END YOUR CARPAL TUNNEL PAIN WITHOUT SURGERY









THE MONIGOMERY METHOD

A daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand

- In How to Tell If You Have Carpal Tunnel Syndrome
- Instant Relief from Pain
- Why Drug Treatments Don't Work
- How to Create a Safe, Pain free Workplace

KATE MONTGOMERY, ND

"I couldn't even write a sentence without pain.
I began to use the Montgomery Method. I can't believe
how fast the results happened! You don't have to get surgery
for carpal tunnel syndrome. I'm living proof!"

DEBBIE HARNOIS, legal secretary

ZND SDITION

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ML Yell

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The Ten Things Every Parent Needs to Know Kim Paleg, 1997 In ten warm straightforward chapters Paleg describes in detail the skills parents most need to learn including advice on how to nurture a child emotionally as well as physically how to listen to a child and foster self esteem how to solve problems handle discipline issues cope with anger and take care of themselves as well as the child The Portable Relaxer Fine Creative Media Staff, Matthew McKay, 1997 Chiropractic Way Michael Lenarz, Victoria St. George, 2008-12-10 Chiropractic has become America's most popular form of alternative health care offering lasting relief from pain and many other health benefits to more than 25 million patients annually Yet many people still wonder exactly how chiropractic heals and even experienced patients may be able to get more from their treatments In this accessible and fascinating book Dr Michael Lenarz illuminates the basic principles of spinal health showing how the body naturally lets go of stored pain and disease once the flow of vital energy has been restored He also explains Why adjustments keep the communication flowing clearly quickly and cleanly Why the billion plus nerve pathways carried by the spine can be the key to a wide range of health problems from arthritis headaches and back and neck pain to chronic fatigue and digestive ailments Why many of the health complaints we associate with aging may in fact be the result of old injuries and therefore treatable The different techniques of chiropractic and how to choose the beset chiropractor for you PLUS complete chapters on the diet exercise and stress relief programs that will help you achieve a healthy vibrant energized and pain free lifestyle the chiropractic way American Book Publishing Record ,2007

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