

# Dr. Cory Hennessey, Innate Healthcare Advocates Lifestyle Changes to Enhance Blood Flow & Alleviate Neuropathy Symptoms

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/EINPresswire.com/ -- Dr. Cory Hennessey, D.C., founder of [Innate Healthcare](#), emphasizes the significance of increasing blood flow to nerves as a pivotal element in healing neuropathy. Through a holistic approach, Dr. Hennessey highlights lifestyle modifications to enhance circulation, offering patients natural methods to alleviate neuropathic symptoms and promote overall wellness.



Dr. Cory Hennessey

Neuropathy, characterized by nerve damage resulting in pain, numbness, and tingling, significantly impacts quality of life. Conventional treatments often focus on symptom management through medications or surgical interventions. However, Dr. Hennessey advocates for addressing the underlying causes of neuropathy while enhancing blood flow to the nerves to facilitate healing.

One of the techniques that Dr. Hennessey advocates for is exercise. He notes that exercise is crucial for maintaining a healthy weight, reducing pressure on the feet, and promoting cardiovascular health. Regular physical activity, he says, enhances blood flow throughout the body, supporting nerve repair. Activities such as walking, swimming, or cycling, Dr. Hennessey adds, can improve circulation and reduce neuropathic symptoms.

Dr. Hennessey also advocates for massage in dealing with neuropathy. He notes that massage therapy stimulates blood circulation and provides relaxation, offering relief from neuropathic discomfort. By applying gentle pressure to the affected areas, he says, massage helps improve

blood flow to the nerves, reducing pain and promoting healing. Techniques such as reflexology or foot massages can be particularly beneficial for neuropathy patients.

Dr. Hennessey also swears by heat therapy. He notes that heat therapy, such as warm baths or heating pads, increases blood flow to the affected areas, reducing pain and promoting relaxation. The application of heat, he says, helps dilate blood vessels, improving circulation and delivering essential nutrients to damaged nerves. Heat therapy can be incorporated into daily routines to alleviate neuropathic symptoms effectively.

Stress management techniques, including meditation, yoga, and deep breathing exercises, lower stress levels and enhance circulation, promoting overall well-being, are also part of the techniques used at Innate Healthcare to improve blood circulation. Chronic stress, Dr. Hennessey notes, can exacerbate neuropathic symptoms by constricting blood vessels and increasing inflammation. Practicing relaxation techniques, he says, regularly can help alleviate neuropathic pain and improve nerve health.

Dr. Hennessey and his team at Innate Healthcare also advocate for adequate sleep. Adequate sleep he says, allows the body to heal and repair damaged nerves, supporting the healing process of neuropathy. During sleep, Dr. Hennessey says, the body undergoes essential repair processes, including nerve regeneration. Establishing a consistent sleep schedule and creating a relaxing bedtime routine can improve sleep quality and enhance nerve healing.

Then there is the importance of taking a balanced diet. According to Dr. Cory Hennessey, a balanced diet rich in vitamins and antioxidants supports nerve health and improves blood flow. Foods high in Vitamin C, E, B3, and antioxidants, such as leafy greens, dark chocolate, lean proteins, cayenne, garlic, avocados, nuts, and fish, he adds, promote circulation and reduce inflammation. Consuming a varied and nutrient-dense diet, from Dr. Hennessey's experience, can support overall nerve health and alleviate neuropathic symptoms.

Hydration is another essential for optimal blood flow and nerve function. According to Dr. Hennessey, drinking plenty of water and green tea helps dilate blood vessels, improving circulation and delivering nutrients to damaged nerves. Limiting caffeine and alcohol intake, he notes, can prevent dehydration and support overall hydration levels, benefiting nerve health and reducing neuropathic symptoms.

Lastly, Dr. Hennessey says, quitting smoking is crucial for improving circulation and reducing plaque buildup in arteries, which can impede blood flow and exacerbate neuropathic symptoms. Smoking, he says, constricts blood vessels and reduces oxygen supply to tissues, leading to impaired nerve function and increased neuropathic pain. Quitting smoking can significantly improve circulation and support nerve healing in individuals with neuropathy.

"Incorporating these lifestyle changes can play a significant role in managing neuropathy and promoting overall well-being," emphasizes Dr. Hennessey. "By enhancing blood flow to the nerves, individuals can experience relief from neuropathic pain and improve their quality of life

without relying solely on medications or surgical interventions."

Dr. Cory Hennessey, D.C., brings over twelve years of experience in treating neuropathy, employing a patient-centered approach focused on holistic healing and wellness. As the founder of Innate Healthcare, Dr. Hennessey remains dedicated to empowering individuals to take control of their health and find natural solutions for neuropathic symptoms.

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