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Carpal tunnel relief— on contact

As a receptionist, I spend most of my day typing. I've seen coworkers sidelined by carpal tunnel syndrome, and now I'm feeling tightness and pain in my hands. My doctor suggested taking ibuprofen when they hurt, but I'd be popping pills every day! What do you recommend?

Emu oil, from the fat of the emu bird, is a great alternative. Researchers at the University of Adelaide in Australia discovered that the oil's anti-inflammatory properties ease carpal tunnel and arthritis pain as well as OTC medications. It's applied topically, absorbs quickly and delivers relief in minutes, so rub it onto your fingers and wrists when pain strikes. Try Thunder Ridge Emu Oil thunderridgeemu.com.



Cure the cellular irritation that attracts fat