

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: **Dr. Donald P. Nebel, Jr.**

“Success means we go to sleep at night knowing that our talents and abilities were used in a way that served others.” ~ Marianne Williamson

*Is There Really A Quick And Easy Solution To Carpal Tunnel Syndrome WITHOUT Harmful Drugs Or Risky Surgery?*

## “GREAT NEWS!!!...Research Proves The Tingling, Numbness, Weakness & Pain Associated With Carpal Tunnel Syndrome May Have Nothing To Do With Your Wrist!...

*And Why Having Surgery May Be A Crippling Mistake!!!”*



Pittsburgh– Carpal Tunnel Syndrome (CTS) may be one of the most misunderstood, misdiagnosed and mistreated conditions in modern medicine.

It’s a crying shame because countless carpal tunnel victims could end their pain and suffering...*almost overnight*...if they only knew what I’m about to reveal to YOU in this newsletter.

I’m serious. If you’re suffering with CTS, what you’re about to discover can literally give you your life back. If you know anyone battling carpal tunnel, give them this newsletter. You may be responsible for changing their life.

So, without any further adieu, let’s jump right into it. **Here are the facts:**

The U.S. Department of Labor has concluded that carpal tunnel syndrome is the “chief occupational hazard of the 90’s - disabling workers in epidemic proportions.”

**Carpal Tunnel Syndrome affects over 8 - million Americans.**

Carpal Tunnel Syndrome is the #1 reported medical problem, accounting for about 50% of all work related injuries.

**Only 25% of all Carpal Tunnel Syndrome patients were able to return to their previous professions following surgery.**

Up to 36% of Carpal Tunnel Syndrome patients require unlimited medical treatment.

**Surgery for Carpal Tunnel Syndrome is the second most common type of surgery, with well over 230,000 procedures performed annually.**

I don’t know about you, but reading those statistics tells me something is *wrong...radically wrong*...with the “accepted” methods of treating Carpal Tunnel Syndrome.

It doesn’t take a genius to figure out surgery is NOT the way to go when 230,000 are being performed each year and only 25% are able to return to their previous jobs.

And returning to work does NOT mean pain-free. *I wonder how many of that 25% were actually pain-free?*

Add in the inherent risks of all surgeries (like the ones that go horribly wrong) and your option of going under the knife starts looking like a DISTANT last resort. NOT a valid first option.

**So, What Other Options Do You Have?**

Carpal Tunnel Syndrome has traditionally been defined as an entrapment of the median nerve inside the carpal tunnel of your wrist. The floor of the carpal tunnel is made of eight carpal...or...“wrist” bones. They are odd shaped and fit together kind of like a

puzzle. Ligaments (which are like fishing line) help hold the bones together.

The roof of the tunnel is a ligament – the

transverse carpal ligament – that stretches from one side of the tunnel to the other. The space that is formed between the carpal bones and the transverse carpal ligament is about the size of your pinky.

A bunch of “*things*” pass through that small space. Including: nine flexor tendons (tendons attach muscle to bone), blood vessels and ONE nerve. **The median nerve, which is the primary nerve to your hand.**

The traditional definition of Carpal Tunnel Syndrome is compression of the median nerve as it passes through that tunnel.

Nerves are like tiny wires that transmit electrical impulses from your brain and spinal cord to the rest of your body. Every time you want to move your hand, your brain sends electrical impulses down the median nerve to the muscles in your hand, causing them to contract.

Nerves are VERY sensitive and can easily get “pinched” or “compressed.” If the median nerve gets pinched or compressed as it passes through the carpal tunnel -- it causes Carpal Tunnel Syndrome. It is commonly thought that an injury or repetitive stress to the wrist can cause such an injury.

**Here’s the problem with all that:** *there is another condition that causes the exact same symptoms as Carpal Tunnel Syndrome that has little or nothing to do with the wrist!*

This condition is called **Double Crush Syndrome** and here’s how it works: There are many sites that can compress a nerve as it goes from your brain and spinal cord to your wrist. Simply put, Double Crush Syndrome occurs when you have multiple compression sites.

**More importantly,** a compression site closer to the spinal cord (closer to your neck) and brain makes it much easier for a nerve to be compressed elsewhere...like the wrist. In plain English... **You Would NOT Have Carpal Tunnel Symptoms If You Only Had Compression In Your Wrist. It Is The COMBINATION Of The Compression Sites That Causes The Problem!!!**

So, in most case, if you remove the entrapment or compression that is closer to the spine (neck), many, if not all, of your symptoms will go away without ever touching the wrist!!!

**The most common sites of compression or entrapment are** - - a muscle in your forearm called the pronator teres, the thoracic outlet (by your shoulder), and your neck. The most common place seems to be as the nerve exits your spine in your neck.

### Is There A Solution?

That’s why specific Chiropractic care can work *wonders* for Carpal Tunnel Syndrome when all else has failed.

By gently restoring function of your neck via chiropractic care, compression on the nerve can be relieved... eliminating Double Crush Syndrome... the TRUE cause of your Carpal Tunnel Syndrome.

A complete Chiropractic evaluation can also detect if your carpal tunnel symptoms are coming from one of the other compression/entrapment sites like your forearm, shoulder or wrist...and work on those areas as well.

***The important thing to remember is you must be evaluated by a doctor that understands Double Crush Syndrome*** and evaluate you for all the possible compression sites and fix them properly. A hand specialist may completely overlook the REAL cause of your problem...Double Crush Syndrome.

If you are suffering with Carpal Tunnel Syndrome (CTS), be sure your doctor has thoroughly examined you to determine if your CTS is due to Double Crush Syndrome. A proper examination for CTS would include the entire arm and neck in order to trace the full length of the nerve. Since the neck is the most common site for a Double Crush to occur, a consultation with a cervical spine specialist (Chiropractor) would be in your best interests, especially if you’ve been recommended for carpal tunnel surgery. Only by identifying the true cause can your doctor accurately treat and relieve your condition. **And don’t forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We’re here to help, and don’t enjoy anything more than participating in your life long good health.**

### OUR PATIENTS SPEAK

*“The care is excellent! My condition seems to be improving with the help of your services!” M.M., Braddock, PA*

*“I had severe wrist pain during my pregnancy. My normal every day work became difficult because of the pain. After visiting Dr. Nebel, I learned that my pregnancy caused my wrist pain. I had received one treatment and already felt improvement! Thank you for all your help!” E.R., Leechburg, PA*

*“My care has been very good. Dr. Nebel shows a lot of concern about my condition and explains things thoroughly!” K.D., Penn Hills, PA*

## Success Story Of The Month

(This is a chiropractic story from a California doctor)

### “How A 93 Pound Woman Scared Me Straight...”

It never ceases to amaze me how seemingly insignificant events can have an immeasurable impact on your life. How something that happens to you at lunch...or...while grocery shopping...can literally change your very existence - - forever. Just from that ONE MOMENT...you never look...or live your life...the same way again.

Some of these “insignificant” events are good and bring a tremendous amount of joy. Some are bad and ruin your life - - almost overnight. Kinda exciting...kinda scary.

But much more often than enlightening or ruining your life, these little events go unnoticed. Things happen, words are said...and...the whole thing is completely missed.

How can that be? See, most things in life really don't mean anything until YOU put a meaning on it. Advice is neither good nor bad...until you act on it. Most situations are the same. In fact, two people can go through the exact same experience...and...one will credit it for saving their life while the other claims it was the reason for their demise.

More often than not - - success in life is no more than YOUR reaction to whatever life throws your way. You know the old saying: **One Person's Junk Is Another's Treasure!** That's what I learned from Rose. Actually, I learned a lot more than that from Rose.

The first day Rose went to the chiropractor...she busted through the clinic door...charged up to the front desk...and barked at the staff that she was here for her 4:00 appointment. She expected to be seen -- AT FOUR O'CLOCK -- and she absolutely could not have *any* of her time wasted!!!

I heard the ruckus all the way in the treatment room...so...I peaked my head out (nervously) to see what was going on. Who could be carrying on like this?

As I came out of the treatment room...I didn't see anything -- at least not until I got halfway around the front counter. And there she was...all 4'10" and 93 pounds of her...fully agitated and ready to snuff out anyone in the way of her 4:00 appointment.

I was more nervous with every step. I have a grandmother...and I knew my life could be in serious danger if I didn't defuse this situation...and diffuse it fast!

Then it happened - - she spotted me - - and headed straight for me. As she came around the corner, she screeched, “Are you the doctor?” Before I could whisper a “yes,” she had taken me by the hand and brought ME into a treatment room!

She sad me down and told me she had been diagnosed with carpal tunnel syndrome...and... her doctor told her she needed surgery. She said surgery was out of the question because she didn't have the time. She said she didn't care about the pain, she just needed to be able to use her hands again...which had become useless. And she needed to use them again FAST.

#### **She Looked Me Dead In The Eyes And Asked If I Could Help Her**

I'll have to admit, Rose scared me. I looked back at her and said we would have to do an exam first and then after that...I could give her an answer.

That was three months ago...and...Rose's carpal tunnel is long gone. She re-gained full use of her hands and is 100% pain-free. She's even doing needlepoint again. But that's not the good part.

Soon after Rose had got the use of her hands back, she told me the REAL reason she had caused such a ruckus that first day. She said her and her husband, Frank, had been married for 49 years. They had lived through some pretty tough times and had never gone on a single vacation. A few years ago they finally scraped up enough money to take a month-long cruise. They delayed going...and...were saving it for their 50<sup>th</sup> wedding anniversary.

Last year, Frank suffered a major stroke and could no longer walk or talk and needs constant care...which is supplied by Rose. Rose developed carpal tunnel from the hard work associated with caring for Frank.

She had gotten to the point where she couldn't care for him anymore...and...if I couldn't help, she was going to have to put Frank in a home. Since they couldn't go on their cruise, all she wanted was to have Frank home for their 50<sup>th</sup> anniversary.

She thanked me for making that possible. She also taught me one of the most valuable lessons of my life...not to put things off. There always seems to be a better time. Things ALWAYS seem to be too hectic. Well, for most of us, that “better time” never comes.

If you have a great opportunity - - take it. If you want to do something - - do it. If you love someone - - tell them. Spend time with your loved ones and do all the things you want to do... TODAY.

*We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!*

## Did You Know?...ALLERGY FACTS:

1. Dark colored cats are four times more likely than light colored ones to cause intense allergic reactions.
2. Ease the pain of a bee sting by using ½ tsp. meat tenderizer ( like Adolph's containing Papain) with enough water or vinegar to make a paste and apply to sting until pain is gone.
3. If a bee sting causes feelings of faintness, panic shortness of breath, or a rash develops, go to an emergency room immediately. You may be experiencing a serious allergic reaction called anaphylaxis.
4. Some people with ragweed allergies may have a "cross- reaction" to melons such as watermelon, cantaloupe, or honeydew.
5. Some people with tree pollen allergies might have a "cross- reaction" to fruits like cherries, apples, pears and peaches.
6. If your child misses school due to allergies, he or she has company... 9,999 others are also absent on a typical day for the same reason.
7. If you have a moustache and you have allergies , you could have a problem. It holds pollen right under your nose ready for you to breathe it in. So, add that hair to your shampooing sessions.
8. Love flowers but hate the sneezes? Look for low-pollen plants such as hibiscus, periwinkles, azaleas and roses. Symptoms often attributed to roses are usually due to grass pollen.
9. If you are planning to have your house fumigated, be sure pyrethrum is not used.
10. Fight allergy-causing mold by painting indoor walls that are likely to be damp with mold-inhibiting paint, or by adding mold inhibitor to standard paint.
11. Did you know that there are allergy-free rooms at some hotels? Ask about them. Among the hotels are Best Inns & Suites.
12. Put your child's favorite stuffed toy in your freezer during the day to kill dust mites.
13. Leave a room that was just dusted or vacuumed for at least three hours to allow airborne dust to resettle.
14. Remember to empty the drip pan under your refrigerator regularly. The combination of food particles and standing water is irresistible to mold.
15. Hay fever sufferers should wash their hair at night to remove any pollen and keep it from settling on pillows and bedding.
16. If you're doing some holiday decorating, watch out for mites and molds. They love fall leaves, pine cones and and evergreen branches and they are hard to clean off. Give yourself a break. Choose nuts, pumpkins, and unscented candles.
17. To help reduce molds and mildew run a night light continuously in dark closets
18. 20 percent of the population is affected by allergy related disease
19. Between 1 and 2 percent of adults have food allergies
20. Food allergies are caused by eight foods: milk, egg, wheat, peanut, soy, nuts, fish and shellfish

## Tip Of The Month: "7 Powerful (And Easy) Ways To Avoid The Flu Without Getting A Flu Shot!!!"



If you've ever suffered through the fever, chills, sore throat, headache, fatigue (and the list goes on) associated with the flu...and... want to minimize your chances of ever going through that again...this is your lucky day! Every year, countless people suffer with the flu that don't have to. And it's NOT because they didn't get a flu shot! No. Truth is, many people get the flu *even if they have had a flu shot*...and...some even suffer directly from the vaccination itself. There maybe a better...more natural way...to maximize your chances against the flu. Actually there are seven of them...here they are:

**#1 Get Enough And Adequate Rest!** - One of the most overlooked aspects of staying healthy is simply...getting enough sleep. Studies have shown people who sleep...on average... eight hours a night were healthier than those who only averaged six per night. New studies are actually indicating a possible link to cancer in individuals who do not get enough sleep. It is important to remember everyone requires a different amount of sleep. If you are tired all day...or...run out of energy in the mid-afternoon, chances are you need more sleep. And if you feel tired all day...guess what? So does your immune system that fights off disease and the flu. **One more important note:** If you consume alcohol or caffeine, simply sleeping more hours will not be enough. Alcohol and caffeine decrease the quality of sleep that is impossible to make up. **#2 Stay Away From Sugar!** - Besides making you gain unwanted pounds, sugar weakens your immune system immediately after it is eaten. If your immune system is weakened, your defenses to the flu will be lowered... increasing your chances to get sick. Any time you are feeling run down, sugar (simple "junk" sugar) should be eliminated from your diet. And it is a good idea to eat as little simple sugar at all times to keep yourself healthy and functioning optimally. **#3 Control Stress!** - More and more illnesses and diseases are being linked to stress. From our nation's #1 killer...heart disease...to diabetes, and the common cold and flu. Stress SEVERELY weakens you immune system and causes many unfavorable chemical changes in your body. The bottom line is: the more stress you have...that is not dealt with properly...the greater your chance to get sick. Find ways you can regularly reduce your stress. Relaxation, naps, meditation and physical exercise are all great ways. **#4 Eat Garlic!!!!** - Garlic has incredible natural healing powers: it's anti-bacterial, anti-viral and anti-fungal. Garlic is one food that you should be eating every day. It is important to note that garlic must be fresh to give you optimal health benefits. The active ingredient is destroyed within one hour of smashing the garlic, **so garlic pills are virtually worthless and should not be used.** When you use garlic, compress it with a spoon prior to swallowing it, or put it through your juicer to add to your vegetable juice. If you swallow the clove intact, you will not convert the active ingredient, allicin, to its active form. **#5 Exercise Regularly!** - Studies have shown...over and over...exercise strengthens the immune system and promotes great overall health. Starting and sticking to an exercise program that's right for you cannot only keep you from getting the flu...but add years to your life. **#6 Wash Your Hands Regularly!** - Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. If your immune system is strong, it should be able to fight off the virus if it does enter your body, but washing your hands provides a bit of extra protection. **#7 Regular Chiropractic Care!** - Regular Chiropractic care allows the nervous system to function properly. Since the immune system is controlled by the nervous system...the immune system is strengthened by Chiropractic care. The more you strengthen your immune system...the less chance you have to get sick with the flu...or...any other illnesses.

Each one of these seven things may seem small to you...but...when they are all done simultaneously...the impact of your health will be dramatic. Give them a try...you'll thank me when all your friends are laid up in bed with the flu...and...you're NOT!!!