



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

Norma Pasekoff Weinberg

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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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