

WellWave Carpal Tunnel

Angela Wong Douglas, Bill Douglas

It's Not Carpal Tunnel Syndrome! Suparna Damany, Jack Bellis, 2000 This guide offers computer users who suffer from repetitive strain injury (RSI) an effective program for self-care. It explains the symptoms, prevention, and treatment of RSIs and also addresses the often-overlooked root causes of RSIs. This holistic program treats the entire upper body with ergonomics, exercise, and hands-on therapy, increasing the likelihood that surgery and drugs may be avoided.

Carpal Tunnel Ace McCloud, 2014-06-11 End The Pain from Carpal Tunnel Syndrome Now! Get Pain Relief For Carpal Tunnel Syndrome! A must have book if you or someone else you know is suffering from Carpal Tunnel Syndrome! Take steps now to Alleviate the Pain or to help to prevent it from ever occurring! Proven strategies that can really make a difference! Get the relief you deserve that can dramatically improve the quality of your life! Here Is A Preview Of What You'll Discover... An Overview of Carpal Tunnel Syndrome and How to Diagnose It How To Prevent Carpal Tunnel Syndrome The Best All Natural Treatments for Carpal Tunnel Syndrome Modern Medical Breakthroughs For Carpal Tunnel Syndrome Great Items That Can Help With Carpal Tunnel Syndrome At Work and At Home Setting Up Your Work Area For Optimum Effect Exercises and Stretches To Relieve Carpal Tunnel Syndrome Pain and To Strengthen Your Hands Much, much more! The Time Is Now! Be Sure To Get Your Copy Today!

The Complete Idiot's Guide to T'ai Chi & QiGong Illustrated, Fourth Edition Angela Wong Douglas, Bill Douglas, 2012-10-02 Heal yourself

physically, mentally, emotionally, and spiritually with the ultimate guide to T'ai Chi and QiGong for beginners! T'ai Chi – a martial art used for health, meditation, and self-defense – and QiGong – a large variety of physical and mental training methods based on Chinese philosophy – are widely recognized to heal physically, mentally, emotionally, and spiritually. T'ai Chi has demonstrated its health benefits by being linked with everything from slowing the aging process and increasing balance and flexibility to lowering stress levels and enhancing the body's natural healing powers. In this fourth edition of The Complete Idiot's Guide® to T'ai Chi & QiGong, the authors have streamlined the book, giving it a clearer how-to focus. Nearly 150 video clips complement the 300 helpful illustrations in the book by demonstrating a complete T'ai Chi exercise – all exclusively available to readers on the authors' website.

Soft Tissue Release Jane Johnson, 2009 Presented in a step-by-step format, this book equips readers with the skills needed to effectively deliver this physiotherapy technique to their clients. Describing the passive, active-assisted and active methods of using Soft Tissue Release, this book will be of use to both practising and studying therapists.

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