

**Ten of the Top
Most Common Causes
of
Carpal Tunnel Syndrome**

By

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Ten of the Top Most Common Causes of Carpal Tunnel Syndrome

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If you have any reason to believe, due to your personal medical history or condition, that the approaches that I -- or anyone else -- suggest may cause any existing medical problems to become aggravated or worse, then do not do them.

I believe that your body is smart and wants to be well. Sometimes it just needs a little help from you or from others. However, in the end, you are responsible for your well-being. If something seems to you to not be right for you, follow your instincts. Pay attention to the wisdom of your body.

I am not a medical doctor. I am a person just like you, who has had a lot of experience and knowledge about how bodies get pain and get rid of pain. I have dealt with a lot of pain, both my own and that of clients, and have seen how our bodies can heal if we give them what they need to get better.

I thank you for letting me help you on your journey to pain relief, but you are the one that gets to make the final decisions. Please make them wisely.

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Welcome to this Special Report! I'll bet you have some questions.

Who am I and why should you listen to me?

I'm Kathryn Merrow. I've been helping people just like you become pain-free since 1992. I've done over 20,000 therapeutic massages. As a neuromuscular massage therapist I was trained to look for the *causes* of pain and not treat only the *symptoms*.

How did I become The Pain Relief Coach?

I realized that I was answering the same questions for my clients over and over. We just didn't learn how our muscles work when we were in school. Neither did most doctors, not even when they were in medical school! I realized that I could "get my hands on" even more people as an Internet coach, so I began writing and don't intend to ever stop. I have had so many great letters from people who discovered that their body is a *whole unit*-- everything is attached, they *aren't* just a bunch of individual parts -- and how much benefit they have had since they found my information. That makes them feel good and me, too! So I wrote [The Uncommon Cure For Carpal Tunnel Pain](#) so even more people can discover everything they need to get better naturally.

What makes me so smart, anyway?

What helped me are the bodies and stories of all the people who came to me and got relief. Did it happen every time? No. There are a variety of reasons that some people have benefit and some don't but many, many of my clients did. And those who understood the *causes* of their pain had the most benefit!

And I got smarter and smarter as I learned about the causes of my *own* pain and dysfunction. I had *migraines* that took days out of my life that I'll never get back. I had *scoliosis* (a curvature of the spine) and constant *neck pain*. I even had *asthma*, and it was bad. *Allergies*, too.

Did you notice that I said I HAD all of those things? And *more* as life went on?

My body wanted to get well; I just needed a little bit of help to knock out the causes of my pain. Well, okay: *quite a bit* of help.

Your body wants to get well too; it just needs a little help from *you*. You can get that from me, if you like. Then all you have to do is *take action* on your new knowledge to help your body heal.

Your body is smart. It has the *ability* to heal. Pain is just your body's way of telling you there is a problem to fix.

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**“Pain is the body's magic. It is the way the body transmits a sign to the brain that something is wrong.” - Norman Cousins**

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So let's get started fixing it:

Did you know that you don't have to have carpal tunnel syndrome? There are many natural ways to get out of pain and away from your symptoms and I'm going to give you some of the answers right here.

We are going to talk about 10 of the top most common causes of carpal tunnel syndrome. These are not all of the causes, but they are some of the more common ones.

Also, you should be aware that carpal tunnel syndrome (CTS) is frequently misdiagnosed. Lots of times it's just plain old pain in your wrist hand or arm caused by muscle strain or overuse or incorrect usage. Sometimes the pain around your carpal tunnel is caused by trigger points somewhere else -- like your shoulder blade area and neck. We'll talk about that later, too.

Vitamin B6 deficiency:

Your doctor knows that vitamin B6 deficiency causes carpal tunnel syndrome. *But what causes you to be deficient in vitamin B6?*

You see, everything has a cause. *Nothing* happens without a reason.

Taking a good balanced vitamin blend will help improve your CTS if this is the cause. If you take all of the B-vitamins together, they can do their jobs better. There are other vitamins that can cause symptoms if you have too much, which is rare, or too little. Did you know that vitamin D3, the sunshine vitamin, will also help you in many ways?

You can have your own bonus copy of “The Vitamins B6 Special Report” and discover how easy it is to become deficient in vitamin B6 *and* how to fix it naturally when you claim your copy of **The Uncommon Cure for Carpal Tunnel Pain** at:
<http://CarpalTunnelPainReliefBook.com>

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Trigger points:

Trigger points are hyper-irritable (crabby) areas of muscle or other soft tissue (everything but bones.) They cause pain and symptoms such as numbness or tingling in other parts of the body. Sometimes the symptom is quite a distance from the trigger point. The most common cause is muscle overload, although there are also some disease and nutritionally related causes.

When a nagging pain or symptom won't go away with conventional treatment or massage that most likely means a trigger point is causing the symptom and needs to be released. Trigger point therapy is done by some (very few) doctors (they usually use injections) and by many massage therapists. Massage therapists who do trigger point release successfully apply pressure to the trigger point AND also look for the cause of the trigger point and release that as well.

You will get the Special Report "How To Find A Massage Therapist Who Can Help You" as *another* bonus when you order your copy of <http://CarpalTunnelPainReliefBook.com>

And...*another* great part of the Uncommon Cure program is the "Simple Carpal Tunnel Pain Relief Massage Video." You can learn do-it-yourself massage to relieve your carpal tunnel pain as you watch a massage professional demonstrate treatment.

Improper body mechanics:

Sometimes we just get into habits that don't do us any good! Slouching on the couch in the same position with your head jutting forward every time you watch television is one, or "forgetting" to take the time to walk or stretch or do things that will help your muscles stay balanced.

Many times we don't realize that we are doing something our body doesn't like until—**OUCH!** That was your body reminding you that it's not happy.

Using improper body mechanics could mean you are:

- Stretching to reach rather than bringing a work object like a mouse or keyboard closer to your body.
- Slumping when you are driving or sitting.
- Tilting and twisting from the wrist rather than keeping your wrists straight (as though they are extensions of your arms.)
- Even sleeping with too many pillows.

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The best thing to do is realize what you are doing that's making your muscles unhappy and stop doing it! That might sound too simple, but there really are things we do incorrectly without even thinking about them -- until we hurt. Simply correcting the way we move can make a huge difference. We will talk about this much more in [The Uncommon Cure For Carpal Tunnel Pain](http://CarpalTunnelPainReliefBook.com). You can claim your own copy today at: <http://CarpalTunnelPainReliefBook.com>

Weak back muscles:

If you find yourself with an achy back or get "knots" in your upper back, that's a good indication that your back muscles are weak. If you have both CTS *and* knots in your back, they can be caused by the same muscle in your neck! We will get to that in a while.

Weak muscles in your back allow you to collapse forward: you develop what is called "forward head" posture. Since lack of movement or correct exercise contributes to a weak back, you may enjoy the "Simple Strengthening Video." The simple movements will help you get straighter and stronger—in bed! And, the video will help you understand better the importance of having a strong back.

Remember, whenever you do new movements or exercises, do them thoughtfully, slowly and carefully. *Pay very close attention to your body.*

Did you know that lots of issues of old age, head and back pain as well as carpal tunnel symptoms are actually caused by poor, collapsed posture? When your heavy head starts to move in front of your body, instead of being **over** your body, gravity grabs onto it and starts pulling you even further forward and down.

You'll find easy, simple ways to develop a strong backside, from the base of your head to your knees, in the "Simple Strengthening Video." Claim your copy of this *very* special bonus right now at <http://CarpalTunnelPainReliefBook.com>

Underlying medical conditions:

Pregnancy and hormone changes can cause swelling in your carpal tunnel. Typically, CTS symptoms go away when the baby comes. Other underlying medical conditions may be diabetes, autoimmune diseases, thyroid disorders, gout and arthritis. Dietary and postural changes may help with some of these but your doctor will be the one helping you manage diseases and medical conditions.

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Overweight and obesity:

There is only so much space in your carpal tunnel. Since it's a closed space, if swelling from extra weight occurs, there is pressure on the nerves and blood vessels that pass through. The pressure is what causes symptoms in your hand.

If this is the primary cause of your CTS, learning a new way of eating may be “just what the doctor ordered.” Dieting is hard but learning how to eat the way we humans were designed to eat can help you normalize your weight without eating less; you will just eat differently. Try to eat more food that is as close to the way it grew as possible and less (*lots* less) processed foods. And, if you can't afford to buy all organic food, don't fret. Just do the best you can. It won't take too long until you notice a difference in your health.

Medications, smoking and alcohol use and abuse:

These things, along with drugs and processed foods, deplete your body of necessary nutrients. When your body doesn't have everything it needs to function well, it won't be able to. Taking *good, potent* multi-vitamin and mineral supplements can help replace many of the missing nutrients. I know supplements have made a huge difference in my own health and wellness. I'd love to tell you that story sometime.

Autoimmune diseases:

Autoimmune diseases cause the body to attack its' own tissues. This causes inflammation (swelling) and that means swelling can occur in the carpal tunnel. Sometimes CTS may be one of the first signs of these diseases. If pressure from bony changes causes carpal tunnel symptoms, surgery may be required. Providing your body with everything it needs to be healthy---real food and nutrients---may assist in reducing the symptoms of CTS in these situations.

Trauma or injury to the wrist:

If you have a broken or dislocated wrist you might get carpal tunnel symptoms. If the bones are broken by injury and press into your carpal tunnel, they may need surgical repair. It always depends, however.

Your body is capable of healing and wants to be well. You will have to rely on the advice of your doctor and your own body wisdom. If it looks as though it might be okay when the swelling from the injury goes away, you might wish to wait before deciding to

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have surgery. There are many factors to consider but your doctor may be the best one to guide you.

A dislocated wrist joint can take as long as a bone does to heal and get better on its' own. A few doctors and some chiropractors may be able to relocate the wrist to its' proper position with manual manipulation. Massaging the arm around a dislocation, after the swelling and pain have settled down, can help your muscles relax and allow the bones to move back to the correct position.

Muscles in your neck:

Carpal Tunnel Syndrome often has a hidden cause. This cause is *commonly* overlooked by doctors and even by many massage therapists! It is trigger points in the muscles on the sides of your neck! If your symptoms aren't responding to conventional medical treatment, or massage therapy, that usually means the muscles in your neck are the cause. You cannot treat just the *symptom*—you **must** treat the *cause*!

These same muscles can cause “knots” in your upper back. You can find out how to determine whether these muscles are causing your CTS and what to do about them with “The Scalene Report.” It's *another* special bonus when you claim your copy of [The Uncommon Cure For Carpal Tunnel Pain](#) Just go to: <http://CarpalTunnelPainReliefBook.com>

I hope you are ready now to begin your journey to becoming pain-free. I'm looking forward to walking on that journey with you.

Warmest regards,



Kathryn Merrow

The Pain Relief Coach