



# Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245

*Norma Pasekoff Weinberg*

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## **Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245**

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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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The knowledge that you get from Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245 is the more deep you searching the information that hide inside the words the more you get thinking about reading it. It does not mean that this book is hard to understand but Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245 giving you buzz feeling of reading. The article author conveys their point in selected way that can be understood simply by anyone who read the idea because the author of this publication is well-known enough. This particular book also makes your vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this particular Natural & Herbal Remedies for Carpal Tunnel Syndrome: Storey Country Wisdom Bulletin A-245 instantly.

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