

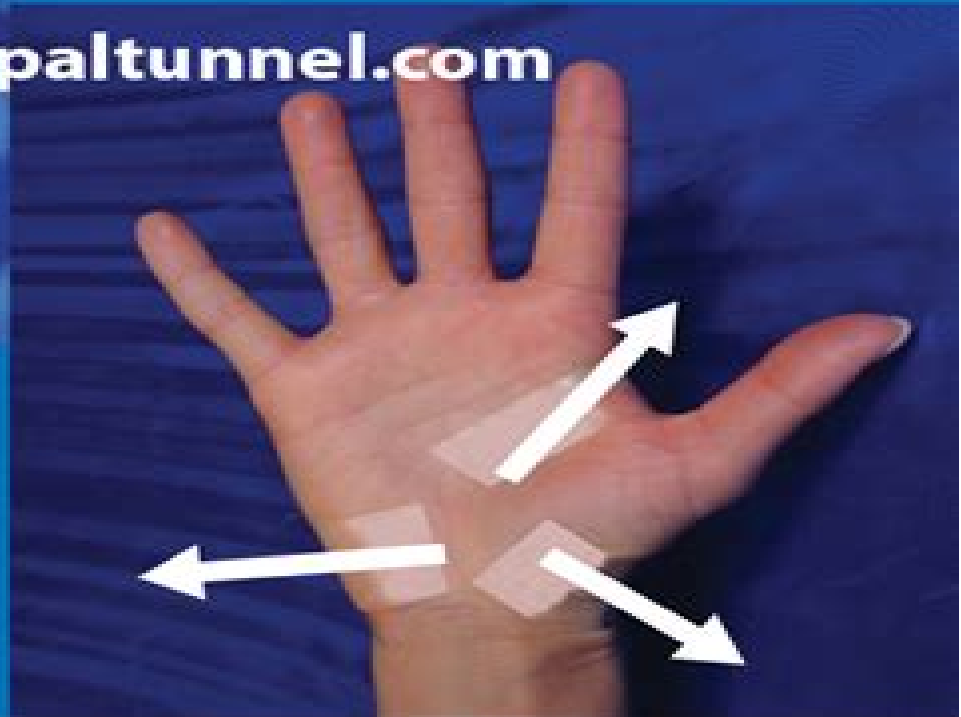
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Natural Treatment Of Carpal Tunnel Syndrome

Meredith Hale



Natural Treatment Of Carpal Tunnel Syndrome:

Natural & Herbal Remedies for Carpal Tunnel Syndrome Norma Pasekoff Weinberg,2000-06-26 Do you have Recurrent numbness pain or tingling in your fingers wrist or hand Does it persist at night Can it be shaken out A sense of weakness in your hand Loss of feeling of heat or cold in your hand If you answered yes to these questions you may be suffering from carpal tunnel syndrome If not detected and treated this common condition can quickly become disabling Once the diagnosis is in the first treatment recommended is often surgery However such extreme measures aren t always necessary In Natural Herbal Remedies for Carpal Tunnel Syndrome Norma Pasekoff Weinberg offers strengthening hand exercises gentle stretches and herbal recipes that ease pain and encourage the body to heal itself With attention to ergonomics and these simple remedies most cases of carpal tunnel syndrome can be resolved or even avoided naturally and effectively The Natural Treatment of Carpal Tunnel Syndrome Ray C. Wunderlich, Jr.,1999-02-01 Vitamins and other nonsurgical therapies

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process proving that the course of arthritis can be reversed She first investigates the causes of joint disease examining the roles of stress poor nutrition and energy blockage She then covers the therapeutic possibilities of altered diet and detoxification supplementation therapies of natural substances that offer safer pain relief without long term side effects and that promote healing and regulation therapies ranging from exercise massage and chiropractic to chelation homeopathy and acupuncture Her belief throughout is that healing is a natural process that can be promoted more by respecting the wisdom of the body than by waging war Inspiring wide ranging eclectic Healing Joint Pain Naturally brings a message of hope and bodily renewal to millions who have resigned themselves to a life of pain

The Enigmatic Realm of **Natural Treatment Of Carpal Tunnel Syndrome**: Unleashing the Language is Inner Magic

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