



Natural Herb Treatments for Carpal Tunnel Syndrome (Paperback)

By Norma Weinberg

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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Reviews

It is one of the most popular book. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Camylle Larson**

This is actually the very best book i actually have read till now. This is for all those who statte that there was not a worth studying. Its been written in an remarkably straightforward way which is merely following i finished reading this publication by which in fact altered me, modify the way i believe.

-- **Mr. Jeramy Leuschke IV**