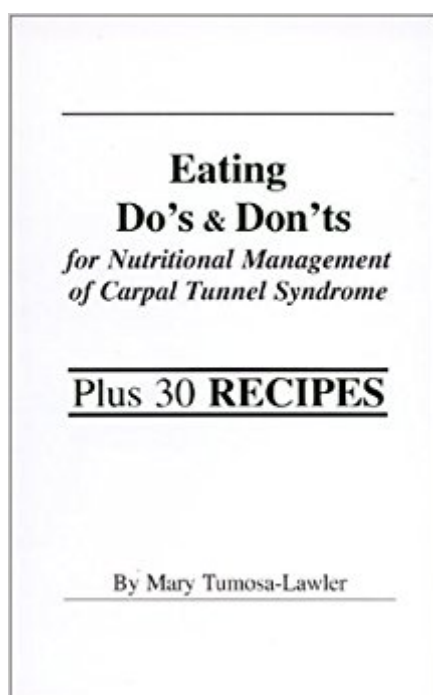


The book was found

Eating Do's & Don'ts For Nutritional Management Of Carpal Tunnel Syndrome



Synopsis

For every one of us who rely on our computer, *Eating Do's & Don'ts for Nutritional Management of Carpal Tunnel Syndrome*, could be a life-changing quick-read. The book addresses how and why certain foods in a person's diet can influence the pain associated with carpal tunnel syndrome or repetitive stress disorder.

Book Information

Spiral-bound: 68 pages

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Package Dimensions: 8.3 x 5.6 x 0.2 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 3.5 out of 5 stars 3 customer reviews

Best Sellers Rank: #13,915,549 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Repetitive Strain Injury #1624 in Books >

Cookbooks, Food & Wine > Special Diet > Heart Healthy #91347 in Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Tumosa-Lawler, a victim of carpal tunnel syndrome, says, "I've experimented with the approaches in this book to help cure my own disorder. I wanted to avoid surgery at all costs so you can imagine how excited I was when I first learned about how certain foods could actually worsen the pain I was experiencing. "Then after a little more research, I found out there were foods that could help alleviate the pain as well. I talked to two naturopathic physicians about it and when they confirmed what I'd heard, I made a few adjustments in my diet, and voila! It worked for me. I kept meeting other people who had carpal tunnel syndrome...so I decided to write this book in hopes of helping others who suffer from repetitive stress injuries."

Mary Tumosa-Lawler, who was diagnosed with carpal tunnel syndrome in 1997, has experimented with the approaches in her book to help cure her own disorder. She's been a vegetarian for over 35 years, and has taught vegetarian and healthy cooking classes at Mohave Community College in Lake Havasu City, Ariz. She loves to create new recipes in her spare time when she's not working as a postmaster for the United States Postal Service. Tumosa-Lawler received a bachelor of arts

degree in journalism in 1974 from Colorado State University, then worked as a writer, editor, and photographer for numerous newspapers and magazines for over 20 years. Tumosa-Lawler lives in Arizona with her husband, Pat, their dog, cat, and two desert tortoises.

While the information contained in this book is worthy of attention. I can't help feeling that I might have been able to find all of this information for free on the web. It is more like a pamphlet than a book.

This book changed my ability to use my right hand. I had all the symptoms of carpal tunnel; pain and swelling, etc. I eliminated the tomato products, and immediately had results. I enjoy the recipes and use them frequently to help me avoid relapse. Thank goodness I was able to get on track with this program!

Without having the ordeal and uncertainty of surgery I was able to get back to my woodworking and painting after the pain and numbness in my hands had stopped me. And the recipes are healthy and delicious to boot! Thank you!

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