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### Tag Cloud

diet children  
stress pregnancy

## Win an Ergo-tilt for your laptop

Written by Kate Rau

Friday, 01 February 2008



### Online Health is giving away an Ergo-Tilt to five lucky readers.

Many of us can't live without our laptops, but we could do without the back pain and carpal tunnel syndrome (aching in your wrist and tingling or numbness in your fingers caused by pressure on a median nerve crossing your wrist).

Ergo-tilt™ offers the solution in the form of an attractive, ergonomically designed computer accessory that helps relieve postural stress and wrist strain by tilting your laptop up from a flat position. It also improves ventilation by allowing cool air to circulate underneath your laptop preventing overheating – the main reason laptops slow down. Ergo-Tilt is available in five colours ranging in price from R99 and comes with a five year guarantee. For more information, call (011) 440-6731 or visit [www.ergo-tilt.com](http://www.ergo-tilt.com) **stand a chance to win one, e-mail your name and contact address to [mercedes@pushmedia.co.za](mailto:mercedes@pushmedia.co.za) with WIN in the subject line.**



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