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 Newsletter Distribution: Ninetta G
 Meeting Activity Coordinator: Celia M

BANK DETAILS: For submitting annual subscriptions, donations etc.
 Bendigo Bank: BSB No.633 000 - Acct No.125 154 856

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NEWSLETTER /P.N. MINUTES: 14th July 2025.

The meeting opened at 10:00 am and Phil welcomed us all.

Today's meeting took on a different format as the centrepiece of the meeting was a presentation by Dr Prax from Virginia USA and there was insufficient time to cover the usual topics.

CONFIRMATION OF MINUTES OF LAST COMMITTEE MEETING, as circulated as being true and correct.

Not performed

ATTENDANCE:

In-Person Suzanne D, Celia M, Pat R, Barbara M, Laurel M, Faye B, Lindsay G, Ron G Phil R, Mike K, Dan D, Peter T and Chris D.

Remote Barbara T, Murray C, Barbara Z, John C, plus 12 others I believe (apologies I'm unable to determine who the others were)

APOLOGIES: Faye H, Ninetta G, Elizabeth T and Ron H.

CORRESPONDENCE (INC. EMAILS):

Not performed.

TREASURER'S REPORT (as of 30/06/2025)

The Treasurer's Report was not included in the July newsletter.

PLEASE: Include your name and payment details when paying online. Faye (our Treasurer) cannot identify payments without this information.

GENERAL BUSINESS:

1. **New Members:** None.
2. **Guest Speaker – Dr Brian Prax (remote)**
Topic: How to Reverse the Burning, Tingling and Numbness of Neuropathy without Harmful Drugs or Surgery.

Dr Brian prioritises the body's self-healing capabilities, using innovative, non-invasive techniques tailored for each patient.

Certifications & Continuing Education: Doctor of Chiropractic, Life Chiropractic College West (1996, cum laude) Certified Chiropractic Sports Practitioner, American Chiropractic Board of Sports Physicians (2010) Board Certified in Integrative Medicine Certified by the American Functional Neurology Institute Diplomate of the College of Whole Medical Systems.

Should any member have a question for Dr Prax or who wishes to join the live meeting remotely then contact Phil R.

The meeting closed at 11:20 am.

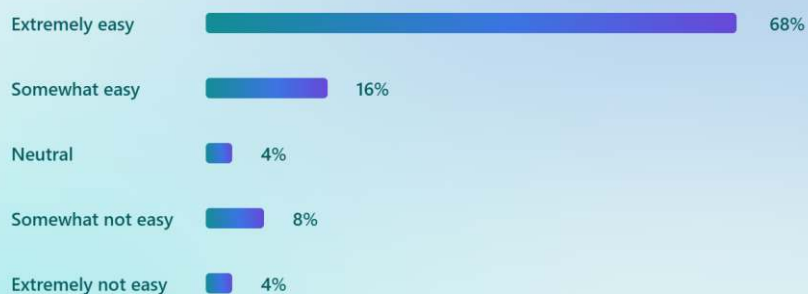
Our Next Meeting: The next monthly meeting is scheduled for Monday, 11th August 2025, at The Niche, located at the corner of Aberdare Road and Hospital Avenue, Nedlands, from 10:00 am to 12 noon.

Here's your feedback to Dr Prax's presentation

Topic: How to Reverse the Burning, Tingling and Numbness of Neuropathy without Harmful Drugs or Surgery.

25 responses submitted...

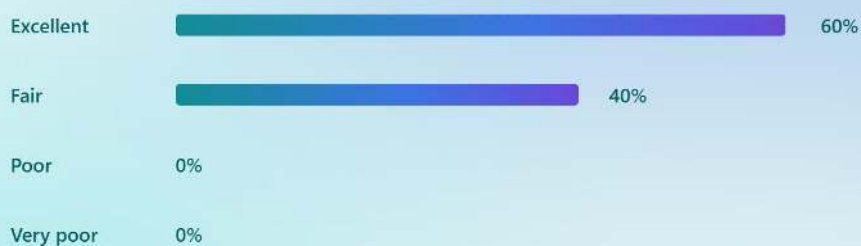
How easy was it for you to log on the presentation?



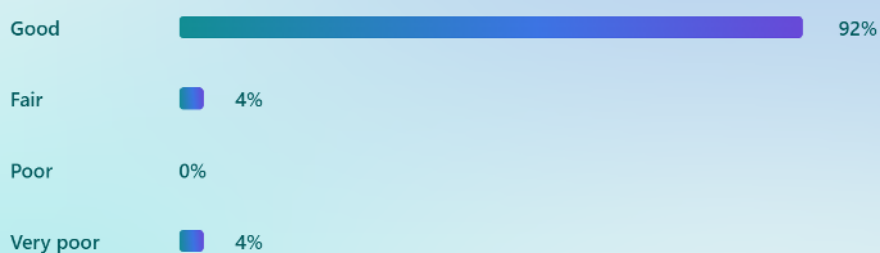
How easy was it for you to set up your sound and screen?



Once you could hear others how good was the audio?



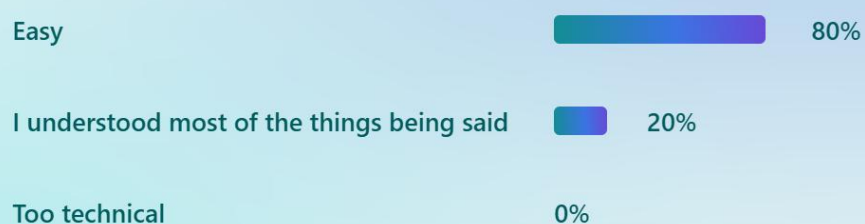
How was the quality of the picture on your screen?



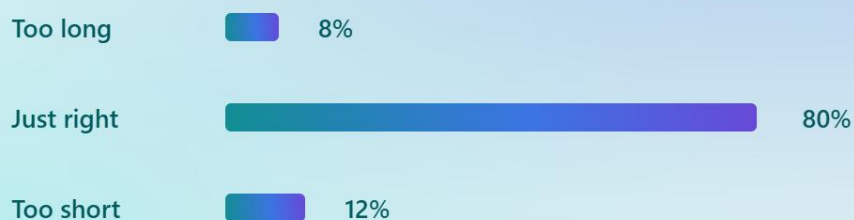
Considering the duration of Dr Prax's presentation, was it...



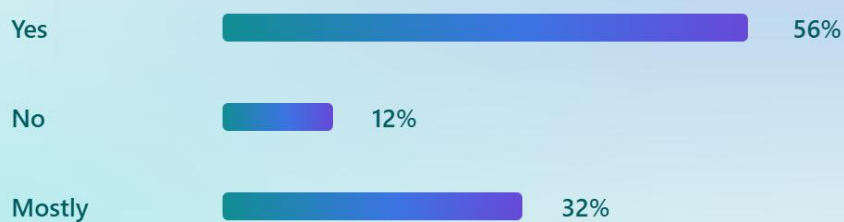
How easy was it for you to understand Dr Prax's Presentation?



Was the time put aside for questions enough?



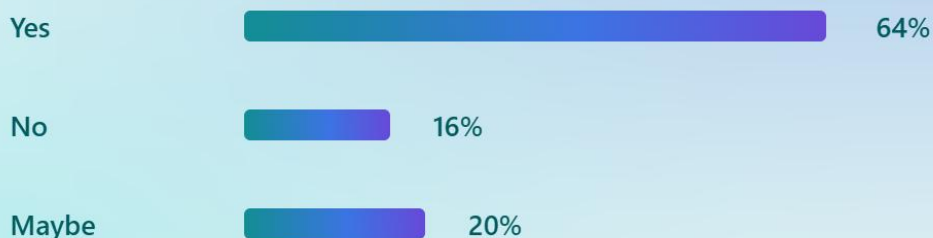
Did Dr Prax meet or surpass your expectations?



Overall how happy were you with Dr Prax's presentation?



Would you like to participate in future PNSG Group discussions with Dr Prax?



If your answer to the above question "Would you like to participate in future PNSG Group discussions with Dr Prax?" is "Yes" or "Maybe" then please tell us what other topics would you like Dr. Prax to discuss?"

19 Responses

ID	Name	Responses
1	anonymous	I would like to be a part of a session that discusses how to limit the negative psychological aspects that comes with having peripheral neuropathy. If this is not Dr Prax's field, then is there anyone or online program of which he knows that he would recommend?
2	anonymous	Foot machines. Other therapies such as massage acupuncture
3	anonymous	Effectiveness of the variety of creams and sprays available for retail sale
4	anonymous	More a case of allowing more time for Dr Prax to expand further on each area. Hearing some more about infra-red-light treatments and the nerve stimulator machine that he touched on.

ID	Name	Responses
5	anonymous	Medication dose.
6	anonymous	In all ways, let us receive updates on his current findings, say every 6 months. If we have the need for deeper answers, good idea to Zoom that Virginian for more particular explanations. A good interview this week. Would count Dr Brian as a leader in the PN topic. An open-minded Expert. Cheers. D. D.
7	anonymous	Diet and supplements
8	anonymous	I'm afraid the only topic I am interested in is PN... And would love to hear more from Dr Prax on this issue. Please note further comment below Q12.
9	anonymous	I don't have any specific topics but am happy to hear about all aspects of his experience with pn. Sometimes a word or phrase will alert me to something that I have noticed in my own case, and I can follow it up.
10	anonymous	Discuss the pain when in bed and feet get hot - what should one do on cold nights? query the future of a long sufferer - mine has been 25 years and affecting the ankles and lower legs badly.
11	anonymous	Related problems/issues but with an explanation of underlying causes/effects as he did in this current session
12	anonymous	As we know we have PN and we know what we need to be doing to stimulate blood flow, by exercising, correct diet etc. to improve or repair damaged nerves, it would be good to just be able to minimize the symptoms of pain, burning itching, etc, Has any thought been given to using Hypnosis as a way to reprogram the brain to ignore the physical symptoms and just let us get on with living our normal life without this background annoyance.
13	anonymous	Specifically.....can anticholinesterase chemicals cause P/N? I used a couple of products to prevent flystrike on sheep and managed to catch a lot of drift in the process. Both products I used were highly effective but were taken off the market a couple of years later. Unfortunately I have had a few other things that you've suggested might also be a cause.....e.g., knee replacement, carpel tunnel surgery, multiple operations, in fact too numerous to mention.

ID	Name	Responses
14	anonymous	Maybe talk about the different types of specialists that could help us & what they do?
15	anonymous	Specific exercises for hands
16	anonymous	How to avoid sleepless nights
17	anonymous	I am interested in learning more about P N
18	anonymous	Anything that Dr Prax feels relevant given that he mentioned that he has 100 YouTube. It's all good info that assists the self-analysis
19	anonymous	anything new.

Question: "Is there anything that you wish to say regarding getting into the presentation as well as the presentation itself and the Q&A session?"

17 responses submitted

ID	Name	Responses
1	anonymous	1. I understand that PN is a progressive illness. I would have liked Dr Pratt to have mentioned what is a realistic timeframe for me to see reversal in my situation. 2. Dr Prax mentioned there are several things we can be doing to help our body heal itself. Other than diet some additional things he mentioned were electronic stimulation and infrared light etc. My question is do I have to do everything Dr Prax said in conjunction with each other or would just one of these activities achieve reversal.
2	anonymous	It (Google Meet) was one of the easiest platforms I have used.
3	anonymous	No. But I wish to purchase a copy of his book.
4	anonymous	It was refreshing to hear someone speak so positively about what we can do to improve our health and PNS. That we should not just accept our lot.
5	anonymous	Regarding exercise I've had two years of diabetes foot ulcer, so I've been not able to exercise properly e.g. no swimming 🤔 or too much bearing on my feet so what is another option for fitness. Keeping in mind I have knee and back issues.
6	anonymous	A "Typical TV doctors" presentation. All talk and not much information. My understanding is to live healthily and let your body heal itself.

ID	Name	Responses
7	anonymous	Thankyou Phil for this very well organised and important discussion with Dr Prax... We thought Dr Prax (from the heal better centre) was very knowledgeable and articulate with the physiology of PN. Also, his understanding of PN and the many associated theories, band aid notions and misconceptions were well expressed... Very significant in a world where doctors are far from well versed with the invisible PN issue. My most significant “take-away” was the sincerity and passion and compassion by Dr Prax throughout his presentation. I finally felt a rare sense of reassurance regarding the complex nature of PN... after much enquiry and research into the matter over the years. In hindsight I would like to have understood even more clearly the three steps of potential healing... (As I really do not want to depend on pain killing drugs of any sort as an ongoing treatment). I would like further clarity on: 1. Increasing blood flow (infra-red). 2. Stimulating nerves (exercise technology). 3. Decrease inflammation (Diet). To really have as much detail and direction as possible in as many options of lifestyle regarding these three factors. All of which are to reach the goal that Dr Prax talks about, to not just treat symptoms but to “heal” the arduous, distracting, painful and distressing “tingling, burning and numbness sensations “of this baffling bloody auto immune disease. I thought more questions may have been asked, but I was happy to put forth my questions, which are seemingly ongoing. My young daughter whose donations to PNSG are impressive. 4. Please forward my sentiments and gratitude to Dr Prax. This would be appreciated, and I would love to participate in any follow up with Dr Prax.
8	anonymous	This was a relatively new experience for me and perhaps others. Maybe as people get more comfortable with format video conferencing, more questions will arise.
9	anonymous	Give more time to more than two people at question time.
10	anonymous	Additional time for questions would be helpful, even if prompts from him would help open up discussion.
11	anonymous	With the size of our group, it might be best that any member wishing to speak or ask a question, came up closer to Phil and the camera in order to be better seen by Dr Prax and other remote participants.
12	anonymous	Not sure whether my input would be helpful as there seems to be so many possible causes but if I can help someone else I will. Your talk does give me some hope after being told by doctors and specialists that they had no cure and to just treat the symptoms.

ID	Name	Responses
13	anonymous	Somewhat disappointed he did not deal with other causes of peripheral neuropathy. I my wife's case she has Hereditary Transthyretin-Mediated Amyloid Polyneuropathy. This is a genetic disease which has effect multiple organs of her body. There is presently no cure for it and is terminal unless the process can be reversed in the future.
14	anonymous	I thoroughly enjoyed this & perhaps would have liked to have heard from more people & their experiences!
15	anonymous	I think all viewers should be muted during Dr Prax' talk as they are distracting.
16	anonymous	It appeared that during my recovery - that the Motor Nerves repaired whereas the Sensory ones didn't. Which if you had a choice was great. Is this a fair analysis? Also, I appeared to greatly benefit from Acupuncture with the Before & After session benefit apparent. Thanks
17	anonymous	Many thanks to Phil for making this presentation so easy to access, and everyone else involved in organising it. I am a past member who can no longer drive the distance to join in.

On lighter note...



"How do you know this isn't the button for the nurses' station?"

This puzzle was in June's newsletter. Suzanne D came very close however, the solution being sought was...
In each of the seven words if the first letter is moved from the beginning of the word and placed at the end then the word remains the same if read in reverse.

Ok all you clever people...

See if you can figure out what these seven words have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

The winner will receive a free guided tour of Beenyp Wastewater Treatment Plant for two. Public transport to and from included.

The winner to be announced in July 2025 newsletter.



"What else did you fix today?"

Thanks, Dan, for this gem.

Thank You and Good Night!