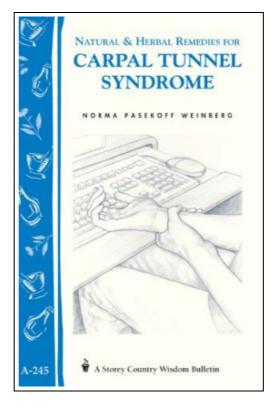
Natural Herb Treatments for Carpal Tunnel Syndrome (Paperback)



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Reviews

Thorough manual for publication fanatics. It is actually rally intriguing through reading through period of time. Its been written in an remarkably simple way and is particularly only after i finished reading through this book in which actually transformed me, change the way i think.

(Morris Schultz)

NATURAL HERB TREATMENTS FOR CARPAL TUNNEL SYNDROME (PAPERBACK)



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Storey Books, United States, 2000. Paperback. Condition: New. Language: English. This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. 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.



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