

Is the cause of your peripheral neuropathy really unknown (idiopathic)?

You're not diabetic. You're not alcoholic. You don't have kidney disease. You haven't been treated for HIV or had had chemotherapy. You take B vitamins but you still have neuropathy. Unfortunately, about 30% of patients with neuropathy are diagnosed as idiopathic (we don't know why.) The scientific literature may have an answer for some of those in the idiopathic group. It seems gluten sensitivity is associated with neuropathy. There is a simple blood test for anti gliadin antibodies (gliadin is a form of gluten) and a test for the HLA-DQ gene which will help determine if you are gluten sensitive. This could be the answer to your "why do I have neuropathy" question.

Let's look at some scientific literature.

*Celiac disease presenting with motor neuropathy: effect of gluten free-diet.*

[Rigamonti A](#), [Magi S](#), [Venturini E](#), [Morandi L](#), [Ciano C](#), [Lauria G](#).

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*Celiac disease is a rare cause of neuropathy that most commonly presents with symmetric distal sensory disturbances. We describe two patients with celiac disease in whom neuropathy presented unusually with progressive weakness of the limbs. In both patients a gluten-free diet induced a significant improvement of muscle strength and neurophysiological abnormalities, suggesting a direct pathogenetic role of sensitivity to gluten. Celiac disease should be considered in patients with idiopathic neuropathy even when gastrointestinal symptoms are absent.*

Many of us who treat neuropathy patients are aware of this aspect but I see patients everyday who have been worked up for neuropathy but are unaware of this possibility.

For more information about the treatment of Peripheral Neuropathy with High Power Laser Therapy or about Dr. Nelson Mane D.C. please visit our website at <http://www.manecenter.com/neuropathy.htm>.

Dr. Mane offers one on one consultations as well as Group Seminars Peripheral Neuropathy Sufferers. If you are interested in scheduling a consultation or to attend a seminar please call 813-935-4744.