

My Testimonial on Peripheral Neuropathy

I was diagnosed with diabetes in 1999 at the age of 43. It was a shock but I immediately got my A1c to an acceptable level. After several years, massages on my foot became increasing more painful. I went to my endocrinologist about the problem. He said, "Diabetes is a progressive disease. There is no cure. Always keep your feet covered." I had developed peripheral neuropathy.

I remembered when I first came to L.A. in 1987, I had met Chip Johnson. He was a diabetic who had had one leg amputated and was wheel-chair bound. A friendly person, he passed away in about a year after having his other leg amputated. That was my first experience with diabetes and I didn't think about it much until my diagnosis 12 years later.

Just keeping my feet covered didn't sound like a proactive choice especially if it could lead to amputations. By this time, just a touch to the sole of my feet would cause shooting pain. Nevertheless, I would get 30-minute foot massages every few months after the memory of the pain had dissipated. It was excruciatingly painful. I would continuously squirm and my eyes would tear up. The biggest problem was that I didn't even know if this was helping my condition. No pain, no gain? Maybe?

Then in Oct. 2010, Max International released [MaxOne](#). It was promoted as the most effective product to increase levels of something called glutathione. Researching articles online, I came across Dr. Mark Hyman's [article](#). Wow, I thought and started taking the product as soon as it became available.

After 3 months, I said to my masseuse, "Do you notice my feet doesn't seem to hurt as much anymore?" She said she noticed also. 2 months after that and still to this day, no more neuropathic pain.

This is anecdotal and so it may not work for you. It didn't help my friend whose feet had reached the numb stage. Once the nerves are shot, it may be too late to reverse. There is enough scientific research, however, to suggest that enhancing glutathione levels is beneficial for diabetics.

"Increasing evidence in both experimental and clinical studies suggest that oxidative stress plays a major role in the pathogenesis of both types of diabetes mellitus. Free radicals are formed disproportionately in diabetesAbnormally high levels of free radicals and the simultaneous decline of antioxidant defense mechanisms can lead todevelopment of insulin resistance. These consequences of oxidative stress can promote the development of complications of diabetes mellitus." © 2003 Wiley Periodicals, Inc. J Biochem Mol Toxicol 17:24-38, 2003; Published online in Wiley InterScience (www.interscience.wiley.com). DOI 10.1002/jbt.10058

"...there is evidence for increased oxidative stress in diabetes....With regard to diabetes, antioxidants...supplementation have been shown to be beneficial...Thus, it appears that, in diabetes, antioxidant therapy could alleviate the increased attendant oxidative stress and emerge as an additional therapeutic modality." Vega-Lopez S, Devaraj S, Jialal I: Oxidative stress and antioxidant supplementation in the management of diabetic cardiovascular disease. J Investig Med 2004, 52(1):24-32. PubMed

"Researchers at the University of California, San Diego (UCSD) School of Medicine have discovered that inflammation...leads to insulin resistance and Type 2 diabetes." ScienceDaily (Nov. 7, 2007)

In 2011, Max International released [Cellgevity](#) and I switched to it as a daily supplement.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*