

WELCOME

Read This Before You Change Anything

If you're living with burning feet, you've likely heard some version of this:

"It's just neuropathy." "It's nerve damage." "You'll have to manage it."

But here's what's rarely explained clearly...

Your nerves are living tissue.

They are not dead wires.

They require oxygen. They require nutrients. They require steady circulation.

When blood flow slows — nerves struggle.

And when nerves struggle, you feel:

**Burning...Tingling...Numbness...
Pins and needles...Hypersensitivity**

Now here's the encouraging part:

Your blood vessels respond to what you eat.

Certain foods help them relax and widen.

Other foods quietly tighten them.

This guide is not about strict dieting. It's not about cutting everything out. It's not about perfection.

It's about feeding your nerves what they've been missing.

If you're like most of our customers, you've already started using and have felt the effects of NeuroSound...Now we support that process from the inside.

Small changes. Done consistently. Can help reduce time to relief.

Let's begin.

Why Food Matters For Burning Feet

Your feet contain thousands of tiny blood vessels.

These vessels are incredibly small – which makes them particularly sensitive to:

- Inflammation
- Blood sugar spikes
- Oxidative stress
- Poor dietary habits

When blood vessels are relaxed and flexible, blood flows freely.

When vessels become stiff, inflamed, or constricted, circulation slows.

Meaning your nerves are starved of the Oxygen and nutrients they NEED to stay pain free!

Over time, this contributes to the burning sensations many people experience.

Now here's something important:

Research shows that certain foods can improve what's known as *endothelial function* – the ability of blood vessels to widen properly.

Better vessel widening means better circulation.

Better circulation means nerves receive:

More oxygen

More nutrients

Reduced inflammatory stress

Greater support for recovery

Even small improvements in daily nutrition can begin supporting circulation within days to weeks.

Now let's look at the foods that help most.

Beetroot

Beetroot is one of the most studied foods for circulation.

It is naturally rich in dietary nitrates.

Inside your body, nitrates are converted into nitric oxide – a molecule that signals blood vessels to relax and widen.

When vessels widen, blood moves more easily.

For someone dealing with burning feet linked to restricted micro-circulation, this matters greatly.

Improved vessel dilation means:

- Better oxygen reaching nerves
- Better nutrient delivery
- Reduced strain on tiny vessels
- Improved vascular responsiveness

Clinical research shows that dietary nitrates from beetroot improve endothelial function – helping vessels expand more effectively.

It works by enhancing your body's natural circulation pathways.

Simple usage:

- 1 small cooked beet daily OR
- 1 small glass (around 250ml) of pure beetroot juice

Easy options:

- Vacuum-packed cooked beetroot
- Fresh roasted beetroot
- 100% beetroot juice (no added sugar)

Start small and stay consistent.

Beetroot is not a cure.

But used daily, alongside movement and NeuroSound, it becomes a powerful support tool for circulation.

Consistency beats quantity.

Dark Chocolate (70% Cocoa or Higher)

Yes — properly chosen chocolate can support circulation.

Dark chocolate contains flavonoids — plant compounds that help improve blood vessel flexibility.

Flavonoids support endothelial function and help vessels respond more efficiently.

Flexible vessels allow smoother blood flow.

Smoother blood flow supports nerve oxygenation.

Research shows cocoa flavonoids can improve vascular responsiveness and circulation markers.

The key is quality.

Choose chocolate that is:

- 70% cocoa or higher
- Low in added sugar
- Dark, not milk

Recommended amount:

1–2 small squares per day

This is not about indulgence.

It's about moderation and consistency.

When paired with anti-inflammatory foods and movement, dark chocolate can become a simple daily circulation ally.

Oily Fish

Salmon, mackerel, sardines, and other oily fish are rich in omega-3 fatty acids.

Omega-3s help:

- Reduce inflammation in blood vessels
- Support the protective coating around nerves
- Improve vascular health

Inflamed vessels constrict.

Calmer vessels relax.

Research consistently shows that diets higher in omega-3 fats support healthier blood flow and reduced inflammatory stress.

Aim for:

2–3 portions per week

Affordable UK options:

- Tinned mackerel
- Tinned sardines
- Fresh or frozen salmon

Even modest intake can support vessel health over time.

Leafy Greens

Spinach, kale, broccoli and other leafy greens provide:

Magnesium

B vitamins

Antioxidants

Natural plant
compounds

Magnesium plays a key role in helping blood vessels relax.

B vitamins support nerve metabolism and repair.

Antioxidants reduce oxidative stress — which can otherwise damage vessels.

Daily target:

1–2 handfuls

Fresh or frozen both work.

Add to:

- Omelettes
- Soups
- Stir-fries
- Pasta dishes

Leafy greens quietly support circulation without requiring dramatic changes.

Nuts & Seeds

Walnuts, almonds, flaxseed and chia seeds provide:

- Healthy unsaturated fats
- Magnesium
- Anti-inflammatory compounds

Healthy fats help maintain flexible blood vessels.

Magnesium supports nerve signalling and vessel relaxation.

Recommended amount:

One small handful daily

Simple ways to use:

- Add flaxseed to porridge
- Snack on almonds
- Add walnuts to salads

Small daily additions make a difference.

Turmeric (With Black Pepper)

Turmeric contains curcumin – a compound studied for its anti-inflammatory properties.

Inflammation contributes to vessel stiffness.

Reducing inflammatory load supports circulation.

Important:

Curcumin absorbs better when combined with black pepper.

Simple use:

- ½ to 1 teaspoon daily
- Add to soups, stews, eggs, or warm milk

Turmeric works gradually.

Consistency is key.

Whole Grains & Legumes

Blood sugar spikes damage small blood vessels over time.

Stable blood sugar protects them.

Whole grains and legumes help slow glucose absorption and prevent spikes.

Examples:

- Oats
- Brown rice
- Quinoa
- Lentils
- Chickpeas

Swap:

Instead of:

- White bread
- White rice

Choose:

- Wholegrain bread
- Brown rice

These swaps support metabolic and vascular health long-term.

The 3 Foods That Can Make Burning Worse

This is not about guilt.

It's about awareness.

1. Refined Sugar

Frequent blood sugar spikes:

- Promote inflammation
- Damage small vessels
- Increase oxidative stress

Reduce:

- Sugary drinks
- Sweets
- Cakes
- Excess biscuits

Even modest reduction helps.

2. Highly Processed & Fried Foods

Often high in inflammatory fats.

These can:

- Increase vessel stiffness
- Promote inflammation
- Strain circulation

Choose:

- Baking over frying
- Olive oil over processed oils

3. Excessively Processed Salty Foods

High sodium can:

- Raise blood pressure
- Strain blood vessels

Reduce:

- Processed meats
- Crisps
- Ready meals high in salt

Small reductions support vessel health.

The 14-Day Nerve Reset Plan

Keep this simple.

For the next 14 days:

01

Add at least TWO nerve-supporting foods daily

02

Remove ONE inflammatory food daily

03

Drink 6–8 glasses of water per day

That's it.

You do not need perfection.

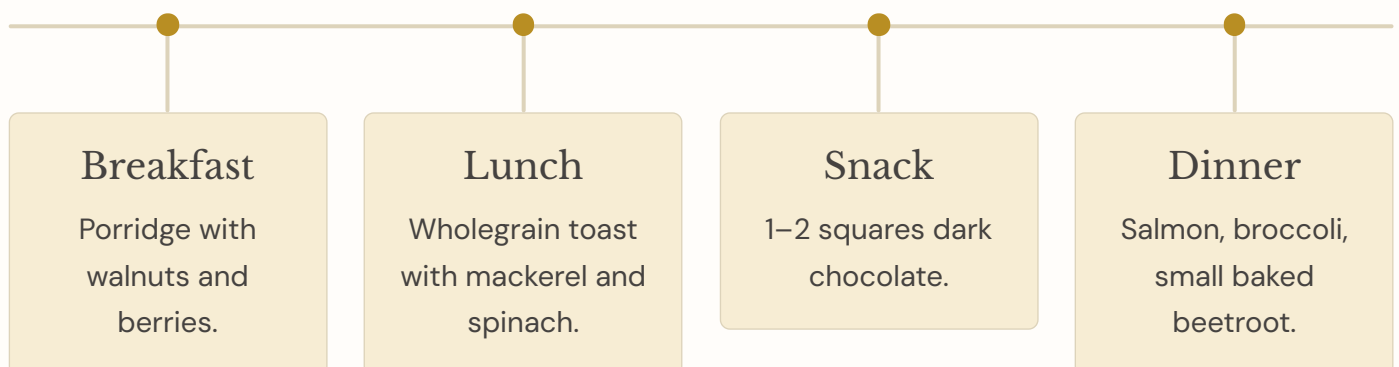
You need consistency.

Track any changes in:

- Burning intensity
- Sleep
- Warmth in feet
- Tingling frequency

Small improvements matter.

Sample Simple Day



Simple. Accessible. Sustainable.

Quick Reference

Food	Key Benefit
Beetroot	Blood flow booster – improves vessel dilation
Dark Chocolate	Vessel flexibility supporter – contains flavonoids
Oily Fish	Anti-inflammatory – rich in omega-3s
Leafy Greens	Mineral-rich – provides magnesium and B vitamins
Nuts & Seeds	Healthy fats and magnesium boost
Turmeric	Inflammation calmer – contains curcumin
Whole Grains	Blood sugar stabilizer – prevents spikes

Your Action Steps

Eat 2 Supportive Foods

Remove 1 Inflammatory Food

Track 14-Day Progress

You now have everything you need to support your nerves from the inside.

Remember:

"Small daily actions. Repeated consistently. Your nerves will notice."

This is not about perfection.

This is about progress.

Start today. Start small. Stay steady.

Supporting Your Nerves From the Inside

Burning feet are complex.

But circulation is central.

You are now supporting your nerves through:

Sound stimulation

Movement

Nutrition

That layered approach reduces time to improvement.

This guide is not a cure.

But it is a powerful support tool.

Small daily actions.

Repeated consistently.

Your nerves will notice.

Stay steady.