



14 Tips to Get the Most from This Program

1. **Print** this page. You can check off each number as you complete it.
2. **Download** each part of this program. Here's how: Place the cursor on the first link and right click your mouse. Select 'save file as' or 'save link as.' Create a file name that will help you be able to find the file again, like Carpal Tunnel E-book or Carpal Tunnel Video. If you begin each file name with the same words, you will be able to find all parts of the program together. You can also save the download page with all of the links in your 'favorites' or 'bookmarks' or create a desktop folder.
3. **Commit** to taking the time you need to go through the program and do the steps. Education is power. *And you deserve to feel better!*
4. **Print Your 7-Step Action Plan.** Start filling in the Notes section as you go through the rest of the program. Fill in the Action Steps as you discover what you need to do. Use **Your 7-Step Action Plan** as your guide to help you get rid of your Carpal Tunnel symptoms. Refer to it often.
5. **Read** the **Uncommon Cure For Carpal Tunnel Pain E-book.** It's only 52 pages and is easy to read and understand. You can either read it on your computer or print it out. I suggest printing it out so you can review the directions for movements and tips at any time.
6. **Watch** the **Simple Carpal Tunnel Massage Video.** It's about 23 minutes. As each area is demonstrated, examine it on your own body. Start to get an idea of which parts might be tight and need attention. You can come back to this video as often as you need to. Pay attention to the side-lying stretches and review them a few times, so you can do them in bed.
7. **Watch** the **Simple Strengthening Bonus Video.** It's less than 50 minutes. Having a strong back side will help reduce many of your aches and pains including Carpal Tunnel symptoms. Sections 1 and 2 will help you

understand the causes of soft tissue and muscle pain. After you have watched them once or twice, you can skip to the 3rd Section to get right to the simple strengthening movements that are done *in your bed*. The 4th Section has slightly advanced movements which can be done standing or seated. Review Sections 3 and 4 as often as you need to.

8. **Read [How To Find A Massage Therapist Who Can Help You](#)**. If you decide to have professional therapeutic massage, this report will help you get the most benefit from your money. You will learn how to find a massage therapist and how to interview him or her and more.
9. **Read [The Vitamin B6 Special Report](#)**. Sometimes getting enough Vitamin B6 is all that you need to get rid of your Carpal Tunnel symptoms.
10. **Read [The Scalene Report](#)**. The scalene muscles are a commonly overlooked cause of Carpal Tunnel Syndrome and other hand, arm and upper body pain. If you aren't having relief from conventional medical treatment or massage therapy, you must read this report.
11. **Print [Pain Relief Tips for Your Carpal Tunnel Symptoms Mini-poster](#)** and place it near your computer so you can refer to it often. It will help you use correct posture while you're typing.
12. **Read [66 Secrets to Less Stress e-booklet](#)**. Stress causes pain and pain causes stress. Some things we can change, some we can't, but we can change the way we respond to stressful situations. Print the whole booklet or just the pages that will be most helpful to you.
13. **Don't give up!** You have a smart body that wants to be well and can be well. It took a while for you to get into discomfort and it may take a while to become pain-free. You may never be "cured" but if you know what to do to be "controlled" you will feel well. All of the control measures for Carpal Tunnel symptoms will benefit your whole body.
14. **Your education doesn't have to stop here.** There is much more information at <http://www.CarpalTunnelPainRelief.com> Scroll through the categories to find information that may be helpful to your specific pain pattern or situation.