Tarsal tunnel syndrome and **Carpal Tunnel Syndrome**

Anatomy similar to that of the wrist and hand exists in the ankle and foot. *Tarsal* is a word derived from the Latin word for "ankle." When the sensory nerve that passes through the tarsal tunnel is irritated by pressure in the tunnel, numbness and tingling of the foot and toes can be felt. This condition is referred to as "tarsal tunnel syndrome." Tarsal tunnel syndrome is analogous to, but far less common, than carpal tunnel syndrome. It is treated similarly.

Testing for tarsal tunnel syndrome with EMG (electromyography) is often imprecise and misleading. The most reliable method of assessing tarsal tunnel syndrome is percussion of the nerve. This test is called a Tinel’s sign. Two fingers are used to briskly tap the medial ankle just behind the ankle bone (medial malleolus). An electrical shock sensation is called a positive Tinel’s sign and indicates the location of the entrapment. The pictures to the left show the location of the posterior tibial nerve (in green) as it descends the leg behind the inside ankle bone (medial malleolus). Two common areas of entrapment are found as the posterior tibial nerve passes beneath the lacinate ligament (in pink) and/or the upper margin of the abductor hallucis muscle (dotted line). The posterior tibial nerve passes deep to the muscle at the dotted line. This is the most common location for entrapment of the posterior tibial nerve.

The posterior tibial nerve splints into three branches at the level of the medial ankle. A positive Tinel’s sign may be positive for all three branches or just one isolated branch. This variation in the Tinel's sign depends upon the level of the entrapment and whether the entrapment is proximal or distal to the triforcation (split) of the nerve into its' three branches.

**Carpal Tunnel Syndrome**

*What conditions cause carpal tunnel syndrome?*

Nerves pass through a tunnel formed by wrist bones (known as carpals) and a tough membrane on the underside of the wrist that binds the bones together. The tunnel is rigid, so if the tissues within it swell for some reason, they press and pinch the nerves creating a painful condition known as carpal tunnel syndrome. This condition is primarily sports-related or due to activities that involve strenuous or repeated use of the wrists like typing. A similar but less common condition can occur in the ankle (tarsal tunnel syndrome), or elbow.

**SINGLE OILS:** Wintergreen, marjoram, .
OTHER SINGLE OILS: Peppermint, Copaiba, basil, cypress, lemongrass

OTHER BLENDS:  PanAway, Relieve It.

CARPAL TUNNEL BLEND:

- 5 drops Wintergreen
- 3 drops cypress
- 1 drop peppermint or Copaiba
- 2 drops marjoram
- 3 drops myrrh

Apply neat or diluted 50-50 as required, apply 2-4 drops to affected area 3-5 times daily and compress on location. Also you can use Ortho Ease or Ortho Sport and apply last Regenolone Cream.

As we talked about in the first email about Tarsal Tunnel use the supplements of Sulfurzyme, Mega Cal, and Mineral Essence.

MINERAL ESSENCE:
Is a balanced organic, ionic mineral complex with more than 60 different minerals. Without minerals, vitamins cannot be properly assimilated or absorbed by the body. Mineral Essence has a natural electrolyte balance, helping to prevent disease and premature aging. (Electrolytes are balanced to aid in moving Mineral Essence into the cellular structure at a more rapid rate. Along with taking Vitamin C it helps to be potentiated (meaning to make more powerful). Minerals are also necessary for proper immune and metabolism functions. Mineral Essence also includes essential oils to enhance bioavailability. To demonstrate this, a group of volunteers consumed a teaspoon of liquid trace minerals without essential oils. Each volunteer experienced diarrhea within 24 hours. Following a washout period of several days, the same volunteers were given double the dosage of the same liquid trace minerals blended with essential oils. None experienced diarrhea.

Mineral Essence Contains:
Purified water which is needed to dilute the minerals for liquefying this blend.

Honey is an emulsifier and a natural sweetener.

Royal Jelly is a substance fed to queen bees that allows them to live 30-40 times longer than worker bees. It is very rich in amino acids, minerals, and vitamins B5 and B6. It stimulates the adrenal glands to increase energy.

Trace Mineral complex which includes beryllium, bismuth, boron, bromine, calcium, carbon cesium, chloride, chromium, copper, gallium germanium, gold, hafnium, indium, iodine, iron,
lithium, lutecium, manganese, magnesium, molybdenum, manganese, magnesium, molybdenum, euroGen, nickel, niobium, nitrogen, phosphorus, potassium, rubidium, scandium, selenium, silica, silver, sodium, strontium, sulfur, tantalum, thallium, tin, titanium, tungsten, vanadium, yttrium, zinc, and zirconium.

**Essential oils:**

**Lemon (Citrus Limon)** promotes leukocyte formation and increase immune function

**Cinnamon Bark (Cinnamomum verum)** is anti-infectious, antibacterial, antiviral, antifungal antiparasitic and anticoagulant.

**Peppermint (Mentha piperita)** promotes healthy digestion and mineral absorption.

**Directions:** Take 5 droppers morning and evening or as needed for mineral supplement.