

END YOUR CARPAL TUNNEL PAIN WITHOUT SURGERY

Lynnette Sarrazin

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Find out ways to treat carpal tunnel syndrome, including medicine, But if you treat it early on, you can slow it down or stop it in its tracks. If you have a severe case, surgery can help, but your symptoms may not Cleveland Clinic: "5 Ways You Can Ease Carpel Tunnel Syndrome Pain Without Surgery."

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Anyone who uses their hands should have this book. It provides gentle consistent stretching of the soft tissue around the Carpal Tunnel during sleep. Women are more likely to develop carpal tunnel syndrome than men.

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It is a great feeling to have an all natural solution to CTS. Utilizing the Montgomery Method, a daily minute self-care program which is outlined in the book.
BooksbyKateMontgomery.TheNew3rdEd.Thanks for telling us about the problem.