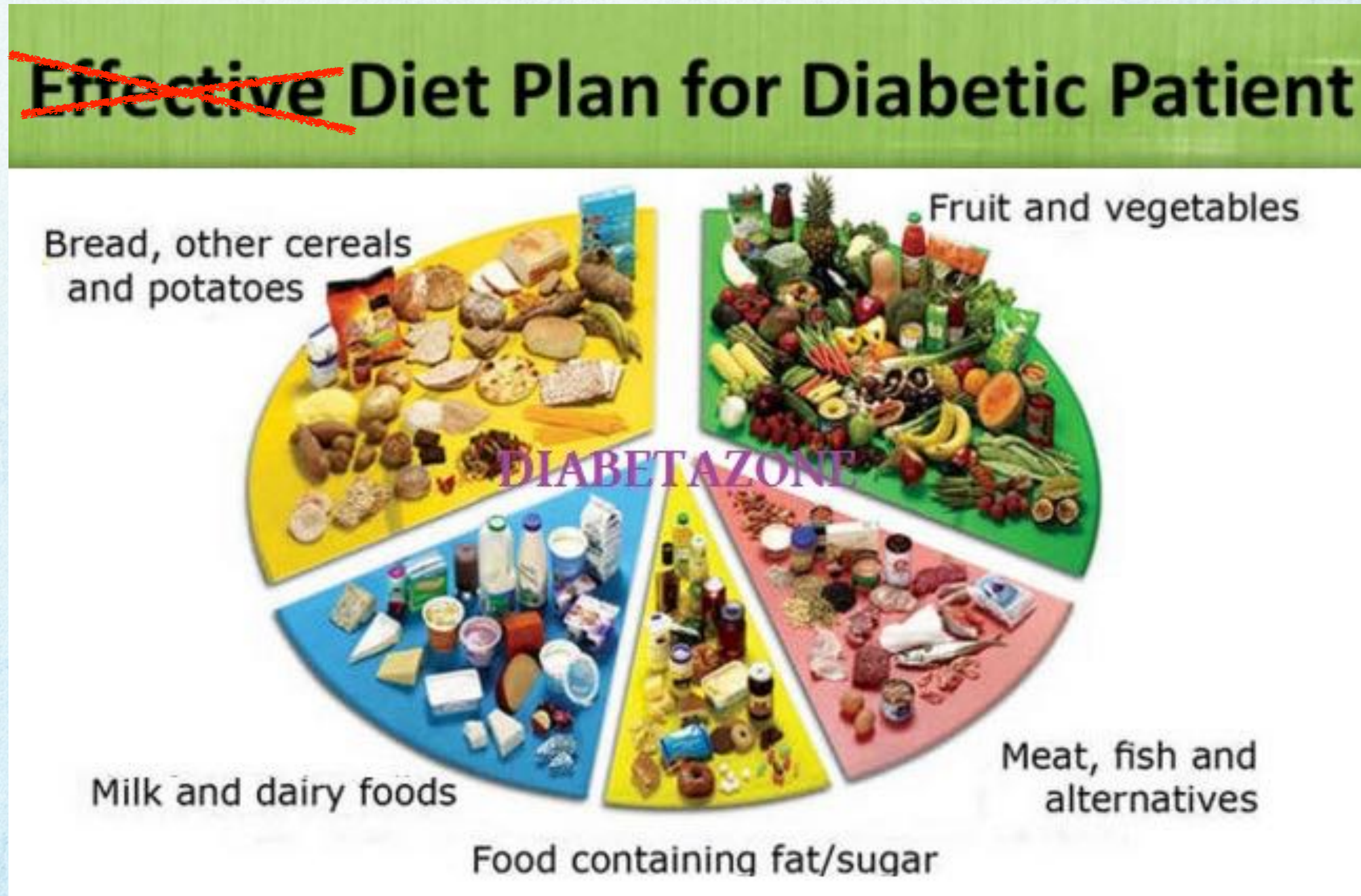


# Mistake #1 - Diabetic Diet

The typical diabetic diet is based on the diet heart hypothesis. This hypothesis has the potential to be the greatest nutritional disaster of the 20th century.

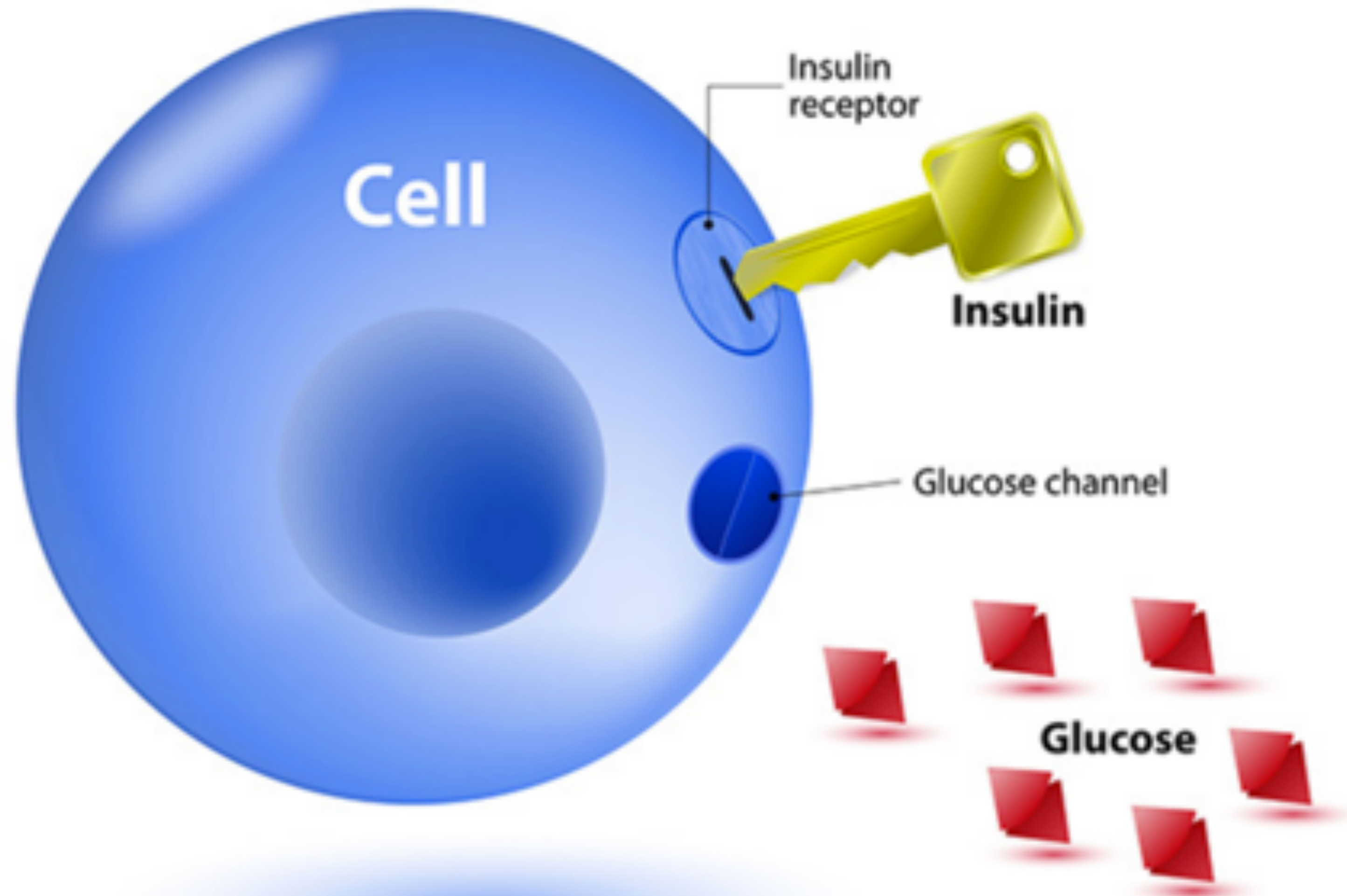


**The diabetic diet is a high carbohydrate, low fat, moderate protein diet.**





# IMPORTANCE OF INSULIN



Insulin is the key to opening glucose channels in your cells



# Here's the problem. Type 2 diabetes stems from carbohydrate intolerance.



Eat high carbohydrate foods



Converted to glucose in blood



Insulin secreted by pancreas

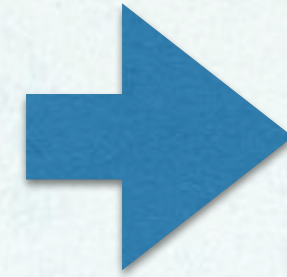
**Repeat this pattern for decades, and your cells begin to adapt to higher insulin levels. This makes them become insulin resistant (ie. it takes more insulin to get them to open up and let the glucose in.)**



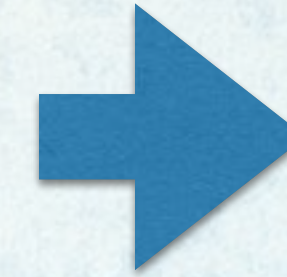
# Insulin Resistance



High Carb Diet



Constant High Blood Guucose



Constant High Insulin Levels



Insulin receptors become resistant



- Glucose can't enter cells
- Cells starving
- High glucose levels
- High insulin levels
- Glucose stored as fat instead of being used by cells



Insatiable hunger and cravings





# When I first started working with diabetic neuropathy sufferers...

It wasn't always like this. I used to help people follow the diabetic diet, and take their drugs (Gabapentin, Lyrica, etc.) and watched as they continually got worse both physically, and in testing.

Then we started working with diet, looking at the research, and found the answer to this complex problem.



**The carbohydrates in the diabetic diet just reinforce this cycle - allowing it to worsen.**

**Reversing type 2 diabetes starts with ignoring the guidelines - TedX Dr. Sarah Hallberg.**



Reversing Type 2 diabetes starts with ignoring the guidelines | Sarah Hallberg | TEDxPurdueU

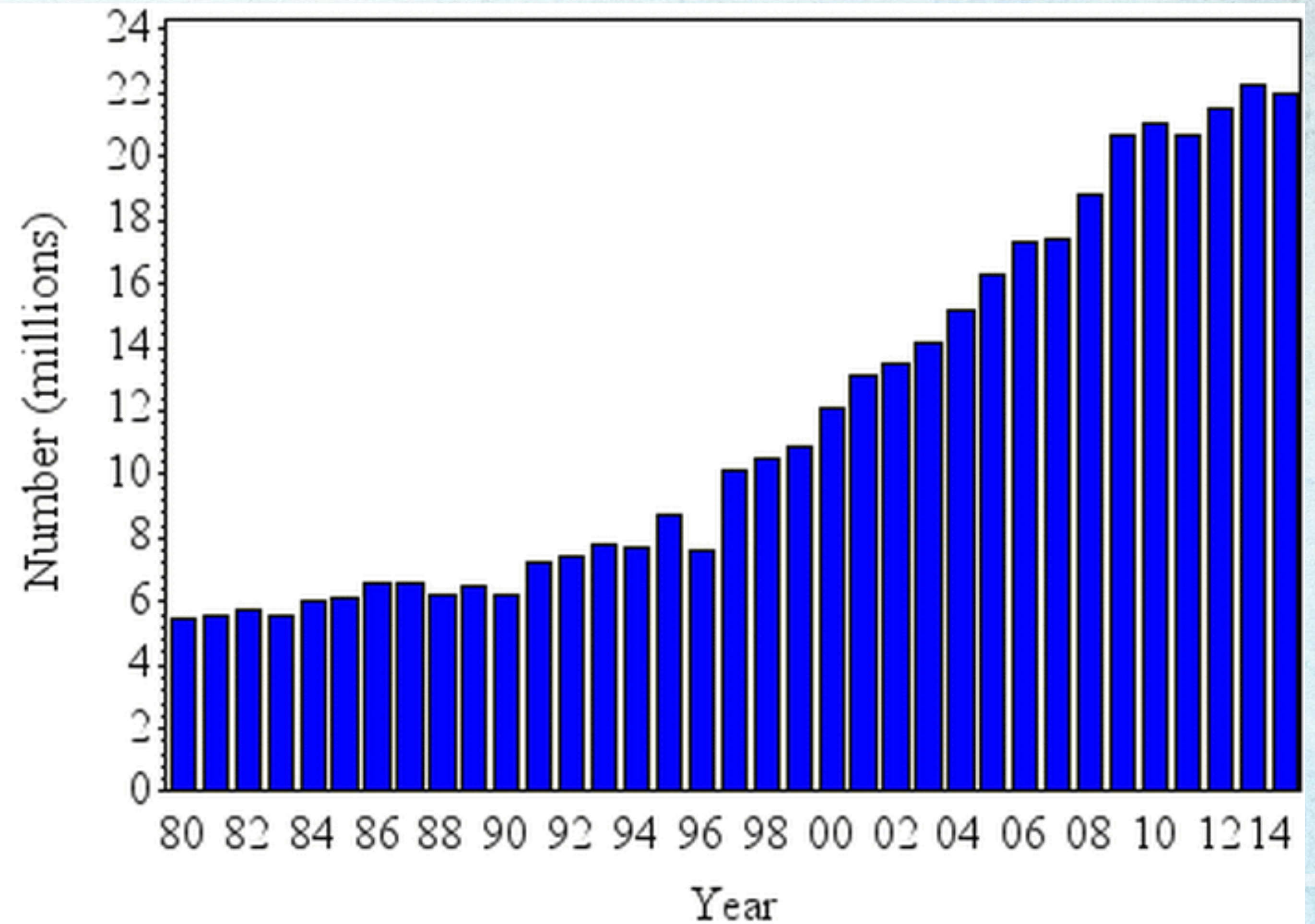


**It is imperative that you move from the typical high carbohydrate diet, to a high fat, low carbohydrate, moderate protein diet.**

**This goes against everything you've been taught for the past 40 years but we must look at the evidence.**

**Since the introduction of the low fat diet the incidence of type 2 diabetes has been steadily increasing. Between 1990 and 2010 it more than tripled.**

**The current recommendations are failing spectacularly.**





**The solution is to move to a high fat, low carbohydrate diet.**





- This breaks the cycle of insulin resistance, and lowers blood sugar dramatically, in a very short period of time.
- It instantly stops one of the major causes of diabetic neuropathy, and helps to eliminate numerous nutrient deficiencies at the same time.
- In clinic it caused patients to start losing weight, and dropped their A1C's within 4 weeks of changing their diet.
- There are NO essential carbohydrates. Your body functions well without carbohydrate at all (the only caveat is if you are on medications to lower your blood sugar, you will need to work with your doctor to adapt your dosage)



- This means you can stop the progress of diabetic neuropathy simply by changing what you eat.
- Stopping the damage caused by high blood sugar instantly allows your nerves to start healing.
- It rarely means giving up the foods you love - there are low carbohydrate alternatives to many typical foods
- Using low carb high fat guidelines, you can eat muffins, bread, cake, ice cream, in addition to delicious meat and vegetables. (just different ice cream, cake etc...)



Ice cream so healthy, you can have it for...



**BREAKFAST?!**



**18**

Tasty Low-Carb **DESSERTS**





**This is an enormous topic, so enormous it's an entire module in my Neuropathy Reversal System. We only have time to introduce this key concept here in this short training.**

In a nutshell:

You can do this. Clinically we cut carbohydrate to less than 30g per day. Be careful if you are on drugs for type 2 diabetes, you will have low blood sugars, and need to cut back on your dosage.

There is abundant information out there on low carb eating- complete with recipes, guides and more. Make sure you are getting enough fat.

In my neuropathy reversal system training I get much more detailed on this topic (It's an entire module) - here we only have time to touch on it.



# Does this make sense to you?

What is your #1 takeaway from mistake #1?



# Mistake #2 - Uncorrected Dietary Deficiencies

Type 2 diabetics suffer from multiple vitamin and nutrient deficiencies that cause nerve damage and worsen symptoms of diabetic neuropathy.



# When I first started working with diabetic neuropathy sufferers...

While looking for ways to help them, I discovered several common nutrient deficiencies. Each one of them, on it's own, can cause neuropathy, but when combined together, with run away blood glucose - make a perfect storm.

Correcting one deficiency isn't enough to turn the tide. Many of my patients had heard about a supplement that helped neuropathy, and tried it - without success.

This is because it's vital that all the deficiencies are corrected to allow healing to begin.

So the simple solution, is to ensure sufficiency in vitamins, and other nutrients.



**There can be multiple deficiencies,  
But let's talk about the big 3...**

**Vitamin B 12**

**Vitamin D**

**Magnesium**



# Vitamin B 12

- Vitamin B12 is a vitamin that is involved in metabolism (energy production) in every cell of your body.
- It is a cofactor in DNA synthesis (your body's blueprint)
- It is VERY important in normal nervous system function.
- Deficiency is common in people who use antacids, or take drugs for esophageal reflux.
- It is found primarily in meat (especially red meat), fish and eggs.

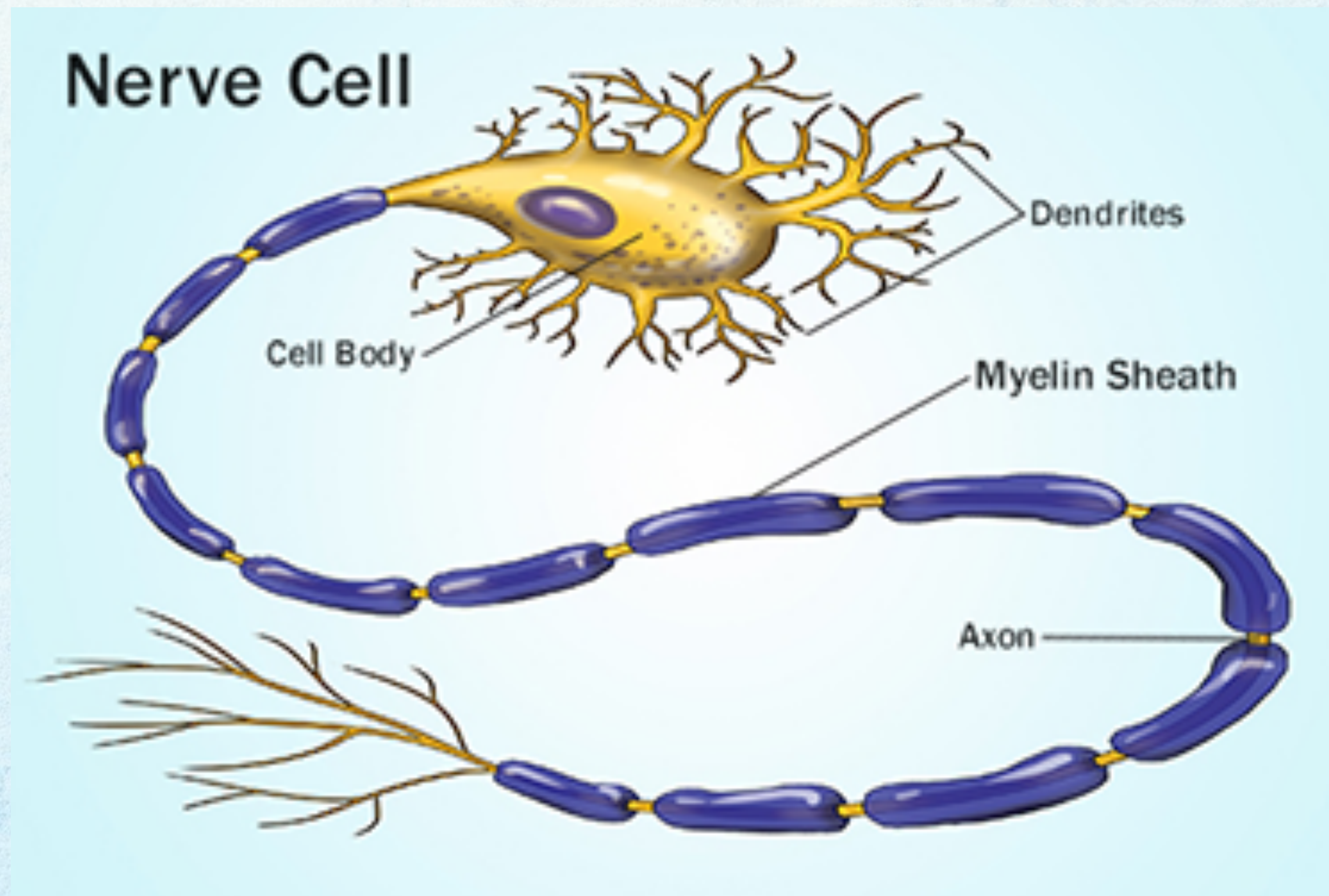


# Metformin B12 connection

- Early in the testing of Metformin, many patients were found to be lacking vitamin B12 after beginning its use.
- B 12 is required for your body to heal and maintain the sheath (covering) of nerve cells. If you are deficient in it, healing cannot take place.
- This leaves you with worsening neuropathy, and an inability to heal



# Metformin B12 connection





# Vitamin B 12

- Clinically we made sure every patient took a vitamin b12 supplement, totalling 5000mcg/day.
- Eat red meat, fish, and eggs.
- Work to reduce the usage of antacids and medicine for esophageal reflux
- Many patients found they felt better after moving away from the Standard American Diet (SAD)



# Vitamin D

- Vitamin D is known to activate many processes in the body, including Nerve Growth Factor (NGF)
- This (as it's name suggests) is responsible for generating growth in neural tissue.
- As one would suspect, if vitamin D levels are low, NGF is typically inert, and nerves don't grow.



# Vitamin D

- It's estimated that approximately 75% of Americans are deficient in vitamin D.
- This may actually be a low estimate, especially in the case of those with type 2 diabetes.
- There has been some remarkable research in the area of neuropathy and vitamin D.
- Clinically I recommend 8000 iu of vitamin D per day for neuropathy patients (especially in the winter, or when not getting much direct (without sunscreen) sun exposure).



# Magnesium

- One of the most important minerals in the body, and 4th most abundant
- Essential in the regulation of proteins, nerve and muscle function, blood glucose control, and blood pressure regulation.
- Sound important for a type 2 diabetic?
- You bet your dry roasted almonds it is.



# Magnesium

Here's a couple facts about Magnesium:

- Elevated blood glucose levels increase the loss of magnesium through the urine - Type 2 diabetics dump magnesium.
- Magnesium is intimately involved in blood glucose control, and in nerve function - so being deficient in it is VERY BAD
- The best source is in foods, (spinach, seeds and nuts, like almonds)
- It's found in higher carbohydrate foods as well, like grains and sweet potato, but it's best to avoid those since they increase blood sugar, causing you to excrete magnesium.



# Magnesium

- Clinically we recommend eating more foods with magnesium, and also boosting your intake with a quality supplement.
- Typically we recommend Magnesium Bis-Glycinate - 400 mg/day for the first month, and then 200mg/day.



# Does this make sense to you?

What is your #1 takeaway from mistake #2?



# Mistake #3 - Waiting





## Many of my clinical patients had been waiting.

- They had spent years trying to ignore the symptoms of their diabetes, and then ignoring the symptoms of neuropathy.
- It started as a little tingle or loss of sensation.
- Then progressed slowly. So slowly that it was hardly noticeable at first. By the time it got bad enough to start on gabapentin, it had been there for years.



# Waiting for:

- Things to get better - Or things to get worse.
- A new drug that will eliminate type 2 diabetes.
- A new drug that will eliminate diabetic neuropathy.
- The drugs to heal your nerves.
- Your next A1C.



# It's not even your fault

- Most of my patients believed that nothing could be done anyway, so they were just waiting to see how bad it would get.
- Some were waiting because it's not too bad yet. Just when the wind is blowing, or my feet are cold, or when my blood sugar is high.
- Some were waiting because it felt like it got better when they started on Gabapentin. Maybe it's healing my nerves. (it isn't, it's just covering up the symptoms - for a little while)



# Stop Waiting.

- The reason diabetic neuropathy is progressive is we let it progress. If nothing is done to stop it - it won't stop.
- **Waiting just allows the problem to get worse**, and makes it harder to heal when you finally do decide to start.
- The cause is simple - out of control blood sugar leading to deficiencies and toxicities that damage nerves and prevent healing.
- The solution is equally simple. Eliminate the blood sugar spikes and toxins, and provide sufficient nutrients for healing.
- What are YOU waiting for?



# Get Started

- It's as simple as following a plan. You need to:
- First - build a firm foundation for healing. Stop the blood sugar spikes and eliminate toxins. Make sure you are providing all the nutrients your body needs.
- Second - Create a growth environment by restoring blood flow, providing ample nutrients, and boosting growth with well researched neuropathy healing compounds
- Third - Power up your healing by stimulating nerves to produce energy and heal, and keep on working at it day by day.



**Everyone okay? Information overload?**

**What is your #1 takeaway from this training?**

**What I've just shown you is part of the exact system I've used clinically to stop and reverse diabetic neuropathy in over 95% of patients.**

**Right now, let's recap everything you've learned about diabetic neuropathy, and avoiding the 3 biggest mistakes.**



# Let's Recap:

**Mistake #1 - Diabetic diet** - Reversing type 2 diabetes starts with ignoring the guidelines. Cut the carbs, and add fat to you diet.

**Mistake #2 - Correct Deficiencies** - Flood your body with the nutrients it's crying out for, starting with Vitamin B12, Vitamin D, and Magnesium.

**Mistake #3 - Stop waiting** - The answer to diabetic neuropathy isn't going to come from a pill. It starts by doing the work to stop and turn it around now. You'll never start any younger.



**So, let me ask you:**

**I know we had limited time together. given the time that we had, did we do a good job today of giving you stuff, even if you left this room right now, that you could use to help stop the damage to your nerves, and begin to heal?**



**Q: Did I earn the right to spend a few minutes talking about how you can continue to work with me to heal your neuropathy?**

**If you would like to learn more about my neuropathy reversal system type YES in the chat.**

**Now, this course/coaching is not for everyone. It's only for people who are willing to do the work, not make excuses, and spend a few minutes per day healing their neuropathy.**



**This system was born out of a clinical method that has been incredibly effective at stopping the damage, and helping people heal. (95%)**

**If you'd like see how the system works I'd be delighted to show you.**



**You will need to commit about an hour a day (7 hours per week) to achieve the results you want.**

**You can learn and implement the whole process in less than 9 weeks.**

**Healing times vary, but patients start testing better on the TCSM in 4-7 weeks.**



**“I am so impressed with this system, and I have so much to learn and apply. I am thankful for all your study and prep for this material. Bless you.**

**Wendy, E. Alberta Canada**



**“You have made the masterclass so easy to follow! You have done all the necessary work and laid out for us the steps to follow!”**

**B. Burton**



**“I like the way you are sending out the modules. When you send out a new one, I devour it immediately!”**

**- Barbara B. South Carolina, USA**



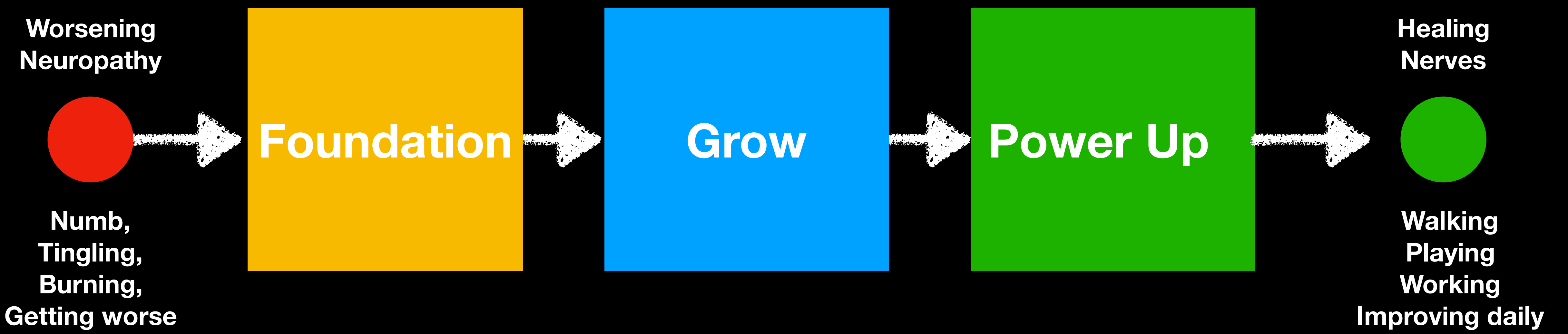
**Now it's time to decide if my neuropathy reversal system is right for you.**

**I'm not going to get all used-car salesman on you. You've watched this entire training session, and you've listened to me...You've heard my story.**

**You know what I'm saying can help you stop the damage, and start healing the numbness, tingling and burning faster/easier than you could on your own.**

**So let's cover what you get when you invest in the neuropathy reversal system.**







# Natural Neuropathy Solution





# **Week One: Stabilize**

**The one lie that we've been fed for years that is making type 2 diabetes an epidemic in America.**

**Why it can be so hard to stabilize blood sugar**

**Yes - you can reverse type 2 diabetes by eliminating it's cause - I'll show you how!**

**Reversing type 2 diabetes begins with ignoring the guidelines.**

***One of the 3 biggest mistakes - Diabetic Diet.***

***Once you move away from high blood sugar you not only stop the damage, but you retain more nutrients. Retaining these nutrients speeds healing, and improves blood flow - healing nerve damage.***



# **Week Two: Clean**

**How toxins affect nerve health and nerve growth.**

**The single worst drug for diabetics to be taking (as far as their nerves are concerned)**

**Why your blood pressure drugs might be making your feet worse**

**How environmental toxins can be avoided so your feet can heal**

**The best methods of detoxifying - clean the river.**



# **Week Three: Prep**

**In order to build nerves, you need the right building blocks.**

**If you are use the wrong materials, you can't build a strong house.**

**The single, proven method of getting the right nutrients**

**The things a type 2 diabetic should NEVER eat.**

**Once you have the right foundation, nerves can GROW!**



# **Week Four: Floodgates**

**No blood flow, no healing - only sickness and death.**

**Why every diabetic has blood flow issues.**

**Without nutrients - Nerves can't function**

**The best proven methods of restoring normal blood flow**

**Opening the floodgates so your nerves can flourish**



# **Week Five: Build**

**If you are missing a piece, the puzzle never gets completed**

**Missing minerals - they're not the ones you think of.**

**What kind of fat heals nerves and keeps you thin?**

**Essential nerve growing elements that you are deficient in.**

**Exactly what you need to supplement, and what you don't. How much, when, and what kind to take.**



# **Week Six: Boost**

**Cutting through the hype around neuropathy supplements**

**What should you take? The research tells us!**

**The supplements that work together - and how to take them.**

**The single most important supplement for diabetics (who want to avoid nerve, eye, and kidney damage)**

**Checklists for what to take, how much, when, and how often.**



# **Week Seven: Wake up.**

**How to wake up sleepy nerves.**

**The three tips, and how to do them.**

**What kind of nerve stimulation actually helps?**

**What to buy and how to use it.**

**Complete checklists and guides walking you through every step.**



# **Week Eight: Supercharge**

**How the power of light can turn it all around**

**The most powerful nerve healing system.**

**How it works, when to use it.**

**The clinical miracle.**

**So powerful it's included in the Quickstart system.**



# **Week Nine: Focus**

**Maintaining course is the only way to arrive at your destination**

**Nerves and how they heal**

**Why perseverance is key**

**How to transition from therapeutic to maintenance doses**

**The most important lessons I've learned over the past decade.**



# **Plus:**

**You get checklists of what to do at each stage**

**Guides for how to do it.**

**Daily schedules of what to take, how much to take, and  
when to take it**

**Quality matters - I'll tell you which supplements to  
buy, and which to avoid.**

**A builder is only as good as his tools. I'll help you make  
sure you have the right ones.**



# **Neuropathy Reversal System**

**Clinical patients paid as much as  
\$10,000.00 for personal care over the  
course of a year**

**The full masterclass is currently on my  
website for the price of \$1997.00**

**Special webinar pricing available which  
cuts the price considerably.**



**As an Neuropathy Solution  
Member you get  
everything.....**



**Over 35 training videos, with  
Me - leading you through  
each step**

**Complete training on every  
component of the system, all  
9 modules**



**Guides, checklists, and how  
to implement each step as  
you go along**

**100% online. Learn every  
step to stop and reverse  
your neuropathy**



1 - Stabilize



2 - Clean



3 - Prep



Cameron Harrison

## Welcome to the MasterClass!



Type 2 Diabetes - In this training we cover the cause of type 2 diabetes, the common treatments and why they fail, and the solution...

1.4 - Question & Answer





**Let's talk about Mary's story.**



**It all starts with a free no obligation 30 minute telephone consultation with me. This will help me understand your needs, and give you personalized coaching and direction on your next step.**



# I know this system has a 95% Success rate Clinically.

What I'm looking for, is 10 people to go through the program/coaching, to provide more case studies for when the system launches to the public.

This is the reason for a free consultation, and substantial discount on the masterclass, group coaching, and personalized coaching.



**Normally these half hour calls  
are priced at \$247.00, but for  
webinar attendees I've opened  
up 10 FREE spots over the next  
3 days**



**Because different people have different needs ranging from a simple eBook, to premium personalized coaching, the only way for me to meet your needs, is to talk with you on a free consultation.**



**Questions?**



And if you want to keep working with me,

**GO To**

**Book your consultation now.**

**Remember, There are limited appointments**







# Get your free stuff!


## FAQ


Here are answers to some frequently asked questions:


How do I access the training? 

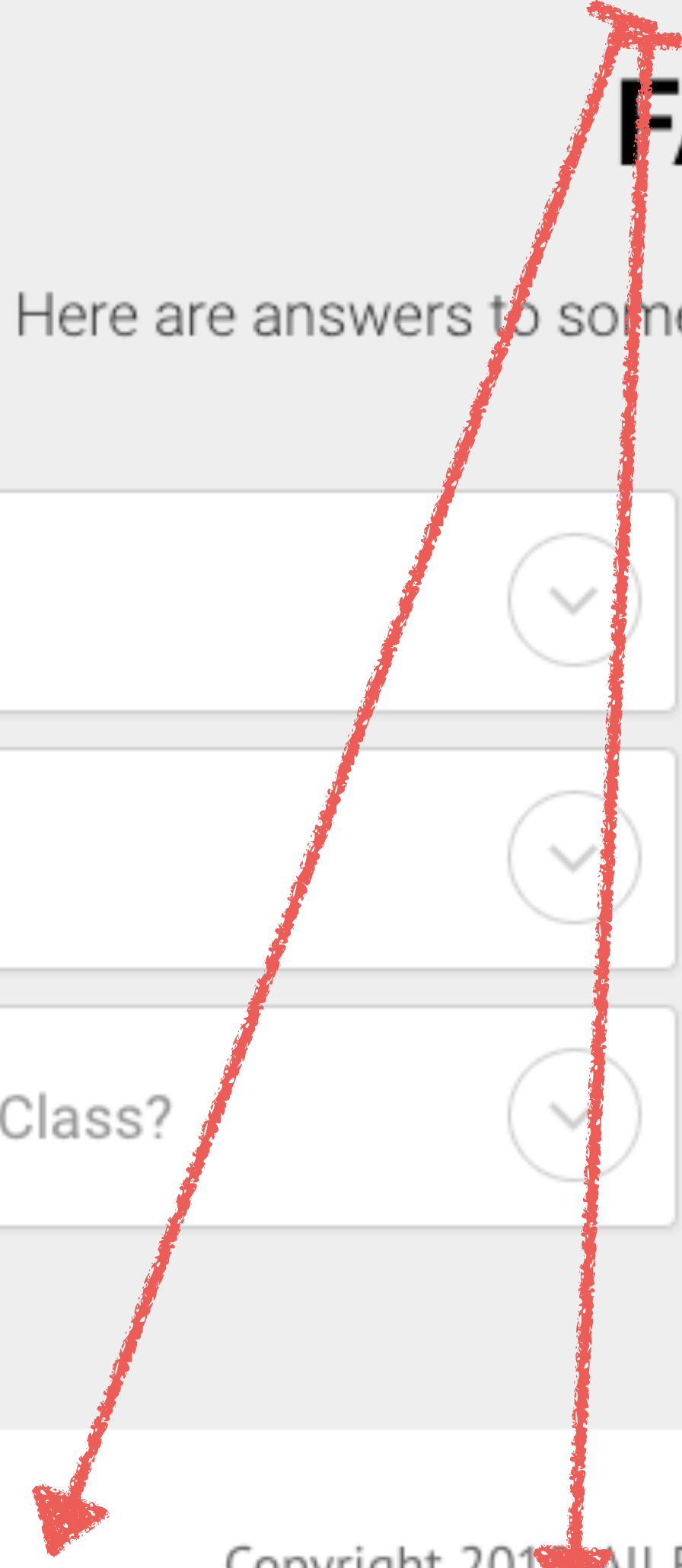
What do I do if I get stuck? 

When will my course arrive? 

How long will it take to go through the masterclass? 

How long will I have access to the MasterClass? 

Do I need to buy anything else? 



Copyright 2011 All Rights Reserved. Dr. Cam