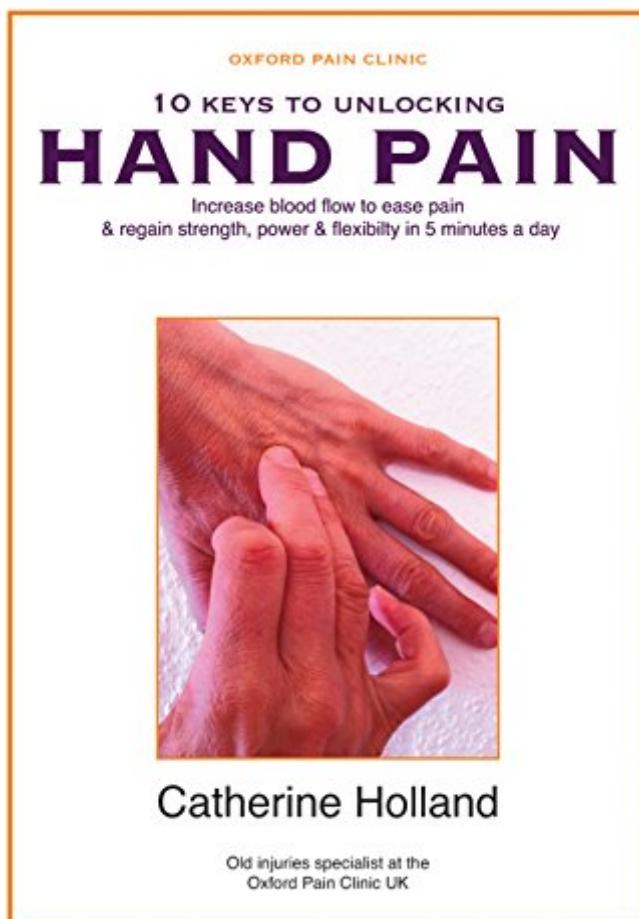


The book was found

10 KEYS TO UNLOCKING HAND PAIN: Increase Blood Flow To Ease Pain & Regain Your Strength, Power & Flexibility In 5 Minutes A Day (10 Keys To Unlocking Pain Book 2)





Synopsis

Does your hand or wrist hurt? Do they wake you in the night? What if I could show you how to reduce the pain you are feeling so that you can get back to your normal life? What if you no longer need to take numbing drugs just to get you through the day? How would it be if you could move freely again, bending and lifting as you used to? Would you like some simple expert help for hand pain sufferers from an experienced Old Injury Specialist? You can increase blood flow to reduce joint and muscle pain immediately. Here are techniques to reduce hand pain through blood flow increase from Catherine Holland who founded the Oxford Pain Clinic.  These techniques are the bare bones of the vast fund of knowledge that I have gained during 13 years of treating patients with old injuries, they are also the techniques I use myself when I have an injury that needs to be healed. I have produced them because I want as many people as possible to have the power to make themselves well, wherever they are in the world. Use them and your hand will ease, use them frequently to manage your hand, pain free!  Simple, powerful, life-changing, essentials to move you away from constant pain and towards greater mobility. Here are the focussed techniques to increase the blood flow through an injured area, removing damaged tissue and encouraging healing. Buy 10 Keys to Unlocking Hand Pain now to discover:  How to increase the blood supply to heal your injury  The 2 ways you can enable that to happen  The 10 steps to gaining control of pain and freedom of movement  How to improve your hand in 5 minutes a day using 2 valuable techniques   Which 2 things you may have been doing that will not make it better  Welcome to 10 Keys to Unlocking Hand Pain, the tried and tested formula for hand pain sufferers who wish to return to normal fitness. This guide is for you if you wish to take action to improve your hand after years of gradual dysfunction. This guide tells you why you have a painful hand problem, and how to increase the blood supply to all areas of your hand, to return it to health. You need to know how to clear the blockages and increase the oxygen to each area to enable it to recover. It works by clearing the blocked areas, enabling fresh oxygen-rich blood to reach areas that have been deprived due to tissue damage. This must be cleared to enable blood flow to speed up. If you follow these techniques, some of them are manual, and some are gravity stretches, you will notice improvement straight away. Then if you continue for a few minutes several times a day, you can keep your hand flexible and pain-free. If you forget, your hand will ache again and remind you to keep practising. Your body has the capacity to keep itself well, if it is in trouble it is because it is being prevented from doing its job properly. These techniques will clear out blockages and increase the blood flow so that your own healing process can return to operation.

Book Information

File Size: 6891 KB

Print Length: 11 pages

Simultaneous Device Usage: Unlimited

Publisher: Lifeworks (January 8, 2014)

Publication Date: January 8, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00CNUT91Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #411,428 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #76

in Kindle Store > Kindle Short Reads > 15 minutes (1-11 pages) > Health, Fitness & Dieting

#195 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #264

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Pain Management

[Download to continue reading...](#)

10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries and End Back Pain The Miracle Ball Method for Pregnancy: Relieve Back Pain, Ease Labor, Reduce Stress, Regain a Flat Belly Hip Pain And Flexibility Cure: Learn How To Cure Tight Hips And Hip Flexors With Simple Movements (tight hips, hip flexors, stretches, stretching, anti aging, flexibility, hips Book 1) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength Blood

Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) Foods that Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, and Move You Towards Recovery Pilates: 20 Minute Workouts for Strength, Weight Loss, and Flexibility. Improve Your Performance, Strengthen Your Core Muscles, and Change Your Body for Life. (Work out,Flat Stomach,Weight loss) Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief The Power of Ashtanga Yoga: Developing a Practice That Will Bring You Strength, Flexibility, and Inner Peace--Includes the complete Primary Series Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Japanese with Ease, Volume 1 (Assimil with Ease) (v. 1) Lifelong Yoga: Maximizing Your Balance, Flexibility, and Core Strength in Your 50s, 60s, and Beyond High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) The testosterone book. How to increase your testosterone 100% naturally: The truth about what works to increase your testosterone. Scientifically proven, with the most in-depth research.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)