**ATTENTION!** If You Suffer from any of the following: Hand Numbness, Tingling Fingers, Wrist Pain, Forearm Pain, or Hands that Keep you Awake at Night ...

## "Self-Help Techniques

Developed over 19 years By a Professional Massage Therapist

**Reverse and Even Eliminate** 

### **Carpal Tunnel Syndrome**

And FALSE Carpal Tunnel Syndromes (and many other hand problems)

Quickly, Safely, and Easily

So You Can Regain Full Feeling in Your Hands And Get on with Your Life"

Online Self-Help Methods with Video Instruction

Hi. My name is Hilma Volk.



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