# END YOUR CARPAL TUNNEL PAIN WITHOUT SURGERY









## THE MONIGOMERY METHOD

A daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand

- In How to Tell If You Have Carpal Tunnel Syndrome
- Instant Relief from Pain
- Why Drug Treatments Don't Work
- How to Create a Safe, Pain free Workplace

KATE'MONTGOMERY, ND

"I couldn't even write a sentence without pain.

I began to use the Montgomery Method. I can't believe
how fast the results happened! You don't have to get surgery
for carpal tunnel syndrome. I'm living proof!"

- DEBBIE HARNOIS, legal secretary

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### End Your Carpal Tunnel Pain Without Surgery Second Edition Paperback

**JR Anderson** 

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