

Functional Medicines Viewpoint: Nutritional Approach for Carpal Tunnel Syndrome

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For over 30 years it has been known that many conditions treated by surgery could be totally cured with pennies worth of nutrients. But there's no money in pennies of nutrients.

Surgeon Dr. John Ellis wrote extensively about how vitamin B6 cleared the majority of carpal tunnel syndromes, and other clinicians confirmed this.

The normal dose for carpal tunnel syndrome reversal is anywhere from 1-3 Vitamin B6 200 mg 1-3 times day for just a month or two to reverse the condition.

If it fails to work, there are other deficiencies and toxicities contributing to it. Some of the more common reasons for failure that I have seen in 31 years would be a zinc deficiency that inhibits conversion of B6 into its active form.

You see, B6 is useless until the zinc deficiency is corrected.

Remember plasticizers or phthalates create hidden zinc deficiencies as do many other things like prescription medicines and surgery, as with knee replacements, stents, diuretics, etc.

An even more common reason for failure of simple and previously effective therapies is the high level of hidden heavy metals that everyone carries. Mercury, arsenic, lead, cadmium, and aluminum are some of the most common heavy metals that are in all of us.

They sit right in enzymes, kicking out the minerals that are required for normal function. It's not until we have stockpiled enough that we then get bizarre symptoms in a place that never bothered us before, like a wrist or knee.

The good news is that many folks have reversed their carpal tunnel and other neuromuscular, tendon, arthritic, and ligament problems by doing the heavy metal detox program.

Even more important is that by getting these heavy metals out of the body, we are so-to-speak, resetting the thermostat.

It makes a lot of sense to put the body back to the less toxic level of youth. Making a concerted effort to reduce heavy metals is an ongoing process.

Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151