

# NEUROSUPER FOODS



# Disclaimer

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# INTRODUCTION

Your nerves need fuel – real, natural nutrients that repair damage, reduce inflammation, and support stronger blood flow.

These microscopic pathways are constantly working, and just like any complex system, they need the right nutrients and oxygen-rich blood flow to work as they should.

Without the right building blocks, nerves can become vulnerable to damage and their vital functions can diminish.

The Neurosuper Foods guide gives you a simple, yet powerful, way to feed your nerves daily.

When your body is fuelled with the right things, the powerful effects of NeuroPatches™ can get even stronger.

We believe that true wellness comes from giving your body what it actually needs, not from restrictive diets or complicated routines.

Inside this blueprint, you'll discover a curated selection of foods rich in nerve-repairing vitamins, powerful anti-inflammatory compounds, and circulation-boosting superfoods.

No dieting.

No counting.

Just adding the right foods that your nerves love.



# How These Foods Help Rewind Neuropathy

These foods were selected because they help with the FOUR biggest drivers of neuropathy:

**1** **Low circulation**  
Foods that increase nitric oxide → more oxygen to nerves.

**2** **Nerve damage**  
Foods with B12, Omega-3s, folate, and antioxidants → rebuild myelin and nerve tissue.

**3** **Inflammation**  
Foods that cool inflammation → reduce burning and throbbing.

**4** **Blood sugar instability**  
Foods that stabilize glucose → protect nerve endings.

This blueprint is the perfect internal support system for your patch.

# Nitric Oxide Boosters (Circulation Foods)

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## Circulation Boosters

These foods help open blood vessels and increase nutrient delivery:

- Beets
- Spinach & Arugula
- Garlic
- Pomegranate
- Citrus fruits

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## Key Benefits

### Benefits:

- Better circulation
- Warmer feet
- Improved sensation
- Faster relief

Add one daily to create "healing flow."





# Nerve Repair Foods

Your nervous system is constantly regenerating, and providing it with the right nutrients is crucial for it to perform at its best.

Because when it does, the burning stabbing, tingling and numbness no longer exists.

These replenish the building blocks your nerves need:

## Salmon

(Omega-3s rebuild nerve insulation)

## Eggs

(B12 + choline for nerve growth)

## Avocado

(healthy fats calm nerve firing)

## Leafy Greens

(folate + iron for oxygen delivery)

## Walnuts/Almonds

(Vitamin E protects nerve tissue)

These foods directly support nerve recovery.

# Anti-Inflammation Foods

Inflammation chokes blood flow and worsens burning. These foods reduce it:

## Turmeric

Turmeric contains **curcumin**, a powerful compound that helps switch off inflammation in the body.

**Use:** ½–1 teaspoon daily in soups, eggs, smoothies, or warm “golden milk.”

## Ginger

Ginger is rich in natural compounds that lower inflammatory chemicals in the body.

**Use:** 1–2 grams daily - grate into tea, stir-fries, smoothies, or warm water.

## Blueberries

These small berries are packed with antioxidants that protect nerves from inflammation and oxidative stress.

**Use:** ½–1 cup daily in yogurt, oatmeal, smoothies, or as a snack.

## Olive oil

High-quality olive oil contains **oleocanthal**, a natural compound that works similarly to ibuprofen in calming inflammation - without the side effects.

**Use:** 1–2 tablespoons daily on salads, vegetables, or cooked meals.

## Green tea

Green tea is loaded with **EGCG**, one of the most powerful anti-inflammatory antioxidants known.

**Use:** 2–3 cups daily, hot or cold.

Eat at least one anti-inflammatory food daily.





# Blood Sugar Balancers

High glucose damages nerves. These foods stabilize sugar:

## Cinnamon

Cinnamon contains natural compounds that help your body use insulin more effectively and slow how quickly carbs turn into sugar.

**Use:** ½-1 teaspoon daily on oatmeal, yogurt, smoothies, or in warm drinks.

## Oats/quinoa

Both are rich in **soluble fiber**, which forms a gentle gel in your gut.

**Use:** ½-1 cup cooked daily.

Great in oatmeal, grain bowls, soups, or as a side dish.

## Apple Cider Vinegar

The acetic acid in apple cider vinegar improves insulin sensitivity and reduces the rise in blood sugar after meals.

**Use:** Mix 1-2 tablespoons in water 10-20 minutes before meals or use in salad dressings.

## Chia seeds

These tiny seeds are high in **soluble fiber, omega-3s, and protein**.

**Use:** 1-2 tablespoons daily in smoothies, yogurt, oatmeal, or salads.

**Stable sugar → protected nerves → better patch results.**

# Magnesium-rich foods

Your nerves are STARVING for magnesium..  
These foods feed them.

## Dark Leafy Greens (Spinach / Swiss Chard)

A single cup of cooked spinach delivers ~157mg, nearly 40% of your daily target.

**Use:** Sauté with olive oil and garlic as a side. Add raw to smoothies or grain bowls. Daily is ideal.

## Pumpkin seeds

Ounce-for-ounce one of the most magnesium-dense foods available – ~168mg per oz – plus zinc and anti-inflammatory fats.

**Use:** 1 oz daily as a snack, on salads, or blended into nut butter. Lightly toast for extra flavour.

## Black beans/legumes

A cooked cup provides ~120mg of magnesium alongside soluble fibre that also stabilises blood sugar – protecting nerves on two fronts.

**Use:** ½–1 cup cooked daily. Add to soups, chilli, or grain bowls. Canned is fine – rinse to reduce sodium.

## Dark Chocolate (70%+ Cacao)

A 1oz square delivers ~65mg of magnesium.

**Use:** 1 small square after a meal. Choose 70%+ cacao; avoid high-sugar varieties that spike glucose.

