



# 5

# WARNING SIGNS

## of CARPAL TUNNEL Syndrome ...and what to do if you're in pain right NOW!

Your pain is trying to help you...don't ignore the WARNING signs until it's too late!



### Even the Best Doctors Make This Mistake!

If you cut a finger or bump your knee, there's no need to guess where the trouble is. It's right where it hurts! That's why **carpal tunnel syndrome** is so tricky. Because the source of the pain may NOT be where you feel the aching, tingling, and numbness. Many regular doctors make this dangerous mistake. The pain can actually be a smokescreen, and the source of your misery may be hiding somewhere else...we'll get to that in a minute. But first, let's see where you can get help...from...

### The Hidden Pain Doctors!

Since the source of carpal tunnel pain is tricky, it takes special training to track it down. That's why **HealthSource®** should be your 1st choice. Because we know what to do if you've got...

### WARNING Sign #1: "Electric" Fingers!

The pattern in this picture shows where you usually feel pain—in the thumb, and middle finger and mostly on the front side. But it usually starts "upstream" in your arm, shoulder and neck where it may be easy to correct. It's the same with:



### WARNING Sign #2: Wrist "Toothache"!

Your wrist may feel swollen, tender and achy in front. So the good news is it's probably NOT carpal tunnel—if the pain is on the back of the hand, wrist or arm.

And... we've helped hundreds of these carpal tunnel cases, so don't give up even if you don't remember what it was like to feel good. Back then you could:

- pick up a dime on the counter
- button your shirt without fumbling
- work all day on the computer
- sleep without shaking your hands
- write out checks without cramping

That's what normal hands can do—PLUS the grip is strong and you can do whatever you need to do without even *thinking* of your hands.

That's what James Lawson said it was like after finally getting relief at **HealthSource®**:

*"My major complaint was neck and lower back pain with numbness in my left fingers. HealthSource® was able to address the problem that was creating the numbness in my hand, neck and low back. They tailored a specific regime of adjustments, exercises and stretches. Now my neck and back pain are a thing of the past and the numbness is gone, too. I now can concentrate and participate in my active lifestyle without constant pain and discomfort. I would recommend HealthSource® to my family and friends because I truly believe in the benefits of the chiropractic care that they provide."*

It's what may be in store for you if you take advantage of our **COMPLIMENTARY Community Service Screening**, which we'll get to after:

### WARNING Sign #3:

#### Does Your Neck Look This Bad?

Now of course, you can't know if your neck looks like this without an X-ray. But the trouble with *this* X-ray (by the way X-rays are included with our limited-time Community Service Screening) is that it's as straight as a stick when it should have a nice gradual curve. Experts believe the straight neck, besides causing headaches and neck pain, can lead to...



A straight neck is a troubled neck!

### Faster ARTHRITIS!

It doesn't always happen, but tons of folks with headaches have this neck problem without knowing it, so it's important to find out—and why not find out for NO COST? Now for the 4th...

### WARNING Sign #4: "Vise" in Forearm!

What we mean by a "vise" is the feeling of tightness and pressure that grabs your arm. And it's worse if you push the mower or trim the bushes—like a boa constrictor's got you! And the best chance of releasing that grip? The **HealthSource®** combination approach that blends the most powerful healing techniques from chiropractors, therapists and trainers. So if this is the BEST way to get better, what would be the worst? Take a look:

### The BIGGEST Blunder for Numb Hands

The biggest blunder consists of treating only ONE area when more are involved. Even surgery will seldom give complete relief (sometimes none at all) because it doesn't fix the problems back up in the arm and neck. Besides...if you only have one area treated, you'll most likely still be struggling with the next painful warning sign:

### WARNING Sign #5: Asleep at the Wheel

It's a toss up between which is worse—having your hands wake you up at night or have them go to sleep while you're driving. But neither one is much fun. The good news is that both respond well to the **Progressive Rehab®** combination approach offered exclusively at **HealthSource®** clinics. Then you won't have to say:

### "LOOK MA! No Hands!"

As a 7-year-old showing off on your bike, it was fun to scare your parents by letting go of the handlebars—and yelling at your mom. But it's a whole different story when it *feels* like you've GOT no hands—when you can't grip a pen or use the mouse at the computer. With the **HealthSource®** approach, there's no chance of infection from surgery, no ugly scars, and no pills to make you sick. You may also avoid what one patient said was...

### "The Most Painful Thing I've EVER Done!"

Have you ever heard of an EMG? It stands for electromyogram—but what this fancy test boils down to sticking needles in a muscle up by your neck and one further down by your wrist. Then they run a current from one to the other to see if there's a blockage along the way—like seeing if someone is stepping on a garden hose. It can be excruciatingly painful. The trouble is...even if the test is positive, we can often correct the arm, hand and wrist problems WITHOUT SURGERY.

### Why A "Brace" Will NEVER Fix Your Wrist!

Now, just think, if your wrist is getting locked up and muscles are stiffening around the nerve, will a brace—that keeps it from moving—get it freed up and flexible again? No way! So don't wait until you can't even pick up the phone to call us—the NO COST Community Service Screening is

only good for a week. And don't settle for a temporary fix like the pills, the braces or the surgery. Take care of the whole problem—the hand, wrist, arm and neck. Call now and try our...

### The Carpal Tunnel Repair Kit

That's what **Progressive Rehab®** is like—the complete repair kit!

## Community Service Screening

"A great way to find out about your pain..."

**Whether or not you feel pain right now**, let our team of doctors find out for sure with a 19-point, detailed service screening (a \$189 value) that'll identify even the smallest of problems. We'll even throw in the X-rays if we feel you need them. Just bring in this coupon, and **we'll take care of the costs.**

**THERE'S NO OTHER OBLIGATION.** Just call **(PHONE HERE)** and you're guaranteed to get in today! Once we track down your pain, we'll work on getting you back to doing the things you love—FAST! We're not promising a cure or claiming to be superior, we simply like to believe that our clinic is built on helping people feel better. Make your appointment TODAY!

P.S. It's Time to STOP wondering "What If," and time to START putting the confidence back in your body and your life. There's **ABSOLUTELY** nothing to lose. **CALL RIGHT NOW! CITY / PHONE**

P.P.S. Be one of the first 7 people to call and receive a relaxing 1/4-hour massage. Start on your road towards recovery TODAY!

**HS HealthSource®**  
Chiropractic & Progressive Rehab®

Dr. (NAME HERE), D.C.

**CITY | PHONE**

STREET ADDRESS



HealthSource of (CITY HERE) is an independently owned and operated franchise business.