

## [CARPAL TUNNEL HERBAL REMEDIES](#)



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Having carpal tunnel syndrome (CTS) doesn't have to be a pain. In fact, you may be able to ease your pain and discomfort with these home remedies for

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Smoking, injuries, rheumatoid arthritis, oral contraceptives, alcoholism, obesity and diabetes can lead to carpal tunnel. Symptoms of carpal tunnel include numbness, pain in fingers, pregnancy, weakness, tingling or pain in hand. Symptoms are usually noticeable in the night and temporarily relieved, by shaking out your hands.

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"Women develop carpal tunnel problems more than men do," explains Dr. Duke, "because the cyclical hormone fluctuations of the menstrual cycle, pregnancy and menopause can contribute to swelling of the tissues that surround the carpal tunnel." Another reason he thinks he's been spared the discomfort of CTS is hand exercises.

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For this reason, CTS, like tendinitis and bursitis, is considered a "cumulative trauma disorder." However, medical conditions such as rheumatoid arthritis, hypothyroidism (low levels of thyroid hormone), pregnancy, and overweight can also cause carpal tunnel syndrome symptoms by causing swelling within the tightly packed carpal tunnel.

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Treatment for carpal tunnel syndrome usually begins with splinting. A cortisone injection or carpal tunnel release surgery may be recommended.

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