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Looks yummy, doesn’t it? I sure am hoping that you think so.

We all used to eat healthy, natural, organic foods that came from nature. Our bodies knew what to do—how to process—those foods. We were designed and built to eat what nature provided. We were able to get all of the nutrients we needed from our food (as long as we had enough to eat.)

This Special Report on Vitamin B6 includes several articles. You’ll discover why you may have a vitamin B6 deficiency (because everything happens for a reason.)

Vitamin B6 is only one of the B-vitamins. Your doctor knows that a deficiency (not enough) can cause Carpal Tunnel Syndrome.

Now, you’ll know what to do about it.
Does Organic Food Fix Carpal Tunnel Syndrome?

Does eating organic food help Carpal Tunnel Syndrome?

Here’s my answer: **YES!** Why?

Once upon a time, all we humans could eat came from the ground, animals or fish. It didn't come from factories. It grew naturally.

**Our bodies knew what to do with the food we ate then.**

Our bodies just don't know how to handle things we eat that are processed in factories. Sure, sometimes lots of fresh produce goes into factories, but what comes out? It's just not the same when our "food" is laced with chemicals (lots of them based on petroleum.)

Food that comes out of factories is much different than what we were designed to eat, so:

1. It may not absorb properly. We can't get all the nutrients so we get mineral and vitamin deficiencies.

2. Many nutrients may have been removed in processing (for instance, whole grains reduced to "white.") The good stuff has been taken out. Whole grains naturally contain B-vitamins and other nutrients. Oh sure, some things are added back in, but not as many as were removed. Carpal Tunnel Syndrome is often caused by a B-6 deficiency and a B-12 deficiency contributes, too.

3. Chemicals and additives are added for "taste" and shelf life. (Did you know there is a whole chemical industry devoted to developing new flavors and scents so we will buy more products?)

We weren't designed to eat petroleum products and "spices" from chemistry labs. Did you know that "spices" doesn't mean what you & I think it does? "Spices" are not required to grow. If the label says spices, we really don't know what's in there!

4. Pesticides and herbicides are used in growing non-organic produce. When we eat the produce, we eat all of that, too. It accumulates in our bodies and makes us sick in many ways.
Organic foods cost more, but they also benefit you much more. Why?

1. Fresh, raw or lightly cooked organic vegetables and fruits contain all the "good stuff" but none of the chemicals and additives that can make you sick. (If you buy processed organic food in packages, you still have to read the labels to see what else might be in it, especially if you buy snack foods. It might be organic, but loaded with sweeteners or other things you don't want to eat.)

2. Your body was built to eat foods that came from nature, not from a factory.

3. Organic meat has no hormones, pesticides or herbicides "added."

And, here's a tip for you that won't cost any money.

Fish that is "wild caught" is not raised in giant net cages or laced with antibiotics, etc., like "farm raised." Farm raised sounds healthy, but it's not.

Also, all canned salmon is wild caught. If canned salmon doesn't sound good to you, try frying it into patties or a "meat loaf." With onions and whatever else you like added in—yum!

When you feed your body, you are also feeding your carpal tunnel.

If your muscles and soft tissues have what they need to be healthy--and if you can get rid of the additives, hormones, spices, chemicals, pesticides and herbicides that are in most non-organic foods--your tissues will have the opportunity to become healthier.

That includes your carpal tunnel area!

Is Your Carpal Tunnel Hungry?

If you feed your whole body, you feed your Carpal Tunnel. No getting around it!

The healthier you are and the stronger your immune system is, the easier it will be for your body to heal. When you are healthy, from the inside out, you will have less pain. No getting around that, either.

The March 26, 2009 episode of Carpal Tunnel Radio talked about the importance of nutrition and healthy eating for your whole body. My guest has been interested in health and wellness for years and years and it shows. If you could see her in person, you would see a beautiful, vibrant woman and would never guess her age!
Does she ever eat goodies? Sure, she sometimes does (don't we all?) but she eats small quantities of treats and watches what she eats. Does she use vitamin and mineral supplements? You bet! (I do, too!)

We talked about "real" foods, fake "foods" and additives.

We talked about how important it is to take responsibility for your own health. Really, your doctor can't make you healthy...but, you can.

I hope you have a chance to listen. The replays are always available so you can listen at any time of the day or night.

Remember, the healthier your diet is, the easier it will be for you to relieve your carpal tunnel symptoms.

How to Eat to Heal Your Carpal Tunnel Symptoms

Your car runs on gasoline (probably.)

You wouldn't put milk in your car. It wouldn't work.

Your pet needs foods that will help it remain healthy. You probably don't feed your pet chocolate bars for lunch every day. That would cause illness for your pet.

You?

Maybe you like chocolate candy bars for lunch every day and habits can be a little hard to break.

Well, "you are what you eat." Truly.

If you give your body the "fuel" it needs, your body will function better.

If you have carpal tunnel syndrome, there's a good chance that you have some vitamin or mineral deficiencies. Perhaps you don't have enough vitamin B6. That's a common cause of carpal tunnel syndrome.

Perhaps your body is hungry for something you aren't giving it--it knows something is missing. That's why it causes symptoms. That's how your body says: Hey! Feed me what I need!

Here are some of the problems:
• So much of the "food" we buy is processed (made in a factory--and they may not be looking out for our health there.) So many additives go into processed foods (and they aren't all good for us, either.)
• There is a lot of confusion about what is a "healthy" diet or way of eating. Some folks say "low carb" and some don't have a clue what a "carb" is, or what makes a carb good or bad.
• Some people say "high protein" and some who follow that don't look at the long-term outcome.

Here are some suggestions on eating to heal your carpal tunnel symptoms. (Remember, most of your symptoms involve your muscles and soft tissues. Muscles and soft tissues, as well as your bones and brain, have nutrition requirements which must be met in order for them to function well.)

1. Eat meals that are well-balanced. What does that mean? Pick 3 to 5 foods which are completely different from each other for each meal. Have "colorful" foods on at least 3/4 of your plate. (You're not fooling your body if those colorful foods include Cheese Puffs or a breakfast cereal with fake fruit chips in it.) Eat Real and Whole Foods as much as possible.

2. Skip junk foods. There is a reason they are called "junk foods." They don't help your body heal or be well. They include soda pop, hyper-sweetened cereal, alcoholic drinks, sugar and other sweeteners (including artificial), and "snacks." Instead, try to replace those things with water, fruits and veggies--Real Foods.

3. Take your time when you eat. Try to carve out a time when you can sit down and pay attention to your food and enjoy it. Chew well so all the nutrients will be released into your body.

4. Pay attention to your body wisdom. After you eat a certain food, if you notice that your nose gets stuffy, you get a headache, you get a lot of mucus in your throat or just don't feel so well, you might have an allergy or sensitivity to that food. Two foods that commonly cause a reaction are wheat and milk.

Did you know that certain foods can even cause depression? And certain processed foods cause vitamin deficiencies?

And, vitamin B6 deficiency is known to cause carpal tunnel syndrome!

And, wouldn't you like a strong immune system? Eating well can do that.

So, remember: It is important for you to get as much benefit from your food as possible.
If you would like a suggestion for a program that will make it easy for you to improve your health, shop for healthy foods and cook them, improve the quality of your life and even lose weight, check out Slender In The Grass.

And, while it would be ideal to eat organic, if you can't, don't worry. Just do your best. You can still make a big difference in your health by putting the best foods you can buy into your mouth.

The more healthily you feed all of your muscles and tissues--your whole body--the more quickly your carpal tunnel symptoms will heal.

And that's a good thing.

Foods with the Most Vitamin B6

Vitamin B6 is just one of many necessary vitamins for all of us. If you have a sufficient amount of this vitamin, it will help get rid of your carpal tunnel symptoms.

To increase your intake of Vitamin B6 (Pyridoxine) you can eat the following foods:

Red bell peppers (raw); boiled spinach; boiled turnip greens; bananas; yellowfin tuna; chicken and turkey breast; baked or broiled Chinook salmon, cod fish, snapper fish, halibut fish, tuna fish: and beef.

Boiled cauliflower, raw celery, boiled cabbage, steamed asparagus, kale, steamed broccoli, boiled Brussels sprouts, swiss chard and garlic. Watermelon, green peas, sweet potatoes and yams.

Kidney beans, sunflower seeds, carrots, corn, crabmeat, lentils, lima beans potatoes, brown rice, soybeans, eggs, pearled barley and bran, raisins and whole grains.

Vitamin B6 is critical to your health and wellness.

Conventional medicine (your doctor) knows that people who have carpal tunnel symptoms often have a deficiency in B6.

A deficiency (not enough in your body) may show up as skin conditions, asthma, depression, carpal tunnel syndrome, nervous system and cardio conditions, and other symptoms.

How else can you increase your vitamin B6 intake?
With a good nutritional supplement, of course. You can buy B6 by itself, a good mix of B-vitamins (because they work together) or ask your doctor for a recommendation.

If you would like more information about this important vitamin, you can find it by clicking here. That link will take you to a page which is devoted to vitamin B6 at the World’s Healthiest Food.

Remember, an educated patient is one who will get well faster. You can get rid of your carpal tunnel symptoms by educating yourself and taking action.

**But If Vitamin B6 Deficiency Causes Carpal Tunnel Syndrome, What Causes B6 Deficiency?**

Doctors know that Vitamin B6 deficiency causes Carpal Tunnel Syndrome.

But what causes you to have a deficiency?

This is what the "Encyclopedia of Healing Foods" says about Vitamin B6 deficiency:

Since 1950, Carpal Tunnel Syndrome has increased "in parallel with the increased presence of compounds that interfere with vitamin B6 in the body." In particular, Dr. Michael Murray (author) says that tartrazine (FD&C Yellow #5) is added to "nearly every packaged food" and interferes with B6 absorption.

In the US, he says, the average daily consumption (how much we eat) of certified dyes is 15 milligrams, of which 85% is tartrazine. That means, if you are average, you are eating 5,000 milligrams a year, which is approximately one teaspoon. That might not sound like much to you, but it is one teaspoon of a chemical that you don't need--it is not making you healthier.

The doctor suggests eliminating tartrazine and increasing foods rich in B6 to help relieve Carpal Tunnel Syndrome.

And, when your carpal tunnel symptoms flare up, Dr. Murray suggests drinking fresh pineapple juice and eating ginger. Both have anti-inflammatory properties (they reduce inflammation in your tissues.) Curcumin, which comes from the spice turmeric, is also an anti-inflammatory.

If you read the labels on food, drug or cosmetic products, you will see a lot of things listed. Some of those ingredients might even to cause you to think, "Hmmm. I wonder why that is in there?" I think that often.
I ask myself, "Why did the manufacturers think this product needs to have something to color it? I think it would have looked fine with its' natural color."

**So, what can you do to eat less tartrazine?**

Start by reading labels on packages of prepared food. Look for the words "FD&C Yellow #5" or "natural and artificial food coloring." Be suspicious and read all labels.

You never know what you might find.

There is a large "food industry" out there. And, the job of the food industry is **NOT** to make you healthy. It is to get you to buy products that appeal to your eye (food coloring) and your nose (artificial aromas) and taste buds (artificial flavors.) Might as well eat petroleum products. In fact, you are.

There is a lot to be said for eating as close to nature as you can. Farmers don't grow food that has tartrazine in it.

But, factories do.

**Carpal Tunnel Pain Can Be Reduced With Supplements**

Carpal Tunnel Syndrome is often caused by a deficiency in certain vitamins.

Vitamin B-6, especially, has been used to reduce the symptoms of carpal tunnel. Researchers have found that a B-6 deficiency will cause carpal tunnel syndrome.

**How much should you take to reduce your carpal tunnel pain?**

Go to a health food store or shop on-line for a good, high-potency multi-vitamin or B-vitamin blend. Read the label to make sure there is a wide variety of vitamins and minerals.

Read and follow the directions on the bottle. Drugstore or supermarket brands are usually not as potent (powerful) as those from health food stores or mail order. Often, the drugstore brands only have a handful of ingredients and a minimum amount of nutrients.

I'd love to see you take a supplement with a ton of good-quality nutrients.

You might find a blend of a few vitamins which is supposed to be specifically for carpal tunnel syndrome. It may help, but you won't be getting all the other good things that are in good multi-vitamin and mineral.
What about cost?

The supplements I take cost about $50-$55 a month.

I figure this is a cost of "health insurance" for me. I have to pay out of pocket, but I am healthy and rarely ever sick. In fact, I get sick much less than in the "good old days."

I got serious about supplementing with vitamins and minerals many years ago. After six or eight months, I realized that I had seven (!) fewer health and comfort issues bothering me.

What is your health worth to you?

Which to choose?

I order mine by mail. They come in easy-to-use packets and I feel good about the doctor who put together this formula. My cholesterol levels improved with his advice.

I have tried other formulations from other MD's. While they are fine products, loaded with nutrients, each had something that just didn't work for me. One had green tea, and I don't use anything with caffeine. One had an after-taste.

You will have to try and see which you prefer.

Vitamin B-6 is just one of the many vitamins that most of us are deficient in. There are many reasons for this—the foods we do or don't eat--and supplementing will help correct it.

What about Fish Oil?

It seems that every article I read about fish oil (or flax seed oil) says researchers have found another benefit to taking fish oil.

One of those benefits is that fish oil reduces inflammation. The tissues around your carpal tunnel are inflamed if you are having pain. Taking fish oil supplements can reduce your carpal tunnel symptoms.

Fish oil comes in capsules, so you don't have to taste it. Beside the multi-vitamin and mineral I take, I also take a supplement which has fish oil, Co-Q10 and Vitamin B6.
How long will it take until you begin to notice improvement in you carpal tunnel syndrome?

It may take months. I noticed my big health changes after more than half a year had passed. They come on gradually as your body is replenished, but people who have taken Vitamin B6 report benefits within just a few weeks.

It took months and years for you to get to this point, and it will take time for you to restore your body’s vitamin needs.

And, remember to drink lots of pure water, too.

I have worked with lots of people who have carpal tunnel syndrome over the years. I could often tell by the texture or tone of their muscles and tissues that they weren’t drinking enough water.

Water helps flush the metabolic wastes out of your muscles. When these waste products can travel easily out of your body, your soft tissues will be healthier and happier and you will have less pain in your carpal tunnel area and elsewhere.

And, that’s a good thing.

"Because You Deserve To Feel Better!"

You can always get more information to help with your carpal tunnel and other symptoms at:

http://www.CarpalTunnelPainRelief.com

http://www.SimpleStrengthening.com

http://www.SimplePainRelief.com