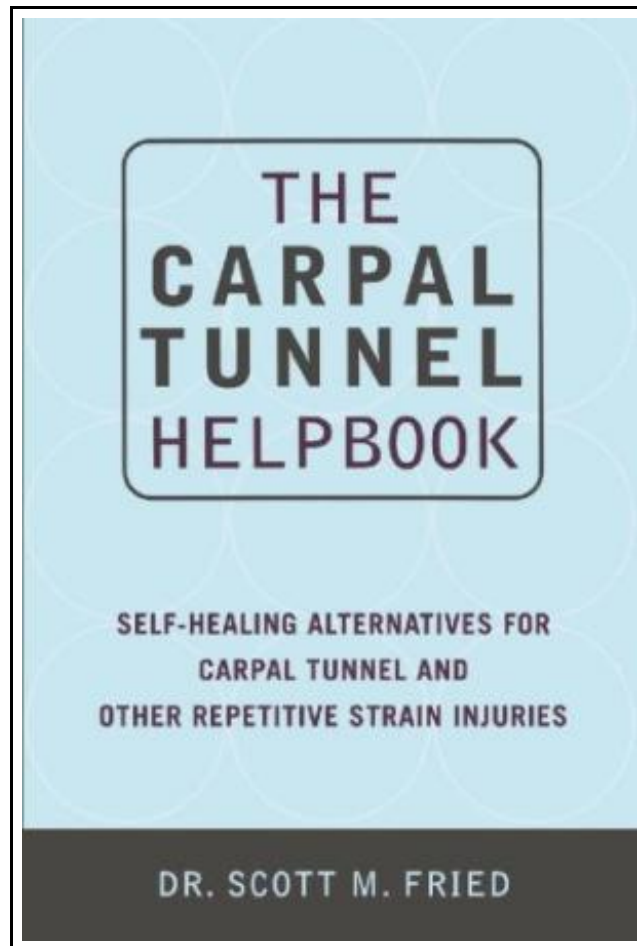


The Carpal Tunnel Helpbook



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Reviews

This pdf is so gripping and intriguing. I could comprehend almost everything using this composed ebook. You are going to like just how the article writer create this ebook.
(Miss Dakota Zulauf)

THE CARPAL TUNNEL HELPBOOK



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Da Capo Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.8in. x 6.0in. x 0.4in. There are more than 500,000 carpal tunnel surgeries done annually in the United States but approximately 30 percent of these patients will be no better as a result. The truth is, most physicians are too quick to consider surgery as the first line of defense against carpal tunnel and other repetitive-strain injuries. In this comprehensive guide to recognizing and treating these debilitating conditions, Dr. Scott Fried takes a strong position against surgery and offers self-healing alternatives that have better results. From understanding the signs and symptoms at an early stage to modifying work and lifestyle; from proven alternative therapies and helpful medications to nutrition and exercise, The Carpal Tunnel Helpbook provides authoritative advice and practical, up-to-date information to spare many patients the ordeal of surgery to treat their injuries. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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