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Treating peripheral neuropathy with carbonated baths, foundations and cases



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The International Association for the Study of Pain (IASP) defines pain as: “an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage”. Neuropathic pains significantly decrease quality of life at all levels. In 20% of people with diabetes mellitus, we see peripheral neuropathic pains. We also often see peripheral neuropathic pains in patients undergoing neurotoxic chemotherapy, but sometimes the cause of neuropathy is unknown. Neuropathic pains are a consequence of nerve damage, and are often accompanied by changes in thermo sensation and touch. Also, patients can experience a higher sensitivity to pain stimuli. Pain perception can be increased (hyperalgesia) or occur during touch of the skin (hyperesthesia). We also find that some patients experience pain to a stimulus that is normally not painful. Peripheral neuropathic pain is notoriously difficult to treat, even with modern pharmaceuticals. Carbonated baths appear to have a positive effect however on peripheral neuropathic pain. The mechanism of action, promoting blood flow to the periphery and increasing oxygenation offers additional or even complete relief of pain and sensitivity. The author presents several cases of success in the treatment with carbonated baths in patients with neuropathy due to diabetes and even improved wound healing of diabetic ulcers and chemotherapy.

Biography

Madeleine Kerkhof Wellhuner is former RN, Clinical Aromatherapist, Global Expert, Speaker and Educator on Integrative and Complementary Therapies in Clinical Nursing. She is the Author of “Complementary Nursing in End of Life Care” (2015) and “CO₂ extracts in Clinical Aromatherapy” (2018). She is the Director of Kicoco, Knowledge Institute for Integrative & Complementary (Nursing) Care, The Netherlands.

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