Book Report

October 1, 2003 By Rebecca Minnich

Nutrients for Neuropathy by John A. Senneff
MedPress, San Antonio, Texas, 2002 ($19.95)

Nerve-numb HIVers who loved *Numb Toes and Aching Soles* and *Numb Toes and Other Woes,* Senneff's guides to periperhal neuropathy (PN), may be disappointed in his new one: It lacks info on interactions with HIV meds or advice specifically for the HIV positive (though Senneff does cite studies on how nutritional supplements affect HIVers). But as a PNer himself, the author knows what it means to walk in your shoes, and his descriptions of how antioxidants, minerals and herbs strengthen nerve function should soothe just about everyone's nerves.

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