Practical Examples of Treating Peripheral Neuropathy with coMra Therapy

Symptoms of peripheral neuropathy

Peripheral Neuropathy is experienced as pain and weakness in the muscles. It is usually felt in the arms and the legs but can also affect other areas of the body. The symptoms may vary depending on the type of nerves affected. As each of the nerves has its own unique function, the signs of damage could be very different: from numbness and tingling to sharp or burning pain. Other symptoms include extreme sensitivity to touch, lack of coordination, inability to move, heat intolerance, digestive problems, changes in blood pressure etc.

What causes Peripheral Neuropathy?

The effective treatment of peripheral neuropathy starts with the knowledge of the cause. Diseases like diabetes, rheumatoid arthritis, traumas and autoimmune conditions are among the possible reasons. Among the various causes of Peripheral Neuropathy can also be inflammatory infections, physical injury, exposure to toxic chemicals (toxic neuropathy), poor diet, kidney failure, chronic alcoholism, and certain drugs - especially those used to treat cancer and HIV/AIDS. In some cases, however, even with extensive evaluation, the causes of Peripheral Neuropathy remain unknown in some people - this is called idiopathic neuropathy.

The Effects of coMra Therapy on Peripheral Neuropathy Conditions

Although it is a gentle procedure without any unpleasant sensations or side effects, coMra therapy is very beneficial. The power of coMra therapy is in the coherent work of low level laser, magnets, ultrasound and light diodes in supporting the regenerative process of the damaged neurons. By stimulating this natural self-repair process in the cells, coMra therapy provides very effective but non-invasive treatment of peripheral neuropathy.

The application of coMra therapy leads to a partial or complete relief of pain from surgery, trauma, burns, cuts, gastrointestinal muscle spasms, physical exhaustion, chronic migraines, alcohol intoxication, fibromyalgia, peripheral neuropathy and so on. To some extent, these pain relief effects are also observed after low level laser therapy and magnetic infrared laser therapy.

In this article we will look into the details on how to treat several health conditions which are usually experienced with some kind of neuropathic pain. There are specific coMra treatment protocols for these conditions which will soothe the symptoms and will work on the root cause of the disease itself. Below is the list of the conditions which will be included in this article as there will be a separate section for each of them.

- Multiple sclerosis
- Carpal tunnel syndrome and trigeminal neuralgia

- Inflammation and infection
- Diabetic Peripheral Neuropathy
- Idiopathic neuropathy
- Vitamin + nutritional deficiency

How is Pain Relief Achieved with coMra Therapy ?

As a healing method which unites low level infrared lasers with magnets and ultrasound, coMra is often used for pain relief with a high level of success. Pain relief after coMra therapy is based on the general theory of pain as an integrated warning system of intracellular energy deficit in tissue, suggested by Rainer Liedtke in his work *A General theory on pain as an integrated thermodynamic mechanism*. Acute pain can therefore be viewed as a signal of a critical energy deficit in the injured cells.

The coMra therapy increases the efficiency of the energy metabolism and thus accelerates the restoration of the energy balance within a few minutes after the treatment. As the internal homeostasis of a cell is restored, neurons in the vicinity of the injured cell normalize their excitability and thus generate fewer and fewer electrical signals. This results in decreased acute pain sensation.

Furthermore, as the damaged neuron repairs its structure, gradually chronic pains also start to subside until full recovery is achieved.

1.Practical Example of Treating Peripheral Neuropathy with coMra Therapy:
MULTIPLE SCLEROSIS

Multiple Sclerosis (MS) takes several forms, with new symptoms either occurring in isolated attacks (relapsing forms) or building up over time (progressive forms). Between attacks, symptoms may disappear completely; however, permanent neurological problems often remain, especially as the disease advances.

The underlying mechanism is thought to be either destruction by the immune system or failure of the myelin-producing cells. There is no known cure for multiple sclerosis. Our (coMra therapy) approach is that it is a type of autoimmune condition that requires extensive systemic treatment, apart from local application.

Check out the inspirational video story of Cheryl Terblanche, a multiple sclerosis sufferer for the past 20 years who has had significant results with coMra laser therapy. Cheryl describes the debilitating effects of MS and how her symptoms were significantly alleviated within a few months of using coMra. She now works a full day and is able to garden where she couldn't walk or bend properly before.
https://youtu.be/GGRK4P2l898

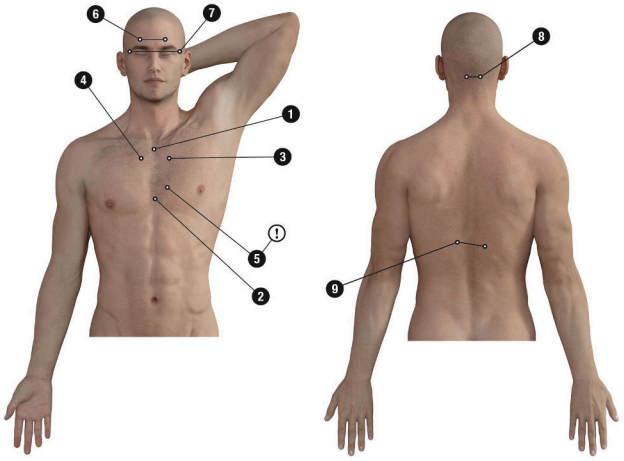
She mentions that the MS has not gone completely, however she had much relief from the symptoms and there is no further worsening of neurological symptoms that occur with most MS cases.

Recommended coMra Treatment Protocols:

The treatment course from the coMra user guide for multiple sclerosis (Neurology 10) is very extensive and consists of several other treatments. There is no known cure for multiple sclerosis, however coMra will improve the quality of the daily life of the person suffering from it. Obviously, it takes time and patience to get proper results, but persistence is needed. We will give here a detailed treatment for MS so as to give one of the most extensive examples of the application of coMra therapy. Some other types of Peripheral Neuropathy may require a similar systemic plus local treatments approach, however we will give more brief examples. Treatment protocols for specific needs can be discussed with our **Support Team.**

TREATMENT FOR MULTIPLE SCLEROSIS (NEUROLOGY 10)

Part 1: Somatic biostimulation – neurological relief (Universal treatment 5)

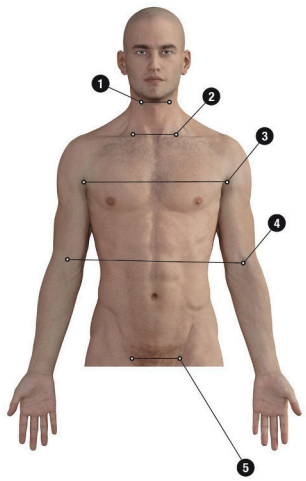


TREATMENT	
1	**Top of sternum** 5 min @ 5Hz
2	**Bottom of sternum** 1 min @ 5Hz
3	**2nd intercostal, left of sternum** 1 min @ 5Hz
4	**2nd intercostal, rigth of sternum** 1 min @ 5Hz
5	**4th intercostal, left of sternum (only once per day)** 1 min @ 5Hz
6	**Frontal** 1 min per point @ 50Hz , Ultrasound OFF
7	**Temples** 1 min per point @ 50Hz , Ultrasound OFF
8	**Suboccipital** 1 min per point @ 50Hz , Ultrasound OFF
9	**Adrenal glands** 2 min per point @ 5Hz
9	**Adrenal glands** 2 min per point @ 50Hz

This treatment addresses components of the neuro-endocrine system that are responsible for anxiety and stress. It is done twice a day, morning and evening and each treatment takes 23 minutes.

Part 2: The blood treatment Universal 3 or Cardiology 2 on alternating days

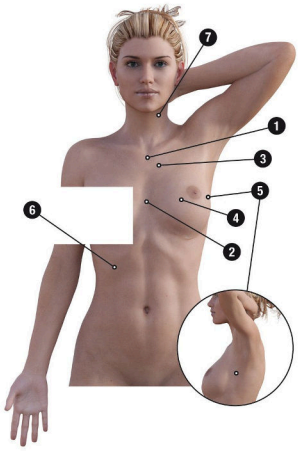
Universal 3 (10 minutes)*:*



TREATMENT	
1	Carotid arteries (both sides) 1 min per point @ 5Hz
2	Subclavian arteries (both sides) 1 min per point @ 5Hz
3	Axillary arteries (both sides) 1 min per point @ 5Hz
4	Anconeal arteries (both sides) 1 min per point @ 5Hz
5	Femoral arteries (both sides) 1 min per point @ 5Hz

This is a short 10 minute treatment that is used to transcutaneously irradiate the bloodstream at several key points. It is one of the most effective immune treatments, improving the blood cell plasticity, oxygenation and other properties. The blood treatment protocol is part of many coMra programs, since the blood is the vital liquid which constantly circulates in the body, reaching every cell, distributing nutrients and serving as a medium for the elimination of toxins and waste materials.

Cardiology 2 (14 minutes)*:*

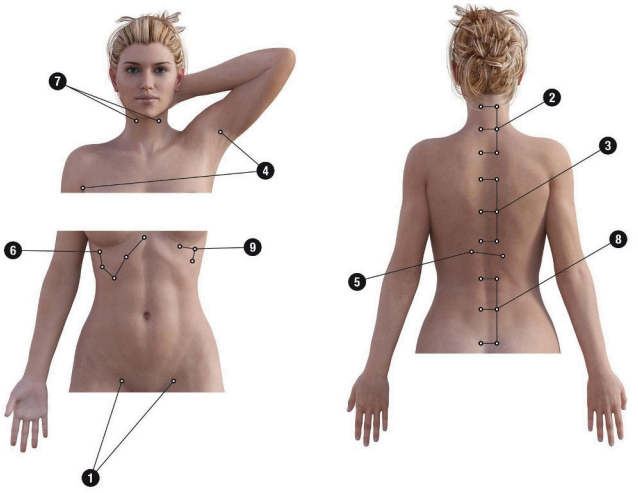


TREATMENT	
1	Manubrium sterni 1 min @ 5Hz
2	Sternum 1 min @ 5Hz
3	2nd intercostal, left of sternum 1 min @ 5Hz
4	4th intercostal, left along the mid clavicular line 1 min @ 5Hz
5	4th intercostal, left along the mid axillary line 1 min @ 5Hz
6	Gallbladder 2 min @ 5Hz
7	Carotid artery, left 1 min @ 5Hz
8	3 points opposite scapula, left 1 min per point @ 5Hz
8	3 points opposite scapula, left 1 min per point @ 50Hz

NOTE: This particular treatment is not necessary if you do not have a heart condition. This treatment addresses various heart diseases. It is specifically applied in cases of myocardium issues and ischemia. When treating the body around the heart area with coMra, you should use the 5Hz frequency as shown in the User Guide. In Cardiology 2 the

recommended points are close to the heart area covering different parts of the organ, together with some vital points for blood circulation, like the carotid artery.

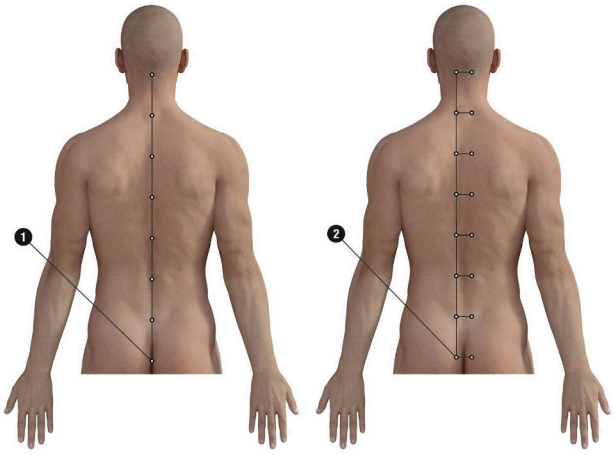
Part 3: Somatic biostimulation – physical exhaustion and stamina



Day 1	1 Femoral arteries, one side only 5 min @ 5Hz	11 mins
	2 Cervical section 1 min per point @ 50Hz	
Day 2	1 Femoral arteries, other side 5 min @ 5Hz	11 mins
	3 Breast section of vertebral column 1 min per point @ 50Hz	
Day 3	4 Axillary cavity, one side only 5 min @ 5Hz	7 mins
	5 Kidneys 1 min per point @ 50Hz	
Day 4	4 Axillary cavity, other side 5 min @ 5Hz	10 mins
	6 Liver 1 min per point @ 50Hz	
Day 5	7 Carotid artery, one side only 2 min @ 50Hz	8 mins
	8 Lumbosacral region 1 min per point @ 50Hz	
Day 6	7 Carotid artery, other side 2 min @ 50Hz	5 mins
	9 Spleen 1 min per point @ 50Hz	

This protocol is effective for various cases of physical exhaustion, as well for sports training. It has a direct action on cerebrospinal fluid and also greatly improves immunity as a result of a light zoned approach for treatments. It takes from 5 to 11 minutes every day.

Part 4: Spinal cord, and roots of peripheral nerves (ganglia) (24 minutes)



TREATMENT	
1 From coccyx to occiput at 10 cm intervals 1 min per point @ 1000Hz	
2 Along both sides of vertebral column through long extensors at 10 cm intervals 1 min per point @ 50Hz	

Last but not the least is treatment of the spine. This is an indispensable treatment for most autoimmune conditions as well as various neurological conditions.

So altogether, the full MS treatment takes around 30-40 minutes 3-4 times a day. That seems like investing a lot of time. However, with a proper attitude and making it a habit, it becomes a natural part of the day, among many other things and a pleasant one for that matter.

The result of such investment is not a miraculous momentary healing, but a step by step process of relief and recovery from a disease that has otherwise no cure, and leads in most cases to a disability and in some cases to a painful death.

2.Practical Examples of Treating Peripheral Neuropathy with coMra Therapy:
CARPAL TUNNEL SYNDROME, TRIGEMINAL NEURALGIA

Below you can watch two videos showing how these conditions were addressed by practitioners using coMra.

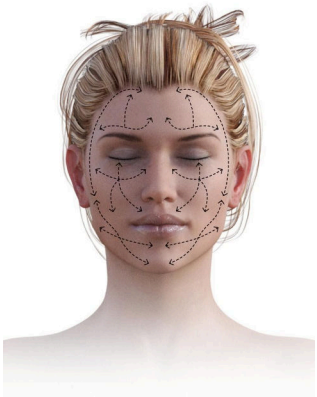
This video presents 3 cases of various pain syndromes treated by Dr. Zlatev from Bulgaria: Herpes Zoster (Shingles/ Postherpetic Neuralgia) of the sciatic nerve at the hip, Trigeminal Neuralgia, and surgically damaged median nerve (2 carpal tunnel surgeries).
https://youtu.be/0vp2OmaMWmM

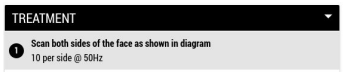
In this next video you will see a small extract on treating Trigeminal Neuralgia by Leslie Carmen from Florida, US. She has been specialising in trigeminal neuralgia and other pain syndromes and has been treating them with laser therapy for many years.
https://youtu.be/k6K62b6QB4I

Recommended coMra Treatment Protocols:

Pain syndromes like carpal tunnel or trigeminal neuralgia often require quite a straightforward approach. This would mostly be a local treatment covering the whole area where pain is felt. It would also address some “upstream” nerves and their roots, as well as the blood supply.

*Here is an example of **Trigeminal Neuralgia (Neurology 4)** treatment:*

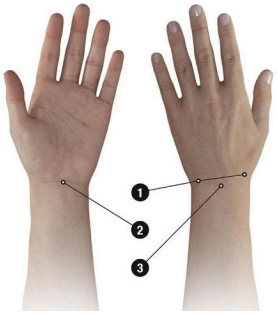




Schedule 1. In chronic cases the treatment is done 2 x daily for 15 days and then another course after a 2 weeks break. Continue repeating the course once a month until the symptoms disappear.

Schedule 2. With acute severe cases the treatment is done 3-4 times a day for 10 days and then 2 times a day for another 21 days. After a 2 week break continue with Schedule 1 until the symptoms disappear.

Here is an example of ***Radiocarpal Articulation (Traumatology 7)*** *treatment:*



Schedule 1. In chronic cases this treatment is done 2 x daily for 10 days and then another course after a 3 week break. Then repeat until full relief is achieved.

Schedule 2. In severe acute cases the treatment is done 2 times a day, plus additionally, scanning for 10 minutes at Variable frequency2 times a day, spending more time over the most painful points.

So, as is clear from the above treatment protocols, for certain conditions that do not have an underlying systemic cause, it is possible to focus the treatment on local areas. A person will benefit from extra systemic treatments, but these are not strictly necessary for achieving short term and long term relief.

3.Practical Example of Treating Peripheral Neuropathy with coMra Therapy:
INFLAMMATION AND INFECTION

Infectious diseases as Lyme, mononucleosis, Herpes Zoster, Chikungunya and others may often result in a pain syndrome localised in one way or another.

Example of treating Herpes Zoster (Shingles/ Postherpetic Neuralgia) infection pain:
https://youtu.be/k6K62b6QB4I

Example of treating Chikungunya infection pain:
https://youtu.be/mr2sLHOSvFM

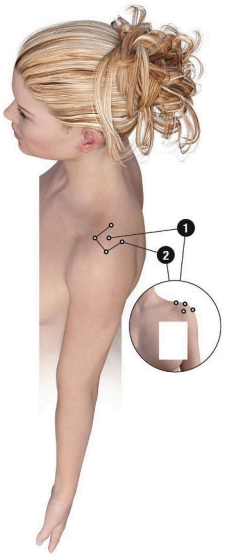
Example of treating mononucleosis and Lyme infection pain:
https://youtu.be/rZ47m0gxlyM

However, in addition to a localised pain effect infection is widespread in the body, so proper treatment of this requires a serious systemic approach. Often some degree of autoimmune condition could be a result of such infection.

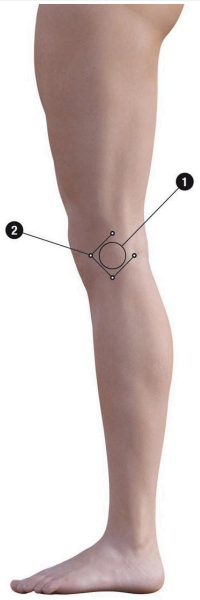
Recommended coMra Treatment Protocols:

There is need for a local treatment like in these examples, depending on the actual location of the pain:

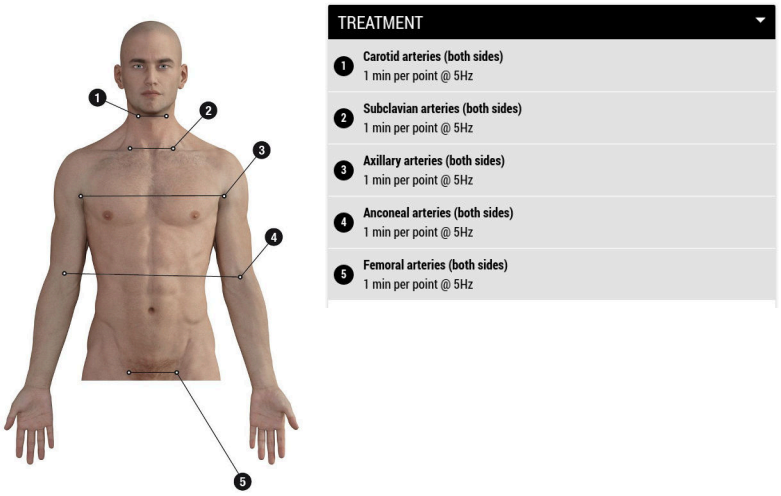
1	**Acromion area** 1 min @ 5Hz
1	**Acromion area** 1 min @ 50Hz
1	**Acromion area** 1 min @ 1000Hz
2	**4 points around the acromion area, 5 cm apart** 1 min per point @ 5Hz
2	**4 points around the acromion area, 5 cm apart** 1 min per point @ 50Hz



1	**Zone of injury or sprain** 2 min @ 1000Hz
1	**Zone of injury or sprain** 2 min @ 50Hz
1	**Zone of injury or sprain** 2 min @ Variable (V)
2	**4 points around injury at 5 cm apart** 2 min per point @ 1000Hz
2	**4 points around injury at 5 cm apart** 2 min per point @ 50Hz
2	**4 points around injury at 5 cm apart** 2 min per point @ Variable (V)



But there is also need for a systemic treatment, like for example Universal 3 (Blood irradiation):



The approach with cases of severe infection is to make frequent treatments of Universal 2 and Universal 3. The more severe the symptoms the more often treatment is done during the day. For example, with the most severe symptoms it could be done 3-4 times a day and as symptoms become less severe it could be decreased to 1 time a day.

coMra therapy is highly effective against a wide variety of infections, including viruses. Here is a practical example of how to apply coMra in cases of severe virus infection: https://blog.comra-palm.com/how-to-boost-immune-system-help-colds-flu-and-coronavirus/

And here is a Medical Journal publication, explaining why coMra is effective in these cases: https://dx.doi.org/10.1016%2Fj.jphotobiol.2020.112083

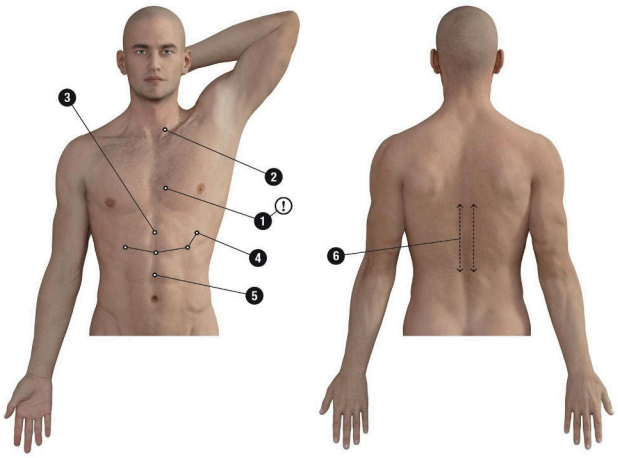
4.Practical Example of Treating Peripheral Neuropathy with coMra Therapy:
DIABETIC, IDIOPATHIC, NUTRITIONAL NEUROPATHY

Diabetes is a very common disease these days and it comes with various complications. The high levels of blood sugar not only create discomfort, extreme fatigue and muscle pain but can be even more dangerous for the overall health. The diseases linked to diabetes are stroke and heart disease, kidney issues, eye diseases, dental and foot problems, nerve damage or neuropathy, most often diabetic retinopathy, diabetic nephropathy, diabetic neuropathy of lower and higher extremities. While one of these complications may be more visible than others, it is often the combined effect of all that affects the body of a diabetic person.

So, it is hugely important to start strictly controlling sugar levels (with a diet, regular tests, prescribed medications etc.) and at the same time to address the cause with coMra therapy.

Recommended coMra Treatment Protocols:

PART 1. Endocrinology 1 treatment:



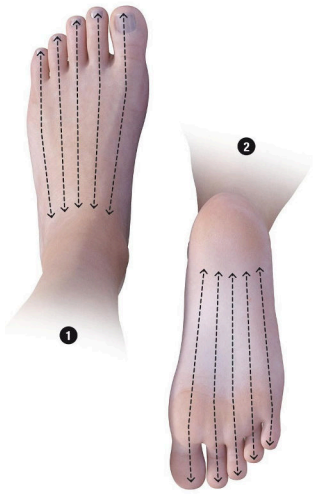
1. 4th intercostal, left of sternum (only once per day)
   1 min @ 5Hz
2. Left sternocleidomastoid, above clavicle
   1 min @ 50Hz
3. Epigastrium
   2 min @ 5Hz
4. 4points on the pancreas, along the transpyloric plane
   2 min per point @ 5Hz
5. Midway between transpyloric plane and umbilicus
   2 min @ 5Hz
6. Scan both sides of vertebral column from below scapula to mid-back
   3 min per side @ 1000Hz

This treatment needs to be done for 21 days, before taking a break of 2-3 weeks. If the blood sugar is above 15 mmol/l, then the treatment needs to be done 2 times a day and also the Universal 5 treatment before bedtime.

Then continue treatment cycles until blood sugar reaches normal levels and the additional intake of insulin is no longer needed. And then continue with a treatment course every 3 months to maintain healthy blood sugar levels. This is a long term treatment course that is required as a basis for any other treatment connected to diabetes.

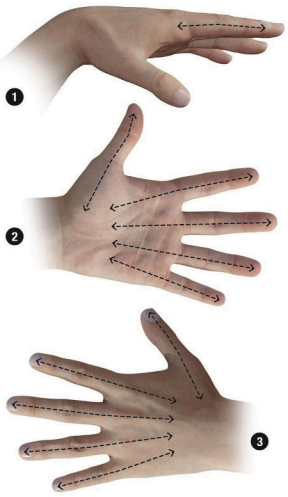
In addition, it is often required to apply regularly a local treatment, like for example, this one, in the case of numbness in the feet:

Part 2. Small joints of feet treatment (Traumatology 12):



1. Scan top of foot as shown
   1 min per line @ 5Hz
1. Scan top of foot as shown
   1 min per line @ 50Hz
1. Scan top of foot as shown
   1 min per line @ Variable (V)
2. Scan foot from plantar side
   1 min per line @ 5Hz
2. Scan foot from plantar side
   1 min per line @ 50Hz
2. Scan foot from plantar side
   1 min per line @ Variable (V)

Or the one below in the case of pain localized in the hands.
Part 2. Small joints of hand treatment (Traumatology 8):



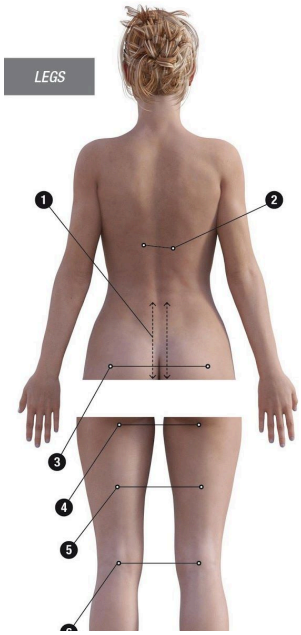
1. Scan one side of articulations
   1 min per finger @ 5Hz
1. Scan one side of articulations
   1 min per finger @ 50Hz
1. Scan one side of articulations
   1 min per finger @ 1000Hz
2. Scan articulations from palm side
   1 min per finger @ 5Hz
2. Scan articulations from palm side
   1 min per finger @ 50Hz
2. Scan articulations from palm side
   1 min per finger @ 1000Hz
3. Scan articulations from back of hand
   1 min per finger @ 5Hz
3. Scan articulations from back of hand
   1 min per finger @ 50Hz
3. Scan articulations from back of hand
   1 min per finger @ 1000Hz

This treatment could also be done with Variable frequencies (marked as V on the coMra devices) instead of 5hz and 50hz separately when you do not have time for a full treatment.

Also treating at Variable could be done in between main treatments in most severe cases.

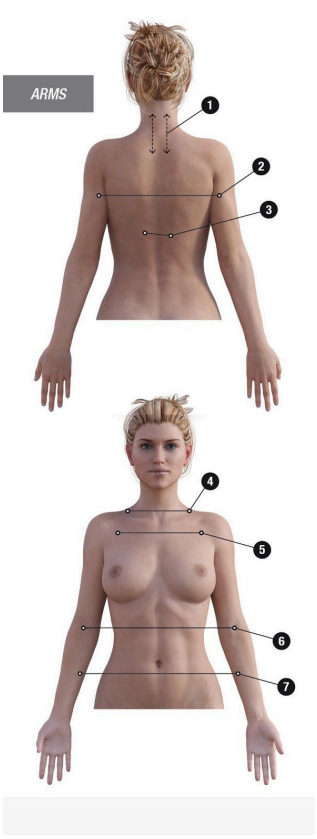
However, such a treatment course is often not enough to deal with all the health issues linked to diabetes. This is mainly because nerves are also damaged as a result of decreased blood flow, so you will need to treat more points. In order to improve the local blood flow it is necessary to apply an additional treatment like the following one, which acts on the bloodstream proximity points in the legs or arms respectively:

Part 3. Legs blood flow (Neurology 11):



1. Scan both sides of vertebral column, lumbosacral
   5 min per point @ 1000Hz
2. Adrenal glands
   2 min per point @ 5Hz
3. Buttock piriformis
   2 min per point @ 5Hz
4. Sub-buttock
   2 min per point @ 5Hz
5. Middle back of femur
   2 min per point @ 5Hz
6. Popliteal fossa
   2 min per point @ 5Hz
7. Below the calf muscle
   2 min per point @ 5Hz

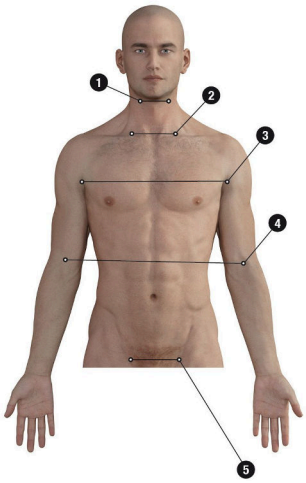
Part 3. Arms blood flow (Neurology 11):



1. **Scan both sides of vertebral column, base of neck**
   5 min per point @ 1000Hz
2. **Long head of triceps**
   2 min per point @ 5Hz
3. **Adrenal glands**
   2 min per point @ 5Hz
4. **Front of trapezius**
   2 min per point @ 5Hz
5. **Pectoralis major**
   2 min per point @ 5Hz
6. **Anconeal arteries**
   2 min per point @ 5Hz
7. **Palmaris longus**
   2 min per point @ 5Hz

Besides all of the above recommendations, a good additional measure would also be to treat the general blood flow in order to improve the circulation and the quality of the blood. This also plays a role in the even distribution of energy in the body and achieving neuro-endocrine regulation.

Part 4. General blood flow (Universal 3):

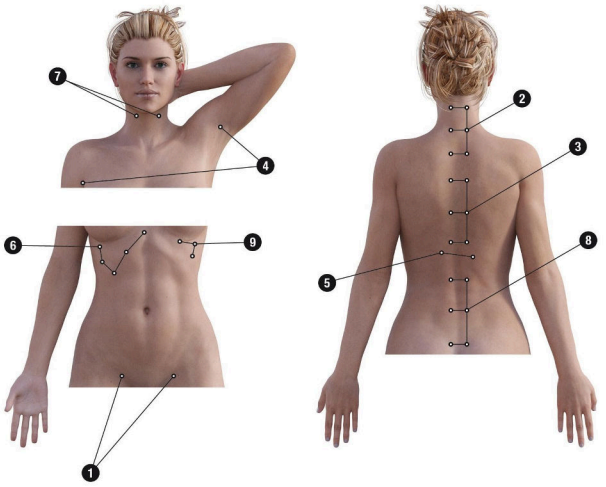


1. **Carotid arteries (both sides)**
   1 min per point @ 5Hz
2. **Subclavian arteries (both sides)**
   1 min per point @ 5Hz
3. **Axillary arteries (both sides)**
   1 min per point @ 5Hz
4. **Anconeal arteries (both sides)**
   1 min per point @ 5Hz
5. **Femoral arteries (both sides)**
   1 min per point @ 5Hz

NUTRITIONAL DEFICIENCY specific treatment course:

In the case of a vitamin/nutritional deficiency peripheral neuropathy,
a) local treatments (like parts 2 and 3 above) should be applied or simply scanning at the Variable frequency setting for 10 minutes where symptoms are strongest;
b) systemic treatments (like part 4 above) and additionally the **Universal 4** treatment:

Part 1 (specific for nutritional neuropathy).
Universal 4: Somatic biostimulation – physical exhaustion and stamina



Day 1	1 Femoral arteries, one side only 5 min @ 5Hz 2 Cervical section 1 min per point @ 50Hz	11 mins
Day 2	1 Femoral arteries, other side 5 min @ 5Hz 3 Breast section of vertebral column 1 min per point @ 50Hz	11 mins
Day 3	4 Axillary cavity, one side only 5 min @ 5Hz 5 Kidneys 1 min per point @ 50Hz	7 mins
Day 4	4 Axillary cavity, other side 5 min @ 5Hz 6 Liver 1 min per point @ 50Hz	10 mins
Day 5	7 Carotid artery, one side only 2 min @ 50Hz 8 Lumbosacral region 1 min per point @ 50Hz	8 mins
Day 6	7 Carotid artery, other side 2 min @ 50Hz 9 Spleen 1 min per point @ 50Hz	5 mins

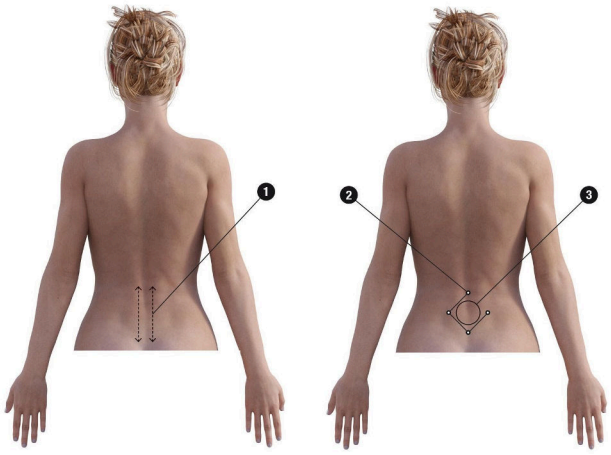
Also if the condition is connected to a poor digestion or absorption a Gastroenterology treatment (Gastro 9 or 11), should be applied.

IDIOPATHIC NEUROPATHY DEFICIENCY specifics:

Idiopathic neuropathy means that the cause of the nerve damage is not identified. However, a diabetic condition should be the first to rule out. If it is clear that the issue is not diabetes related, then the cause might be of a toxic, traumatic or nutritional nature.

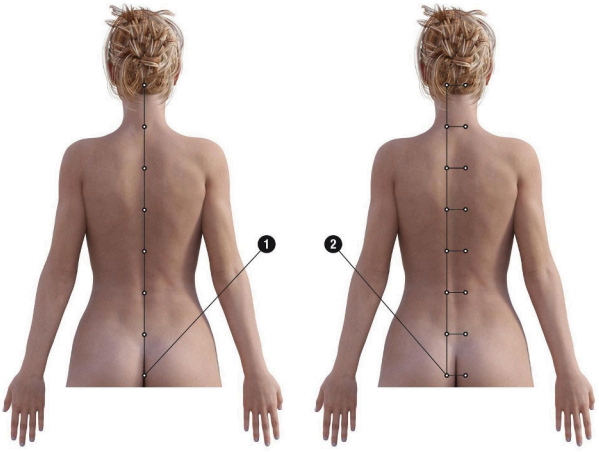
In order to address the condition without knowing the actual cause, it is good to use the Nutritional Deficiency treatment protocol above, plus to additionally treat the spine (upper or lower part, depending on where the neuropathy is localized - in the hands or feet).

The approach to use is to locate the possible area of damage (nerve pinching) and then to apply the following treatment (Traumatology 19):



1. **Scan both sides of the vertebral column along sides of pain/injury**
   3 min per side @ 1000Hz
2. **4 points around injury, 5 cm apart**
   1 min per point @ Variable (V)
3. **Zone of pain/injury**
   2 min @ 5Hz
3. **Zone of pain/injury**
   2 min @ 50Hz

If the area of damage is not possible to locate, which means that there is not any back pain or something similar, then the whole length of the spine (or parts of it) could be treated using the approach in the treatment course below (Traumatology 1):



1. **From coccyx to occiput at 10 cm intervals**
   1 min per point @ 1000Hz
2. **Along both sides of vertebral column through long extensors at 10 cm intervals**
   1 min per point @ 50Hz
3. **4th intercostal, left of sternum (only once per day)**
   1 min @ 5Hz
4. **Liver, 2 points 10 cm apart in right subcostal space**
   1 min per point @ 50Hz
5. **Pancreas, 2 points 10 cm apart in left subcostal space**
   1 min per point @ 50Hz

SUMMARY

All these various treatments listed in the article can be found in the coMra User Guide under their respective names mentioned in the index along with numbering of the treatment protocols.

As you may see there is not a single treatment for neuropathy, Peripheral Neuropathy or peripheral neuralgia, as there are many various cases and causes that lead to different neuropathic conditions.

In terms of the devices -- a coMra Palm device can be used to treat neuropathy, but it takes more time. However for progressive or disabling conditions, like for example Multiple Sclerosis, it is best to use the coMra Pro or the coMra Delta devices, since these conditions are critically dangerous and recovery speed is essential.

In order to address your particular condition with coMra therapy and if the information above is not suitable for your particular case, please write to us at support@comra-therapy.co.za.