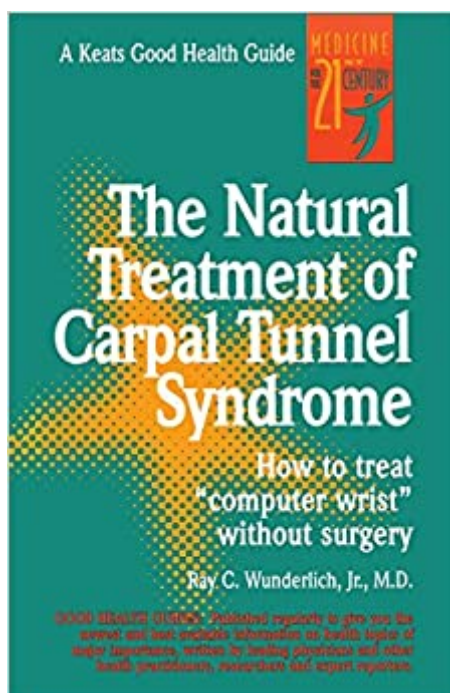


The book was found

# The Natural Treatment Of Carpal Tunnel Syndrome



## Synopsis

Vitamins and other nonsurgical therapies.

## Book Information

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## Customer Reviews

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I bought this thin book together with a couple of other books, when my wife started constantly having pain in the hands, and besides no sensing in her fingers. And after this she and the doctors only have been talking about surgeries in bout of her hands, and have put her on the surgery list. But opposite to this I'm looking after the reason to the problem, and after finding this then have her to change her bad working habits which for me look to be her working habits in the kitchen, and in the garden. I owe many of these "A Keats Good Health Guide", which I until now always have found to be helpful, as being short detailed information books, written by expert. To help at little to give more information telling what the book contains hereby I enlarge the table of contents, from side 5, by besides including the sub contents: Contents Introduction 7 Anatomy 8 Symptoms 11 The Ellis Function Test 12 Causative Factors 13 Repetitive Movements 14 Wrist Position and Posture 16 Stress 17 Other Causes of CTS 18 CTS as Repair Deficit 18 CTS as a Vitamin B6 Deficiency 20 Functional Enzyme Test of B6 22 Pseudo-Carpal Tunnel Syndrome 24 Diagnosis 26 Treatment 28 Workplace Adjustment 29 Physical Fitness 30 Nutritional Measures 30 Glandular Treatment 31

Physical Therapy 32 Neuromuscular Therapy 33 Microcurrent Electrical Stimulation 34 Spinal Manipulation 35 Acupuncture 35 Reflexology 36 Homeopathy 37 Nutritional Medicine 37 Surgery 41 Conclusion 44 Reference 46

In this content we on 2 lines see stated Vitamin B6. And in the book B6 is mentioned many times, and by pills for example containing up to 100 mg, but if this is what a person is missing, and causing the problem, then it will take at least 6 weeks before a result start coming. I have until now daily been giving my wife 250 mg B6, 3 times a day, during now 1 month, as I previous also before receiving this book had read about it in other books. This amount being the same which I, 5 years ago, was ordered after an arm and nerves broke by an accident. The book is printed in 1993, and during time we again and again are advised to increase the amount of vitamins. The book is printed in 1993 so the 4 sides starting on side 37 with Nutritional Medicine, without doubt containing many pills that's no longer are used, or maybe not allowed, while of course the vitamins B6 and E, and the Ginger, we also read about, will be used in the eternity. But in the chapter Treatment it's very interesting to learn about many different treatments, a couple of which I didn't know of before, and besides for example about the pseudo-CTS. In the book we are having 3 drawings, the 2 first, in the chapter Anatomy, and showing the left hand seen button up, and some of what's packed in the wrist. But the third drawing give a more detailed drawing concerning the nerves coming to, and passing by under the cord. In the chapter Repetitive Movements we have more than one side telling about musicians having the CTS problem, and especially the pianist, as for example the pianist-composer Robert Schumann. And during the book, of cause, also concerning problem for the mouse and keyboard users, the "computer wrist" as stated on the front page. In the chapter Surgery he writes that if the surgery is properly done then it nearly always solve the problem. And tells that he have patients preferring early to have surgery, instead of trying to solve the problem a natural way. Just like my wife. All together a helpful book, especially for persons being new in reading about pain in the hands and fingers.

I purchased this book for my elderly mother suffering with carpal tunnel. She found it easy to read and understand. Answered a lot of her questions and she is following some of the advice with good results.

I should have read the reviews before purchasing. I'm looking for specific exercises and therapies. This was more of a medical explanation of what CTS is and the options for treating it.

This book has been very helpful in dealing with Carpal Tunnel in my left hand and wrist. Lots of

good options.

I was disappointed in this book. It was primarily a review of carpal tunnel and the ways it's treated. I didn't find any real help here.

I found this book very informative. While everyone I know has either had carpal tunnel syndrome or knows someone who had it most people are not really informed concerning the alternative treatments and possible causes of the condition. In my reading I found that there are treatments that bring a degree of relief and do not require immediate surgery. By learning to take care of myself I have experienced a good degree of relief from the constant pain I was causing myself because I didn't know how to avoid it. I would not recommend only reading the book and not seeking medical attention, but by knowing the questions to ask one can make more intelligent decisions concerning treatment options. The research seems credible and the author seems to have had considerable experience with the syndrome.

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Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Relief from Carpal Tunnel Pain and Other Nerve Entrapment Syndromes

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