

Amazingly simple fix ... for conditions you may have thought were untreatable without surgery or drugs... Plunge into a **Pranatube** to relieve inflammation and restore the movement and exchange of *life force* which gets congested and bound up from injury and repetitive use ... Make Carpel Tunnel Syndrome a ghost of the Past!... A *Pranatube* is simple to make: simply glue a cap on a 20-24"–long section of 4"* PVC pipe or equivalent ... [**4 inches limits the size of arm that a tube might accommodate. If you have an idea for how to make a next-size-larger tube, contact me!*]



pranatube

to Use: 1) determine how much water you can put in a tube with your arm also in the tube plus a little splash-margin for safety. 2) fill the tube with cold tap water up to your safe-fill line. 3) immerse your arm into the cold-water-filled tube (note that wrist, elbow, and finger joints are all in a neutral position) for a 90-second treatment [sorry that the plunge may be a little painful... but it doesn't last long!] 4) usually I will plunge my opposite arm next, and repeat primary treatment arm a second time. If the previous plunge did not feel "penetrating" enough, I might add a half tray of ice cubes to the water to help push the therapeutic edge of the soak.

Comments: It is really convenient and nicer for your body to find the perfect height base to hold your *Pranatube* while you soak. Note that in the photograph I balanced my tube on an adjustable - height tripod base and that worked well!

During your 90-second soak you could use your time well by doing some intentional breathing. Following and directing the breath throughout your body for cleansing and revitalizing is at least as good as an energy bar! ... Check out Whale Medicine Chakrah System for some ultra-fine-tuning of the system.

Notice what happens during and after your plunge... Did you notice that the cooling of the tissue results in first vasoconstriction, followed by vasodilation... resulting in heat on the surface of your skin as internal thermostats respond to re-establish balance [and it's a good sign to experience this system activated]. Arm feels refreshed by the movement of activated system. Inflammation (pain) is reduced. It's good to do gentle joint rotations at this point (without counter strain).

In my experience working with clients who suffer from repetitive-use-type injuries... we can find effective tools to unscramble the circumstances that have created the problem. Often we deal with combinations of repetitive use and unresolved but unassociated trauma.

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