

BURNING FEET

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A sensation of burning in the feet is a common symptom that is reported to me. At times, there is also some tingling or even numbness in the feet and legs.

I believe this is a very early indicator of blood sugar imbalance, perhaps coupled with impaired circulation. We find that with a nutritional balancing program this symptom always goes away after a few months, usually.

It is known that diabetes is characterized by impaired circulation, especially in the small arterioles of the legs. This may reduce the amount of blood flowing to the legs enough to cause various neurological symptoms such as tingling, numbness and even earlier, a burning sensation in the legs. This is probably nerve irritation due to impaired circulation.