

Pain? Ask Amber



Q: *My carpal tunnel syndrome is getting worse - I keep dropping things and the burning in my hands is unbearable. Is surgery my only option?*

A: Not at all, there are many other ways to address carpal tunnel syndrome. If you have been diagnosed with carpal tunnel syndrome, or have tingling, numbness, burning or weakness in your hands, consider the following suggestions:

- Get a wrist support for the computer
- Avoid texting, guitar hero and other repetitive tasks involving the hands
- Hand exercises - Stress balls and specific stretches can help to open the pathways leading to the hand (see exercise videos at letitheal.com)
- Acupressure - there are many points on the hand, wrist and forearm that provide relief
- Cold Laser therapy - this treatment accelerates healing by up to 40% and is available at Let it Heal
- Try the Bowen technique at Let it Heal

Our experienced practitioners have even managed to help with carpal tunnel syndrome after surgery has failed. Most clients observe a significant improvement within one to two treatments, and side effects include headache relief, improved sleep and corrected posture. For more information on how we can help you, visit our website, www.letitheal.com or give us a call today!

Tune into www.ThatChannel.com this Thursday at 11 am to view our new talk show, Let it Heal LIVE.
This week's topic: Depression

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Let it Heal

www.letitheal.com

Fortino's Plaza, 2025 Guelph Line, Unit 172,
Burlington 905-335-9355 or Dundas 289-238-8980