

Carpal Tunnel, Sciatica Nerve and Lyme's Disease Info

Carpal Tunnel

More water

More magnesium

No coffee, NO dairy

Parsley, spinach and cilantro drink

Sesame seeds, pumpkin seeds

Sciatica Nerve

90% is due to dehydration

And decrease of magnesium

Charcoal poultice w flaxseed over sciatica nerve

Cabbage poultice over sciatica nerve

Roll or beat or press with hot iron, put over area cover with saran wrap and put ace bandage on and leave on for 8 hours.

Rub magnesium oil on too.

Lyme's Disease

Auto immune disorder

NO DAIRY

2 mo. program

Black walnut holes 5 times a day