

CARPAL TUNNEL SYNDROME

A peripheral nerve entrapment syndrome characterized by soreness, weakness, tingling, numbness, or burning along the thumb and first two fingers, caused by compression of the median nerve in the carpal tunnel of the wrist. The condition may develop or worsen by repeated motion (grasping, twisting, or turning of the hand and wrist, repetitive flexion of the fingers as in typing, etc.). It should be noted that swelling of the nearby tendons which run through the carpal tunnel, not necessarily inflammation of the median nerve itself, may account for the compression of the nerve and the consequent neuropathic symptoms. For this reason, treatments to address repetitive motion injury of the tendons may be indicated beyond direct nerve support. Fluid imbalances, often in association with pregnancy or menopause, may also contribute to median nerve compression, and so treatment with diuretics may be of benefit in those cases.

Homeopathics

- * **Ligapar™**- glandular homeopathic for ligament and tendon support, indicated for relief of painful tendons.**
- Liquid B-** supplies and aids absorption of B vitamins, indicated for irritability and nervousness and hands that go to sleep easily.**
- Neuralgia HP™**- high potency formula to relieve numbness, tingling, and painful irritation of the nerves.**
- Neuropar™**- glandular homeopathic for peripheral nerves, indicated for relief of burning pain, numbness, and tingling throughout the body. **
- Neurostat™**- detoxification of the nervous system, for relief of neuralgia, neuritis, and neuropathies.**
- * **Trauma+Gel™**- topical gel for bumps, bruises, strains, sprains, stiffness, and other minor injuries.**
- Traumatone™**- tonifier for soreness after exertion, strains, sprains, and joint pain and stiffness.**

Herbals

- Anacom A.M.™** or **Anacom P.M.™**- fortifier for the nervous system, for relief of neuropathic pain.
- Equistacom™**- formula combining diuretic, vulnerary, and anti-inflammatory herbs.
- * **Inflamacom™**- fortifier for the immune system, relieves inflammation.
- Solomon's Seal-** single spagyric herb indicated for musculoskeletal tension and repetitive use injuries.
- St. John's Wort-** single spagyric herb for nerve pain and radiating pain.
- Turmeric-** single spagyric herb with anti-inflammatory properties.

Nutritionals

- B-6 250 MG-** this condition is often associated with vitamin B-6 deficiency.
- B-Complex-** specially balanced formula of the B vitamins essential for proper nerve function. Review the other B vitamins available at www.energiquepro.com.

**Denotes primary remedies*



THERAPEUTIC GUIDE

CARPAL TUNNEL SYNDROME (CONTINUED)

- * **Enervimin™ Stress Focus**- full-spectrum vitamin and mineral supplement formulated for those under stress, high in the B vitamins essential for proper nerve function.
- * **Mag-Chlor**- highly absorbable form of magnesium, helps to relax muscles.

Additional Considerations

Surgery does not always offer relief. Repetitive motion aggravates carpal tunnel syndrome; therefore, if possible, vary the wrist and hand motion. Special exercises may help. A diet high in the B vitamins fortifies and strengthens the nervous system.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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