

ACETYL CARNITINE & ALPHA LIPOIC ACID !!

Posted by helen - 28 Apr 2018 13:23

Hi everyone,

As usual I've been looking for something new to try - a natural supplement for reversing spinal cord nerve damage. I found several articles about the above supplement so thought I've got nothing to lose. In the main it's supposed to help reverse Alzheimer's disease. It was found in one animal trial to reverse paralysis and it can pass through the blood/brain barrier. It's also good for fatigue, losing weight, depression, diabetes and generally giving you more energy !!

I've emailed this research centre for more info, hope for response soon !!

www.sciencedaily.com/releases/2011/09/110928185025.htm

Best wishes Helen xx

Update - sadly had to stop the supplement, all it did was exacerbate my symptoms and my body felt even more electrified with stronger cramps 😞

=====