

BREAK FREE FROM THE CHAINS OF NEUROPATHY

LET THE RENEW
FRAMEWORK GUIDE
YOU TO A LIFE WHERE
NEUROPATHY IS NOT
YOUR MASTER



ABUNDANT HEALTH
PHYSICAL MEDICINE

WE EXIST TO EMPOWER OUR COMMUNITY TO REGAIN CONTROL OF THEIR HEALTH & LIVES

-
- 01 Mark's Leap
 - 02 What is Peripheral Neuropathy?
 - 03 Meet the Doctor
 - 04 The New Patient Journey
 - 05 Consultation
 - 06 Diagnostics & Exam
 - 07 Meet the Modalities
 - 08 Long Term Success
 - 09 Real People Real Results
 - 10 Research Articles

MARK'S LEAP: OVERCOMING EXTERNAL DOUBTS WITH THE RENEW FRAMEWORK



01

Mark had been battling peripheral neuropathy for years, a journey marked by a carousel of treatments, each promising relief but seldom delivering. His skepticism was not only internal but also fueled by external voices: doctors who preached the limits of existing treatments, friends who doubted anything outside mainstream medicine, and a barrage of online opinions that seemed to muddy the waters further. These external forces had erected a formidable barrier between Mark and alternative paths to healing, reinforcing the belief that his options were exhausted.

One evening, Mark stumbled upon an article about the RENEW framework while searching for yet another potential treatment. The holistic approach—focusing on Restoration, Electrotherapy, Nourishment, Equilibrium, and Well-being—piqued his interest, but the chorus of external doubts echoed in his mind.

"Too good to be true," they seemed to say. "Just another empty promise," whispered the voices of past disappointments.

Despite these doubts, Mark couldn't shake the sense of hope that the article sparked in him. The stories of individuals who identified as "Revivers"—those who had not only managed their symptoms but had also reclaimed their lives—resonated deeply with him. It was a community that had faced the same skepticism, the same external barriers, and yet had found a way through.

Motivated by these stories, Mark decided to attend a seminar on the RENEW framework, hoping to gain a clearer understanding and perhaps, find a shred of evidence that this could be different. What he found was a revelation.

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The seminar presented not just testimonials but data, research, and a transparent discussion on how and why the RENEW framework was effective. For every piece of skepticism he held, there was a logical, well-explained counterpoint. For the first time, Mark saw the potential for a different narrative—not one defined by external doubts but by personal empowerment and holistic healing.

The turning point came when Mark met Dr. Gocmen, a specialist in neuropathy who had pioneered the RENEW framework. Dr. Gocmen addressed Mark's concerns directly, acknowledging the external skepticism but also highlighting the limitations of conventional thinking in medicine. "Innovation in healing comes from looking beyond the established confines," he explained. "The RENEW framework isn't magic; it's about addressing the body's needs comprehensively."

Encouraged by Dr. Gocmen's words and armed with a newfound understanding, Mark decided to embark on the RENEW journey. He began to see each component of the framework not as isolated treatments but as interconnected parts of a larger healing process.

Restoration therapies eased his pain, Electrotherapy reinvigorated his nerves, Nourishment provided his body with the right fuel for recovery,



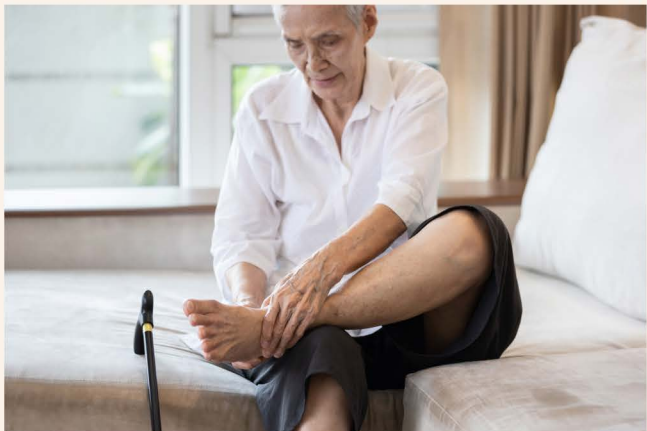
Equilibrium brought balance to his physical and mental health, and Well-being became a goal that encompassed more than just the absence of symptoms.

As Mark progressed, the results spoke louder than any external doubt could. He found himself doing things he hadn't done in years, like going for walks and engaging in activities he loved but had given up. The external voices of skepticism grew quieter, overshadowed by his tangible improvements.

Mark's journey with the RENEW framework became a powerful testament to overcoming external false beliefs. By stepping beyond the boundaries set by others' doubts and misinformation, he discovered a path to healing that was rooted in a comprehensive, holistic approach. His story became a beacon for others facing similar external barriers, illustrating that the journey to health is not confined by the limits of conventional wisdom but is expanded by the horizons of holistic understanding and personal empowerment.

WHAT IS PERIPHERAL NEUROPATHY?

02



Traditionally, the medical approach to peripheral neuropathy has focused on symptom management, utilizing anti-seizure medications to reduce pain and discomfort. However, this approach often falls short of addressing the underlying root causes of the condition, offering patients temporary relief but little in the way of long-term solutions. Unfortunately, despite 50 years of intense research, pharmacological interventions for peripheral neuropathy remain ineffective.

As we delve deeper in to the neurophysiological underpinnings of peripheral neuropathy, it becomes increasingly clear that a more comprehensive strategy is needed. Our RENEW Healing Framework for Peripheral Neuropathy combines the precision of medical science with the holistic insight of alternative therapies.

Peripheral neuropathy, characterized by damage to the body's peripheral nerves, presents a growing challenge within the traditional medical community, affecting an estimated 20 million people in the United States along. This condition not only encompasses a broad spectrum of symptoms, ranging from mild numbness to debilitating pain, mobility and balance issues but also poses significant challenges in proper diagnosis and management. The complexity of peripheral neuropathy, with its myriad of causes including diabetes, autoimmune diseases, and toxic exposures, requires a nuanced understanding beyond conventional medical treatments.



MEET THE DOCTOR

03

Dr. Sinan Gocmen DC, BCN, FMHC

With over a decade of dedicated service in the Quad Cities, Dr. Sinan Gocmen has established himself as a leader in the field of neuropathy treatment. His expertise and innovative approach have resulted in over 140,000 successful patient visits, reflecting a deep commitment to improving the lives of those he serves.

Dr. Sinan Gocmen boasts an impressive 95% success rate in his specialized neuropathy program, selectively choosing patients for whom his proven strategies are most likely to yield significant improvements. His exceptional skills and outcomes have not only earned him board certification in neuropathy but also recognition as one of the top 3% of professionals in his field.

Beyond his clinical achievements, Dr. Sinan Gocmen is passionate about expanding the reach of effective neuropathy treatments. He actively coaches medical professionals across the country, sharing his knowledge and methods to facilitate neuropathy reversal in more communities.

Dedicated to excellence in every aspect of his practice, Dr. Sinan Gocmen continues to be a pivotal figure in advancing neuropathy care and patient well-being.



THE JOURNEY TOWARDS A LIFE FREE FROM NEUROPATHY STARTS HERE

04

01.

Consultation

Your consultation will begin with a thorough discussion with one of our skilled healthcare professionals. We'll talk about your medical history, the specific symptoms you've been experiencing, and any treatments you have previously tried. This conversation helps us tailor our approach to suit your individual needs and health goals.

02.

Diagnostic Screenings and Exams

Our state-of-the-art diagnostic process includes a series of advanced screenings and exams designed to assess your nerve health and function comprehensively. After completing these examinations, we will have a detailed understanding of your condition. We use this information to craft a targeted treatment plan that addresses your specific needs and goals, helping you regain comfort and functionality. Our team is here to guide you through each step and answer any questions to ensure you feel confident and informed about your health journey.

03.

Custom Recommendations & Care Plan Protocol

Following your comprehensive diagnostic screenings and examination at Abundant Health Physical Medicine, we will schedule a follow-up consultation to present a detailed Report of Findings. This report consolidates all the data from your exams and provides a clear picture of your peripheral neuropathy's severity and characteristics.

During this meeting, we will thoroughly discuss the results of your assessments and explain the implications for your health. If we determine that your case can be effectively managed and treated at our clinic, we will review your customized care plan protocol tailored specifically to your needs and make sure all your questions are answered.

04.

Starting Your RENEW Healing Protocol

Your treatment will kick off with the therapies outlined in your personalized care plan. These may include innovative regenerative treatments, specific physical therapies, nutritional modifications, specific home-care equipment and lifestyle changes, all selected to enhance nerve function, relieve pain, and address the root causes of neuropathy.



-MARILYN B. experienced 99% reversal
of her peripheral neuropathy

IT ALL STARTS WITH THE CONSULTATION



At the beginning of your consultation at Abundant Health Physical Medicine, we take the time to engage in a deep and thoughtful discussion about your experiences with peripheral neuropathy. This conversation is not just about your medical history or symptoms—it's about understanding you as an individual and the impact of neuropathy on your life.

Exploring Your "Why": We start by exploring your primary reasons for seeking treatment—your "why." This could be the desire to play with your grandchildren without pain, to return to gardening, or simply to walk without discomfort. Understanding your personal motivations allows us to align our treatment strategies with what matters most to you.

Discussing Your Health Goals: We then discuss your specific health goals. Whether it's reducing numbness, regaining balance, or stopping the progression of neuropathy, we want to know what success looks like to you. This helps us tailor a treatment plan that directly addresses your aspirations for recovery and improved quality of life.

Comprehensive Approach: We consider all aspects of your wellbeing, including how neuropathy affects your physical activities, emotional health, and daily routine. This holistic view supports a more effective and personalized treatment plan.

Setting Expectations: Finally, we discuss what you can expect from the treatment process and how we can work together to meet your goals. This includes setting realistic timelines, discussing potential challenges, and ensuring that your treatment expectations align with achievable outcomes.

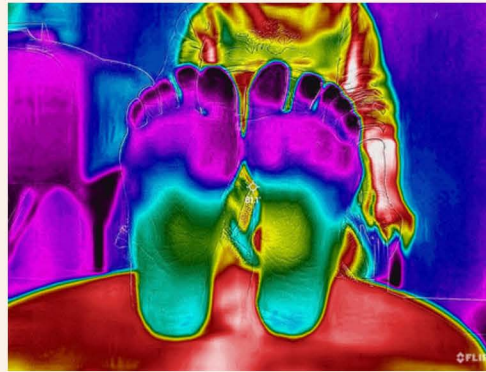
THE RIGHT DIAGNOSES MAKES ALL THE DIFFERENCE

06

At Abundant Health Physical Medicine, we are dedicated to providing you with the most comprehensive evaluation and accurate diagnosis for your peripheral neuropathy. Our state-of-the-art diagnostic process includes a series of advanced screenings and exams designed to assess your nerve health and function comprehensively.

After completing these examinations, we will have a detailed understanding of your condition. We use this information to craft a targeted treatment plan that addresses your specific needs and goals, helping you regain comfort and functionality. Our team is here to guide you through each step and answer any questions to ensure you feel confident and informed about your health journey.

1. Sudoscan: This quick and non-invasive test measures the ability of your sweat glands to release chloride ions in response to a small electrical stimulus, providing vital information about the small nerve fibers in your hands and feet. This helps us detect early signs of neuropathy.



2. Thermographic Imaging: We utilize infrared thermography to capture the temperature distribution of specific areas of your body. This imaging helps us visualize changes in circulation and identify areas of nerve damage that may be contributing to your symptoms.



3. Nerve Sensory Screening: Our detailed sensory screening tests help evaluate the function of large and small nerve fibers. This assessment allows us to understand the extent of sensory loss you may be experiencing and guide our treatment planning.



4. Toronto Clinical Scoring System & Balance Testing: We conduct a thorough clinical exam to assess sensory loss in your feet using the Toronto system. This evaluation focuses on your ability to feel different sensations such as touch and vibration, which are often affected by neuropathy.

07



Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy (HBOT) enhances blood oxygen levels, which can stimulate the repair of damaged nerve tissues and improve nerve function in peripheral neuropathy patients. This treatment reduces inflammation and swelling around nerves, providing significant pain relief. Additionally, the improved circulation helps deliver essential nutrients to affected areas, potentially restoring nerve health and enhancing overall quality of life.



SoftWave Tissue Regeneration Therapy

SoftWave Tissue Regeneration Technology uses shock waves to stimulate cellular responses in the body, promoting the repair and regeneration of nerve tissues. It helps enhance blood circulation and reduce inflammation, which are critical for alleviating symptoms of neuropathy such as pain, tingling, and numbness. By encouraging natural healing processes at the cellular level, SoftWave Technology can improve nerve function and potentially reverse the effects of neuropathy, leading to improved quality of life for sufferers.



Spinal Decompression

Spinal decompression therapy is an effective, non-surgical treatment for peripheral neuropathy that relieves pressure on compressed spinal nerves. This therapy enhances nerve function and circulation, reducing symptoms such as pain, tingling, and numbness. It offers a non-invasive way to improve spinal health and alleviate neuropathy-related discomfort.

MEET THE MODALITIES



StimPod NMS460

Experience transformative relief with the Algimed Stimpod NMS460, a key component of our Renew Protocol for reversing neuropathy. By targeting nerve dysfunction to ease pain and stimulate healing, this innovative technology plays an integral role in restoring mobility and inspiring hope for a more vibrant, active future.



Normatec Leg Compression

NormaTec leg compression therapy enhances circulation and reduces swelling in individuals with peripheral neuropathy, alleviating pain and improving limb mobility. This dynamic compression method promotes healthier nerve function, offering relief from neuropathic discomfort.



Infrared & PEMF

The HigherDOSE Infrared and PEMF Mat offers dual benefits for individuals with peripheral neuropathy by combining infrared heat and Pulsed Electromagnetic Field (PEMF) therapy. Infrared heat helps increase circulation and reduce inflammation, which can alleviate pain and promote healing in affected nerves. Simultaneously, PEMF therapy supports cellular regeneration and enhances nerve function, providing symptomatic relief and improving overall well-being for those experiencing neuropathy.



Vibration Therapy

Whole-body vibration therapy offers several benefits for individuals with peripheral neuropathy. This therapy stimulates the nervous system and enhances blood flow, which can help reduce symptoms such as numbness, tingling, and pain. Additionally, the vibrations encourage muscle contraction and relaxation, which can improve strength and balance, potentially reducing the risk of falls associated with neuropathy.

Whole Body Red Light Therapy

Discover the healing potential of whole body red light therapy at Abundant Health Physical Medicine, where we utilize this advanced treatment to aid those suffering from peripheral neuropathy. By stimulating cellular repair and enhancing blood flow, red light therapy reduces inflammation and pain, promoting nerve regeneration and function. Experience a non-invasive, natural solution designed to restore comfort and mobility to your life.



MEET THE MODALITIES



*93% Sensory Function
Improved & Restored
in
Just 90 Days!*

LONG TERM SUCCESS IS FOUNDED IN CONSISTENCY

08

At Abundant Health Physical Medicine, our neuropathy reversal program uses specialized home-care equipment and therapies to effectively reverse neuropathy symptoms and maintain your health. These selected treatments enhance nerve function, reduce pain, and improve circulation, ensuring sustained long term improvements and a better quality of life.



LZR UltraBright therapy offers significant benefits for peripheral neuropathy by using high-intensity red light to enhance circulation and stimulate cellular repair. This non-invasive treatment reduces inflammation, alleviates pain, and improves nerve function, helping to manage and potentially reverse neuropathy symptoms.



The NerveSpa Aquatic Neurostimulator enhances peripheral neuropathy treatment by combining hydrotherapy with electrical nerve stimulation. This therapy improves circulation, promotes nerve healing, and reduces symptoms like pain and tingling, improving overall sensory function and mobility.



Push Patch therapy boosts cellular health and nerve repair in individuals with peripheral neuropathy by increasing body levels of NAD+, a vital coenzyme and BPC-157. This treatment improves nerve function and pain management, offering an effective, non-invasive option for symptom relief.



Vibration therapy helps individuals with peripheral neuropathy by stimulating nerve endings and enhancing circulation. It reduces pain, numbness, and tingling, while also improving muscle strength and balance.



Essential for neuropathy management, proper supplementation with B vitamins, alpha-lipoic acid, and magnesium supports nerve health by enhancing regeneration, reducing inflammation, and improving function, thereby alleviating symptoms like pain and tingling. Custom supplement protocols are available via functional blood lab draw.



A diet rich in vitamins, minerals, and antioxidants nourishes nerve cells, reduces inflammation, and supports repair. Key nutrients like B vitamins, omega-3 fatty acids, and magnesium can relieve symptoms such as pain and tingling, enhancing nerve health and quality of life.

REAL PEOPLE REAL RESULTS

09



01 Samantha Goering 563-940-6571

02 Kirk Keder 779-239-8678

03 Benita Moore 309-236-5502

04 Sandy Wendel 563-263-1750

05 Marilyn & Don Berns 309-230-7444

06 Larry & Cari Stewart 309-230-3459

07 Mark Bigler 563-340-1441

09 Patrick & Debi Laleman 563-912-3184

10 Denise Oberhaus 563-210-5116

11 Lynn Vandewalle 563-299-0739

The practice members listed here have graciously agreed to share their experiences of going through and completing our Neuropathy Reversal Program. They're a part of our shared mission to help improve and positively impact as many lives as possible in our community and give those suffering with Neuropathy real hope and a real solution.

WHAT OTHERS HAVE TO SAY



250+ Reviews on Google

09



JeffandMel Schirm

2 reviews

★★★★★ 2 weeks ago **NEW**

I am blown away by the care I have received at Abundant Health, with Dr. Gocmen and his staff! Improved symptomatology in this body with MS. Highly recommend!!!



Kirk Keder

Local Guide · 26 reviews · 4 photos

★★★★★ a month ago

I would like to Thank the Team at Abundant Health! My Neuropathy was so bad I could barely get around I had no balance and couldn't sleep due to the pain in my feet and the pain pills were not helping. I am Thankful my wife and I found Abundant Health we are on the road to recovery!!



Michele Concannon

8 reviews

★★★★★ a month ago

I have neuropathy and I am in the middle of a treatment regimen. 2 weeks in and my toes are feeling different already. The plantar fasciitis is better too! Wonderful people and facilities!
Update: After about 3 months in I realized I had not used my inhaler for at least a month. I am 4 months in and I have no sign of being short of breath and have not used my inhalers. My breathing is so much better. The scarred lungs, from bronchitis, feel completely healed. And I also noticed that my stomach troubles are much improved. Not 100% yet, but much better. My feet have been sweating lately, which is new. I have ALWAYS had cold feet. Fantastic results so far! This is an excellent facility and team! Thank you!



Pat Laleman

2 reviews

★★★★★ a month ago

Everyone at Dr Sinon's office was well informed and very friendly. Dr. Sinan was very helpful, very detailed, and very honest. Every aspect of his procedures were explained thoroughly. We were very impressed.



Scan to watch Mark's video testimonial



RESEARCH ARTICLES

"Mechanistic Rationale and Clinical Efficacy of Hyperbaric Oxygen Therapy in Chronic Neuropathic Pain: An Evidence-Based Narrative Review" - <https://pubmed.ncbi.nlm.nih.gov/33976752/>

"The Efficacy of Hyperbaric Oxygen Therapy in Patients with Diabetes Mellitus Complicated by Peripheral Neuropathy" - <https://pubmed.ncbi.nlm.nih.gov/38064614/>

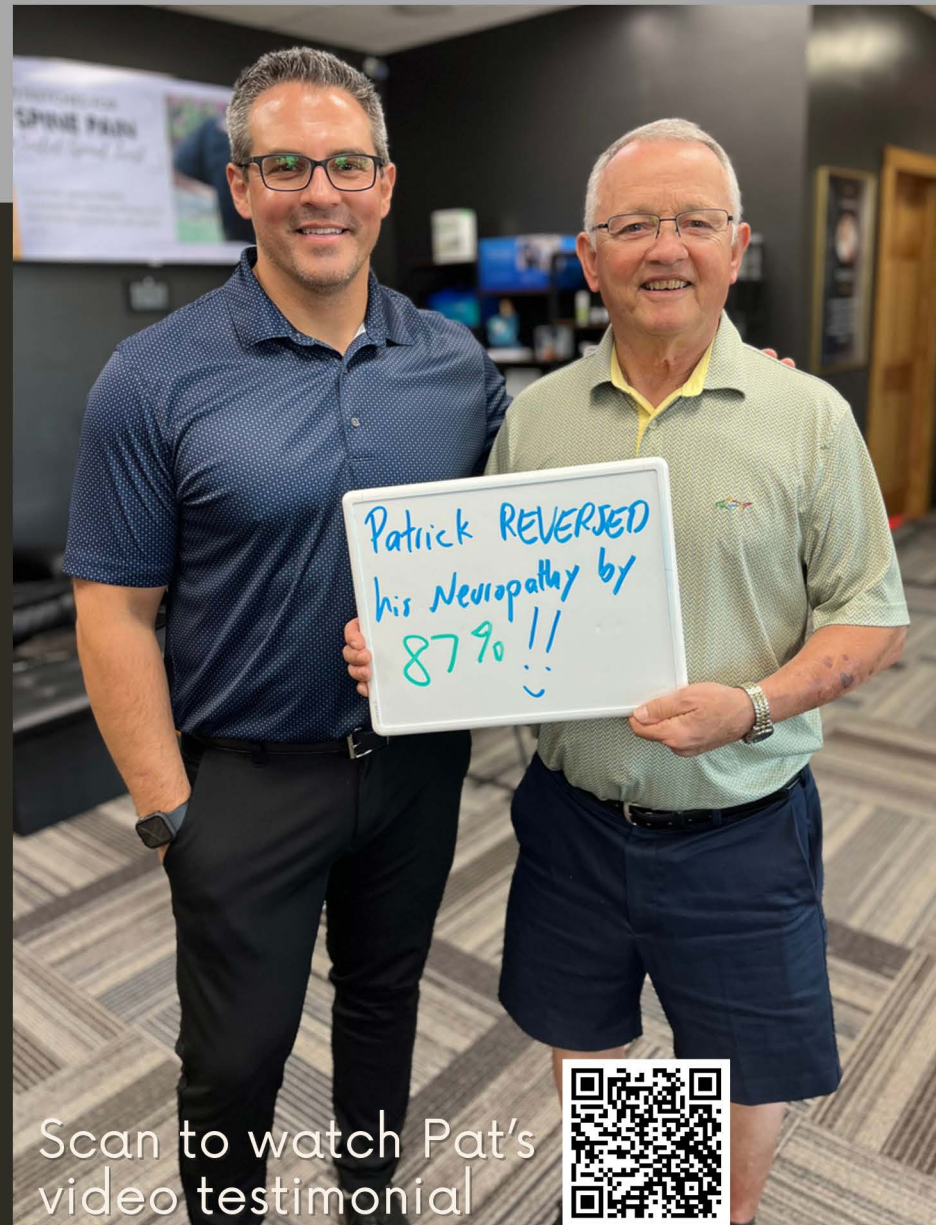
"Clinical effectiveness of low-level laser treatment on peripheral neuropathy" - <https://pubmed.ncbi.nlm.nih.gov/28074305/>

"Effectiveness and safety of low-level laser therapy in diabetic peripheral neuropathy: a protocol for a systematic review and meta-analysis" - <https://pubmed.ncbi.nlm.nih.gov/36104132/>

"Low level light therapy/photobiomodulation for diabetic peripheral neuropathy: protocol of a systematic review and meta-analysis" - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9476114/>

"Effect of near-infrared light-emitting diodes on nerve regeneration" - <https://pubmed.ncbi.nlm.nih.gov/20358337/>

"NAD+ Precursors Repair Mitochondrial Function in Diabetes and Prevent Experimental Diabetic Neuropathy" - <https://pubmed.ncbi.nlm.nih.gov/35563288/>



The information provided in this booklet is intended for educational purposes only and is not meant to substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard professional medical advice or delay in seeking it because of something you have read in this booklet.

CONTACT US



Scan the QR Code to
take advantage of our
New Patient Special
Offer



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