

Tips to save Nervous System

5 Tips

How to Take Care of Your Nervous System

1. Adopt a Healthy Diet

A well-balanced diet, such as the Mediterranean diet with enough vitamin B12, supports a healthy neural system.

2. Control Alcohol Intake and Stop Smoking

Excess drinking and smoking can damage your nerves and harm other parts of your body.

3. Exercise Regularly

Exercise promotes nerve regeneration, increases muscle strength, and prevents muscle wasting.

4. If You Are Diabetic, Keep Your Diabetes Under Control

Uncontrolled blood sugar levels harm nerves and can cause foot ulcers.

5. Get Your Medication Checked

Some medications may cause neuropathy, so consult your doctor to determine if you should discontinue those that may cause or worsen neuropathy.



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