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Carpal tunnel syndrome is the result of high pressure on the median nerve of the hand which is responsible for sensations to the thumb and fingers. The disease is more common in females than in males. The syndrome brings about numbness and pain in the hand and affects both the wrists and hands.

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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.

Nutritional Approach for Carpal Tunnel Syndrome Ronald Grisanti D.C., D.A.B.C.O.,D.A.C.B.N., MS, CFMP For over 30 years it has been known that many conditions treated by surgery could be totally cured with pennies worth of nutrients.

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