



*Evidence Based Alternative
Medicine Secrets*

From the Practice of

Dr. George W. Kukurin

Introductory Issue

Special Edition

Meet Dr. Kukurin



Hi, I'm Dr. Kukurin and somehow you got on our mailing list to receive our e-Zine newsletter. Certainly if you don't want it, we don't want to spam you. To be removed from our e-Zine list, just send me an email at gkukurin@yahoo.com and I'll personally take you off our recipient list. Before you make up your mind about this newsletter let me tell you a little bit about what we put in it, why you should trust the information and how it can benefit you, your family and your friends.. *So please read on and I'm sure you will enjoy future issues of our e-Zine* ~ Dr. K

Journal of Rapid Pain Relief

Effective Alternative Remedies that We Give Our Patients

"Why do so many doctors forget what it's like to be a patient?"

It takes me on average 12 hours to research, write and produce each 2 page newsletter we send out to the community. Currently we have 23 newsletters ready for distribution to our friends and neighbors, free of charge. Each newsletter we produce was created in an attempt to find answers for patients treated in our office. In fact most of the images used in our newsletters are actual patients from our office. Of course we use their images with their permission. My point is that each newsletter represents real problems that we had to solve for real patients who came to us looking for solutions. As new patients present with new problems we will create new newsletters as we develop unique solutions for our patients. So why do we do it? The answer is simple: I never forgot what its like to be a patient. I've been a doctor for over two decades, but I've been a patient a lot longer than that. I hope I never forget what it feels like to be sick. How vulnerable you feel when you know you need help, but you're not sure exactly what's wrong with you or what to do about it. Let me tell you about the first time in my life that I *really* needed a doctor. It was way back when I was in high school. See I was a promising young football star with a chance at a scholarship. But during a game, I was hit and fell awkwardly on my spine. The pain in my back and down my legs was so severe that it paralyzed me. I could barely stand yet alone walk. One minute I was thinking about playing college football, the next I thought I'd never be able to walk again. I spent months on medications, weeks doing physical therapy, seeing doctor- after-doctor. All the while my back pain just wasn't getting any better. I figured my football days were over and I began to get depressed. Heck I thought my life as I knew it was over. You see, even though I was getting the best medical care available, my back hurt so badly

that my mother still had to help me tie my shoes. I was beginning to believe that I would never be able to do all the things I loved again. I started to accept the fact that I would never be the same. I was bitter one minute, felt hopeless the next and I was angry at the world. I just couldn't believe this was happening to me. Well, if you have ever felt like sickness or injury has taken away your life, read on, because my story takes a happy twist. After months of pills that were making me sick, impossible exercises that made my back hurt worse and shots in my spine that made me break down and cry, my family doctor scheduled me to see a surgeon. Now spine surgery has improved a lot since I was in high school, but it still is something I feel you should avoid, if at all possible. And the truth is, there was nothing in my spine that a surgeon could remove that would make me better. The doctor that fixed my back was a chiropractor. Now my family knew nothing about chiropractic medicine back then and frankly we just didn't believe in it. My family doctor not only didn't believe in chiropractic. In fact, he was dead set against it! But I was desperate, it was either the surgeon or the chiropractor. *What happened next changed my life forever!* Even though I didn't know what to expect, I chose the chiropractor. I was only a kid in high school at the time, but I figured anything that could help me avoid a back operation was worth a try. But I also was still really nervous. Everything the medical doctors did really hurt, would the chiropractic treatment hurt? Could he even find out what was wrong with me? After all none of the other doctors knew what was wrong or how to fix it. My chiropractor told me not to worry...that the spine wanted to re-align and the *adjustment he was about to give me wouldn't hurt at all*. **Boy was he right.** He slowly

Lack of knowledge prevents sick patients from getting well

positioned me on his table and I heard a little pop. I immediately felt relief of my back pain. In fact the improvement was so dramatic that from that very moment, I knew that one-day I was going to be a doctor of chiropractic. Forget scoring touchdowns, I wanted to help people the way my chiropractor helped me. I needed a few more adjustments, but after months of suffering I was back to normal within several weeks of chiropractic care. without drugs or surgery! It's strange how life is, because if I never hurt my back, I probably would have never learned just how amazing chiropractic treatment can be. Now because of my injury, way back in high school, people come to *me* for relief from *their* lower back pain. I also help patients with headaches, migraines, fibromyalgia, chronic pain, neck pain, shoulder and arm pain, whiplash/car accidents, back-aches, asthma, allergies, numbness, of course sports injuries and even stomach problems, just to name a few. Because of my personal experience, I often feel that I was born to be a doctor. To me it's not a job, but rather a calling. See I believe it was no accident that I hurt my back. This belief has led me to study new and better ways to help sick people get well. So after I graduated from chiropractic college, I started to search for methods that were even more gentle and soothing than the ones my chiropractor used on me. Methods that worked even faster so that my patients could save time and money. Natural treatments, that don't rely on dangerous drugs, painful shots or surgery. I'd been through all that and it's no fun!. In my mind, I always figured that if I was meant to help sick people get well. And if sick people were depending on me, it was my duty to study the best methods available at the finest schools. And that's what I've done for the last 20 years. Don't think I'm bragging, because, I didn't go to these schools for me, I went to them to learn how to better help my patients. I wanted the best for my patients so I started taking classes at schools like **Harvard, Johns Hopkins and the Mayo Clinic.** After using what I learned on 1000s of patients, it became clear to me that the best way to quickly help large numbers of people, with all sorts of challenging conditions, was to combine chiropractic, acupuncture and nutrition. This combination of therapy allowed me to offer hope to patients with even the most complex and difficult conditions. I developed a

reputation for helping patients the MDs gave up on. Just how effective is this combination of care? Well, many of the results we obtained with our patients were so remarkable, they were featured on the local FOX, ABC and NBC evening news. Recently two cases that responded to our care, when all else failed, were published in a journal indexed in the National Library of Medicine. After years of helping thousands of people with all sorts of difficult conditions, Who'z Who in Medicine ranked us as one of the countries Top Ten chiropractors. The Consumer Research Council of America rated us a among the Top Chiropractors in America. All the latest knowledge and sophisticated treatment plans doesn't mean very much if you don't feel comfortable with your doctor. That's why I'll never forget what's it like to be a patient. That's why I freely share the techniques I've developed with the community. That's why I take the time to create and distribute my newsletter.

I've seen too many people suffering needlessly, because they just don't know that there are viable alternative treatments for their condition. That's why we create and distribute our newsletters: to empower people with information. ~ Dr. K



So if you have immediate health care concerns, give us a call. I provide free phone consultations to patients. If you know someone who might benefit from our newsletter. Send us their email address. Taking a few seconds to pass along our newsletter might just change someone's life for the better. Care enough to share this info. Helping people is what motivates me to research, write and publish this newsletter.

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PS: This is the only newsletter that talks about me. All other newsletters contain remedies, methods and techniques to help sick people get well. ~Dr. K

Effective Home Remedies that Doctors Give Their Patients



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. I'm sure you will enjoy it. It contains much of the same information my patients pay \$57 for in consultation at my office. So please, if you can't use it, pass it on to someone who can.

Journal of Rapid Pain Relief

Sciatica is radiating leg pain and or numbness that comes from entrapment of the sciatic nerve in the back or buttocks.

The sciatic nerve is the thickest nerve in the body and when it becomes inflamed it produces severe pain. While painful sciatica is usually quite treatable. There are several important considerations to remember when you have sciatica. The first is that if you develop loss of control of bowel or bladder function you must seek immediate medical treatment. This is because in rare cases the nerves that control your bladder and/or colon become compressed and the internal organs malfunction. The condition is known as Cauda Equina Syndrome. Thankfully this serious complication of sciatica is rare. In most cases the most severe pain of sciatica can be diminished in a week to ten days. Another 3-6 weeks of care may be required to reach maximum improvement. Because there are different reasons for the sciatic nerve to become inflamed, sometimes it is necessary to

obtain specialized testing. Tests like the electromyograph seen in the picture to the far left or magnetic resonance images seen in the picture below can provide subtle but important information about the key to treating a patient's sciatica. These tests allow us to individualize a program of conservative care that likely will help sciatic patients obtain relief without drugs or surgery. Dr. Kukurin is one of only a handful of chiropractic physicians who is board certified in neurology. The study of the nerves like the sciatic nerve.



Dr. Kukurin reviews a patient's MRI scan

This issue: *Alternative Medicine Info* to help people suffering from **Sciatica & Slipped Discs**



Pelvic tilt and knee to chest exercises can sometimes relieve the pain of sciatica. (left). You should slowly do these maneuvers and hold each position for a count of ten. Do 10-20 repetitions. If the pain seems to be getting worse, stop the exercise immediately. Apply an ice pack to your back for 20 minutes after doing these exercise maneuvers.

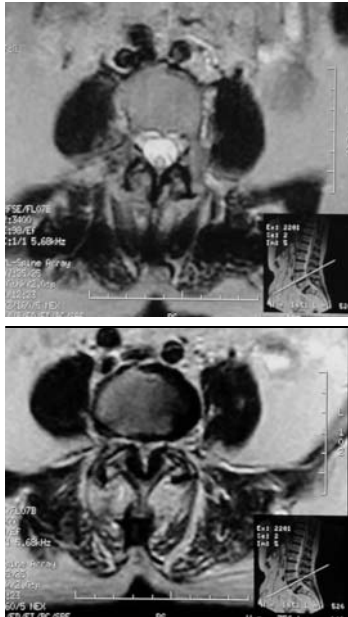
The course of the sciatic nerve (right) as it exits the spine and runs down the back of the thigh. The sciatic nerve branches as it descends towards the feet. Dr. Kukurin is board certified in neurology, the study of nerves.



- The sciatic nerve is the thickest nerve in the body. As thick as your thumb in some places.
- Inflammation of the nerve can occur where the nerve roots exist the spine in the lower back or deep within the muscles of the buttocks.
- You may or may not have lower back pain when the sciatic nerve becomes inflamed.

Sciatic Pain indicates that the sciatic nerve is being damaged.

You should remember that sciatica is actually a symptom. There are many different reasons why a patient develops pain and burning in their leg. Some are straight forward others are complex and a few are very serious. The top image to the right show a relatively normal cross section of the spine. The bottom right image shows severe spinal stenosis. Spinal stenosis is a common cause of sciatica in elderly patients. It must be treated totally differently than other causes of sciatic leg pain.



The vertetrax traction belt from Israel (right) is an excellent choice to try to decompress the inflamed sciatic nerve. The treatment lasts 10-15 minutes is completely painless and provides relief of sciatica.

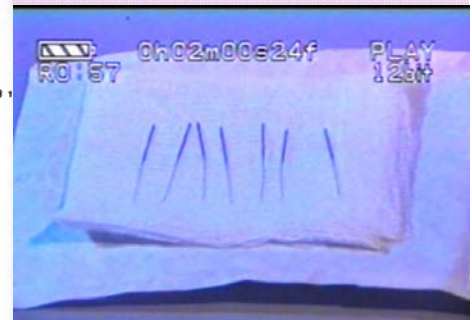
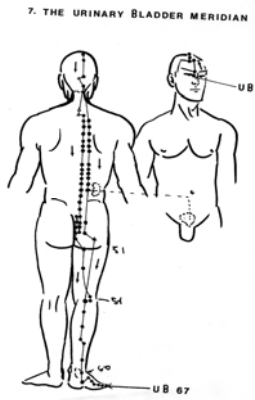


Combining chiropractic with acupuncture, physiotherapy and other similar techniques can often address the cause of sciatica, not just temporarily ease the pain and numbness. You should always try to avoid surgery in cases of sciatica. Thankfully most of our patients respond to our conservative methods of treatment. If you're hurting call me today. *Dr. Kukurin*

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

Acupuncture can provide relief from sciatica. In fact, the acupuncture meridian known as the Bladder Channel follows the course of the sciatic nerve very closely. By inserting acupuncture needles into points along the sciatic nerve you can often turn off the pain signals and reduce inflammation in the sciatic nerve. Most people assume that acupuncture is painful. But the truth is that a skilled acupuncturist, if he hits the acupuncture points accurately, can help many conditions without causing more pain. For patients who are afraid of needles, electrical stimulation can be used in place of acupuncture needles. Using ultrasound over acupuncture points is also effective in relieving sciatic pain.

~ Dr. Kukurin



The master point used to relieve back pain is located on the crease behind the knee

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Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patients pay for in my office. So, I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters just give me a call. ~ Dr. K

Journal of Rapid Pain Relief

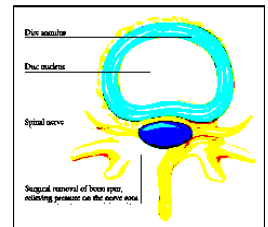
Effective Home Remedies that Doctor's Give Their Patients

What is Stenosis and what can I do to relieve the pain? Stenosis is a condition of the spine in which the normal space for the spinal cord and nerve roots becomes progressively diminished. Without adequate space for the nerves, they become irritated and painful. Another condition associated with spinal stenosis is called intermittent claudication. Spinal stenosis itself is a common cause of back pain in people over 50 years old. Intermittent claudication (IC) is a unique set of symptoms which include achy, heaviness, pain, numbness or weakness that occur intermittently. Several classic signs and symptoms of IC are increased pain when walking and relief of pain when sitting or leaning forward. To understand spinal stenosis and IC, we need to review the anatomy of the spine. Think of 23 doughnuts stacked one on top of the other. That is what the vertebrae in our spinal column looks like. The doughnut hole is where the spinal cord runs. Individual nerves branch off the spinal cord and exit between the stacked vertebrae. (see figure # 1) When we walk and move and sit and stand, both the spinal cord itself and the individual nerve roots move in and out of the holes and in and out of the smaller canals between the vertebrae. When we are young, there is plenty of room in the spinal column to comfortably allow the nerves to move without irritation. However as we age, arthritis and other debris begin to reduce the size of the

various canals. This narrowing is called stenosis. As a result of this stenosis, the nerves can no longer move as they were designed to do without irritation. The irritation of the nerves that occurs with movement such as walking is called IC.

The orthopedic treatment for stenosis is to first inject steroids into the spine and then operate and remove part of the vertebrae in an attempt to make more room for the nerves. (Like taking a bite out of one of the doughnuts we used in our example.) The illustration below demonstrates a lumbar laminectomy. Commonly used to treat spinal stenosis.

Fig # 1 The nerves in the spine run through canals that are created by the stack of vertebrae.



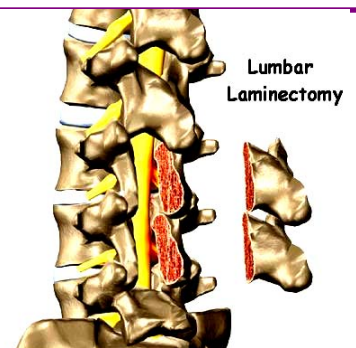
Unfortunately, neither steroid injections nor surgery offer much long term benefits to patients with stenosis and each procedure carries with it some serious side effects. If the spine has curvature or is otherwise unstable, surgery becomes more complex and the complication rates rises. Re-operation is required in 1 of 10 patients.

This issue: *Alternative Medicine Info to relieve Spinal Stenosis*

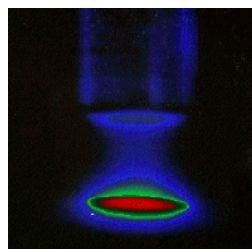
(Figure A) (Figure B)



Leaning or bending forward while walking tends to reduce the irritation that causes back and leg pain in spinal stenosis. Patients often will lean on a shopping cart or sit down and bend forward to relieve their back pain. In general, things that cause the body to bend forward are good. Bending backward increases pain. (left)



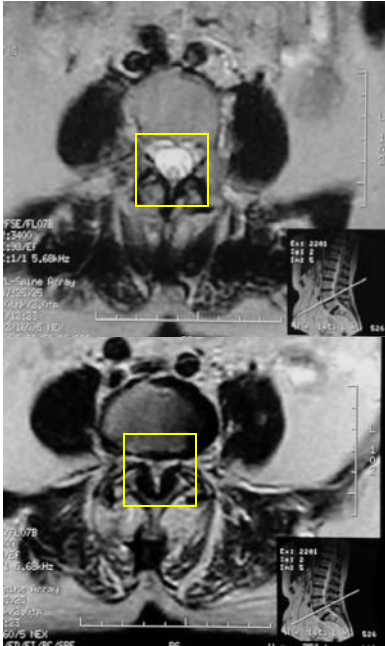
Ultrasound is a soothing sound wave that can reverse the nerve irritation that causes intermittent claudication in patients with spinal stenosis.



Surgery to remove the portion of the vertebrae called the lamina is the preferred medical treatment for spinal stenosis. Fortunately, most patients can avoid this surgery through treatments like TENs, specialized traction and acupuncture-like therapy. We have treated hundreds of cases of spinal stenosis with very good results.

~ Dr. Kukurin

Back Pain in Spinal Stenosis



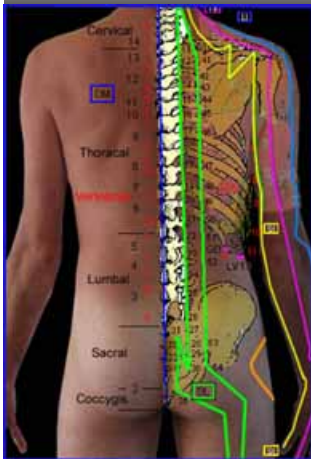
Look at the image at the top left. This is a patient from our office. This top image (outlined in the square) shows a normal, non-stenotic level. The white area within the box is the spinal cord and other nerves. Now look at the image on the bottom left. This is the same patient as in the top image. Notice the area within the square and compare it with the top image. See how the nerves are smashed into a small area by spinal stenosis? The nerves are compressed into a small "T" shaped area. Our treatment was able to help this patient avoid surgery. In fact, less than 9% of 1000 patients treated with specialized chiropractic methods required surgery. Most patients reached maximum improvement within six weeks and 12 treatments. 8 The addition of electrical nerve stimulation can improve function in



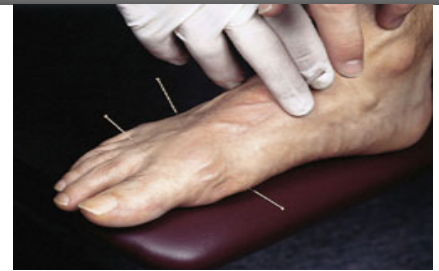
Specialized forms of traction used in our office can often decompress the nerves without the need for surgery. (ref 7)

patients suffering from claudication. 9-10 Specialized traction was shown to decrease leg pain in more than 78% of patients with stenosis.

Home remedies for stenosis continued from page one.



The classical meridians or channels of ancient acupuncture follow the course of the major nerves of modern neurology. Historically, acupuncture was performed to help move "energy" known as "Chi" along the acupuncture meridians. Modern Western acupuncture is based on restoring normal nerve chemistry and function. Aside from the obvious differences in terminology, the ancient system of acupuncture and modern system of neurologically based acupuncture is remarkably similar. In older patients who may be on blood thinners or otherwise debilitated, surface electrical stimulation at the acupuncture point takes the place of needles. This reduces the chance of adverse events dramatically.



Acupuncture either with needles or with electrical stimulation can be very effective in relieving the leg pain associated with spinal stenosis (above)

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Effective Home Remedies that Doctors Give Their Patients



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Journal of Rapid Pain Relief

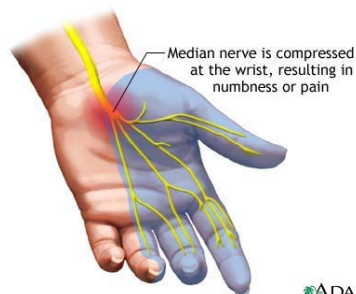
Carpal Tunnel Syndrome is a relatively common condition of the hand and wrist. One of the major nerves of the arm, the median nerve, runs through an anatomical tunnel where the hand joins the forearm at the wrist. It is this nerve, the median nerve, that causes the burning, pain and numbness associated with carpal tunnel syndrome. The "tunnel" is formed by the small bones of the hand and the ligaments of the wrist. The tunnel changes shape and thus the pressure inside the tunnel changes as we move our wrists and hands. This is usually not a problem, but in certain individuals, repeated increases in pressure in the tunnel irritates the median nerve. Unfortunately in my opinion, way too many people have surgery to relieve the pressure on the median nerve in the carpal tunnel. I'd like to share with you, the secrets I've discovered treating hundreds of carpal tunnel syndrome patients in my office over the past 20

years. This information can often save people from unnecessary surgery. It is important that you aggressively treat your carpal tunnel syndrome, because too much pressure for too long of a period of time will cause the nerve fibers in your wrist to die. When this happens the muscles of the hand will atrophy (shrink) and the damage to the body is likely permanent. So if you suspect you have CTS, call our office today; a simple test can determine if you need care.



Dr. Kukurin adjusts the neck. The nerves that run through the Carpal tunnel start in the neck.

This issue: *Alternative Medicine Info* to help people suffering from **Carpal Tunnel Syndrome**



ADAM

The median nerve runs through the carpal tunnel at the wrist (left). The shading represents the most common area of pain and numbness in CTS.



A simple wrist splint worn at night can help relieve the pressure on the nerve inside the carpal tunnel. (above)

Vitamin B6 and vitamin C appear to be related to both the development and treatment of carpal tunnel syndrome. In our office we use 300mg of B6 for 11 weeks. **Caution:** too much B6 can actually make the nerve problem in your hands worse. Make sure you are under the care of a doctor when using this self help measure. Vitamin C at a dose of 1000mg a day, often relieves the symptoms of carpal tunnel syndrome. **Caution:** too much vitamin C can give you diarrhea. Consult with your pharmacist before taking vitamins because some drugs interact with vitamin supplements. Only your pharmacist can advise you about the safety of adding vitamin supplements to your regular drug program. If you can not take these supplements, laser acupuncture and ultrasound are effective treatments for carpal tunnel syndrome. We routinely help our carpal tunnel patients using these two simple, safe and effective therapies. ~ Dr. G Kukurin

Can chiropractic help relieve pain and numbness in your wrist?

You may be wondering how chiropractic, a spine treatment, can help with a problem in your wrist? Well to understand the connection, you need to know that the nerves in the wrist start in the neck. So adjusting the neck like chiropractors do, can influence the function of the nerve in your wrist. Furthermore many chiropractors are just as skilled at adjusting the wrist bones as they are the spinal vertebrae.

How effective is chiropractic care for carpal tunnel? Well one study demonstrated that chiropractic care for carpal tunnel syndrome was as effective as 800 mg of ibuprophen. 2 Another study not only found chiropractic treatment of carpal tunnel to be effective, but also demonstrated that most patients remained symptoms free at six month follow-up re-evaluation 3 This study demonstrates the



We know that certain postures of the arm and wrist will increase the pressure of the median nerve in the carpal tunnel. Repetitive motions in high pressure postures can damage the nerves in the carpal tunnel. Since nerves heal poorly, it is important to seek immediate attention if you suspect you have carpal tunnel syndrome. There are simple painless in-office tests that can diagnose carpal tunnel. So call today!

~ Dr. Kukurin

long lasting positive effects of a the chiropractic approach to CTS. Chiropractic methods of joint manipulation seem to be effective for other types of nerve entrapments similar to carpal tunnel as well. 4 Chiropractic care is often combined with wrist splints. These splints hold the wrist in a position believed to reduce pressure on the nerves of the carpal tunnel. They are effective in relieving the symptoms of carpal tunnel syndrome. 6

Supplementing the diet with B6 and ascorbic acid is also effective in relieving the pain and numbness of carpal tunnel. 5,8 The addition of ultrasound and laser or needle acupuncture to the chiropractic approach provides a viable and effective alternative treatment approach to surgery. Most patients in our office will notice a difference quickly. Usually within 7-10 days.

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

Traditionally, acupuncture required the insertion of needles into points on the body. As far as the treatment of carpal tunnel syndrome is concerned, needles are not essential. You can shine a low power laser on these acupuncture points. You can also use ultrasound therapy over acupuncture points as well. These therapies appear to be able to improve the metabolism of the nerves damaged in the wrist. They are simple, painless and effective. 9 They are certainly worth a try before you consider surgery to relieve your carpal tunnel syndrome. There is growing research that suggests that many conservative therapies can help

patients avoid carpal tunnel surgery. We combine the best, most scientifically validated conservative therapies into a comprehensive carpal tunnel syndrome treatment program. This offers real hope for our patients suffering from carpal tunnel syndrome.

Lasers and Ultrasound and Interferential current. Potential alternatives to surgery for Carpal Tunnel Syndrome

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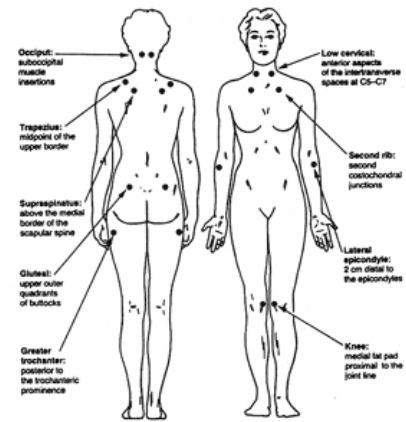


Dr. Kukurin has studied at some of the world's finest institutions including Harvard, the Mayo Clinic and Johns Hopkins. He has applied his knowledge of acupuncture, chiropractic and rehabilitation to more than 10,000 patients over the past two decades. The unique methods he developed, along with his vast experience in patient care, allow him to treat even the most difficult cases quickly and effectively. The results our patients experience are exceptional. They have been featured on ABC, FOX and NBC news affiliates; have been published in the National Library of Medicine and even presented to other doctors at Johns Hopkins Medical School. Dr. Kukurin's reputation for providing world class patient care has been recognized by The Consumers Research Council of America, Who's Who in Medicine and Who's Who in Leading Professionals. Making Dr. Kukurin, one of the country's top chiropractic physicians.

Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

Fibromyalgia is a condition of wide spread muscle pain of unknown origin. Because there are no good tests to diagnose this condition, many doctors felt patients with fibromyalgia merely had some type of emotional disorder. Even though the exact cause of fibromyalgia is unknown, the condition is very real. Currently we diagnose fibromyalgia by first ruling out other know conditions that could explain the patient's pain. And then by testing the sensitivity of very specific points on the patients body. The diagram to the right shows specific points that are unusually tender in fibromyalgia patients. This pattern of increased sensitivity at specific points is so well established that it forms the basis for diagnosis of the condition. Until very recently most doctors did not believe that fibromyalgia was a real disease. Then many adopted the concept of fibromyalgia as a muscles disease. The latest theory on fibromyalgia suggests that it is a neurological disease associated with abnormal serotonin receptors. 1-3



Fibromyalgia Tender Points
General locations of the 18 tender points that make up the criteria for identifying fibromyalgia.

Fibromyalgia can be a devastating disease and can rob patients of their quality of life. It is important to find a doctor that 1. recognizes fibromyalgia as a serious health care problem and 2. understands that fibromyalgia effects the nervous system. With a caring compassionate doctor the condition can usually be managed successfully and quality of life improved. ~ Dr. Kukurin

This issue: *Alternative Medicine Info* to help people suffering from **Fibromyalgia**

Recent research suggests that fibromyalgia patients have imbalances in the serotonin portion of their nervous system. Serotonin is sometimes abbreviated as 5HT. The imbalance of the 5HT system is associated with pain, depression and sleep disturbances. Selectively turning some serotonin pathways on, while turning other serotonin pathways off, seems to be the best approach to treating the imbalances seen in fibromyalgia patients. The common herbs ginger, feverfew and St. John's Wort seem to offer natural substances that are perfect to counteract the serotonin imbalances seen in fibromyalgia patients. We have developed a proprietary blend of these and several other herbs that seem to relieve many of the symptoms associated with fibromyalgia. We combine these nutrients with postural correction and acupuncture-like therapy. This



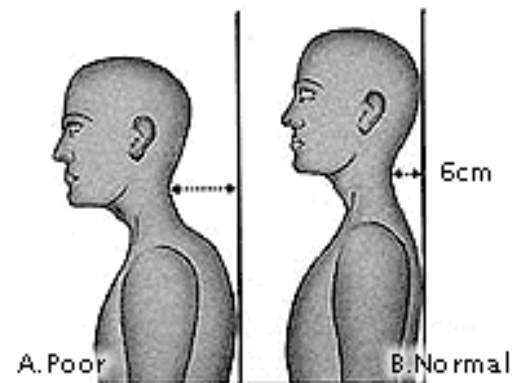
With the help of Douglas Labs in Pittsburgh we have developed herbal packets that seem to balance abnormal serotonin metabolism in patients diagnosed with fibromyalgia. (above)

approach typically improves symptoms scores by 50-70 points on the standard fibromyalgia impact questionnaire. The fibromyalgia impact questionnaire is a valid tool that can measure the seriousness of fibromyalgia and it's response to treatment.

Research shows that Many People Develop Fibromyalgia after a trauma or accident. Head forward posture may aggravate fibromyalgia

Research shows that chiropractic care causes the release of natural pain killing substances in the nervous system. This makes chiropractic care an ideal therapy for patients suffering from fibromyalgia syndrome. Since fibromyalgia patients have increased sensitivity in their bodies, it is best to start with a chiropractic approach that is lower force. Then progress to more traditional chiropractic techniques as the patient's tolerance increases. Also not all chiropractic techniques have the ability to change posture. Since it appears that certain abnormal postures are associated with fibromyalgia, choosing a technique that restores normal posture is important. Applied Bio-structural Therapy, Stressology, Chiro-Physics, Pettibon, Toftness, Logan Basic and Chiropractic Biophysics are good choices of methods to correct the abnormal spinal alignment.

There is evidence that head forward posture is associated with either the development or perpetuation of fibromyalgia syndrome. Specific chiropractic adjustments of the 1st rib and muscle alignment techniques of the upper back and neck are effective at reducing this postural distortion and helping patients with fibromyalgia. (right)



A new system of muscle balancing called Muscle Alignment Technique has proven very promising for realigning the spine and reducing head forward posture. Most patients can see and feel a change in their body after the first several visits. The combination of chiropractic, Muscle Alignment Technique, herbal remedies and different forms of acupuncture offers hope in Fibromyalgia.

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

Acupuncture works by stimulating the nervous system. Since there is much evidence to suggest that fibromyalgia is a disorder in the nervous system, acupuncture is an ideal therapy for treatment of fibromyalgia syndrome. However sometimes the needles cause increased pain in patients with fibromyalgia. In those cases that can not tolerate needles, mild electrical stimulation of the acupuncture points is a better option. Stimulation of ST-36, Sp-6, Li-4 and Lu-11 are good choices for initial acupuncture treatment. A skilled practitioner of acupuncture will develop a specific prescription of points for each fibromyalgia patient. ~ **Dr. George Kukurin**

Acupuncture stimulates nerve endings and nerve receptors to balance the nervous system.

An acupuncture needle inserted into the point viewed under electron microscope.

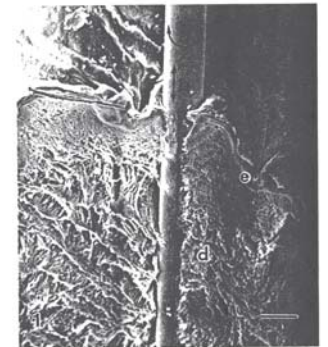


Fig. 1. Scanning electron micrograph of an acupuncture needle inserted into the skin. Arrows indicate the needle sheath. Tearing needle tip. Spines pin king needle tip. Dermis.

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Effective Home Remedies that Doctor's Give Their Patients



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patient's pay up to \$57 for in my office. So I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters just give me a call ~ Dr. K

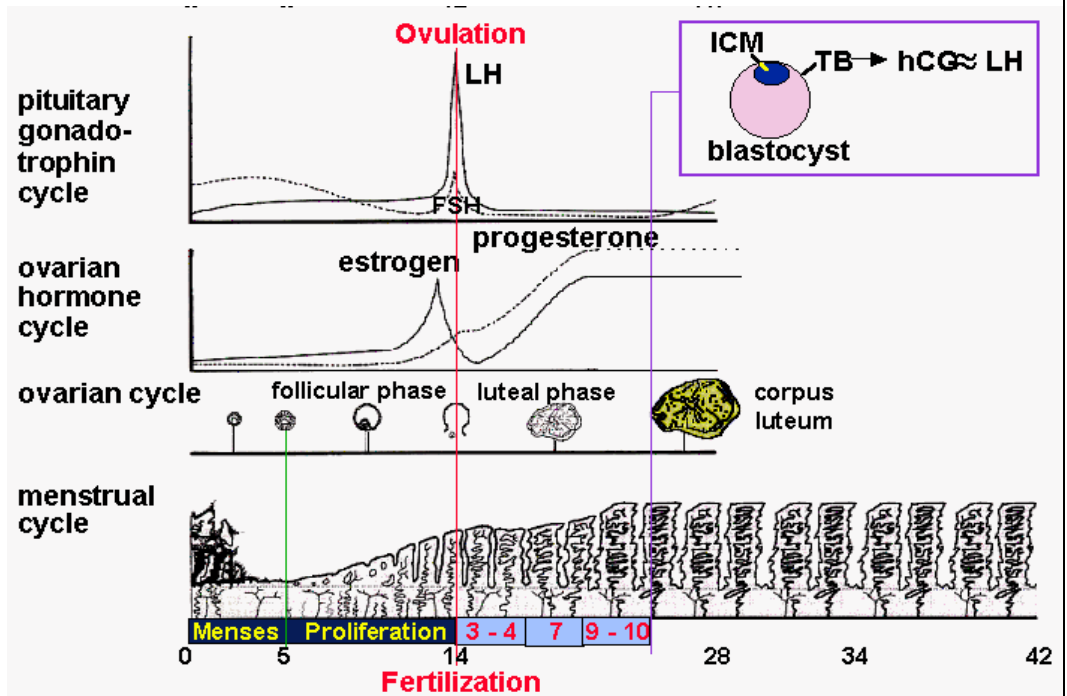


Figure one (above) Illustrates the complexity of the female reproductive cycle. Note the limited window of opportunity for fertilization to occur. Disruption anywhere along the reproductive pathway will reduce the potential for successful conception.

This issue: Complimentary Medicine Info to help women with infertility.

Journal of Alternative Medicine Information

The Western understanding of organs and their function in the human body is much different than the Traditional Chinese concept of organs. In Chinese Medicine the organ has it's physical structure, but also its function. Therefore in acupuncture, we often treat the "function of organs" that sometimes seems unrelated to the actual physical anatomical structure of organs (as they are understood in American Medicine). Page two of this newsletter illustrates the meridians associated with infertility. In fact, one meridian, the Conceptive Vessel Meridian has no Western counterpart. The Liver Meridian and the Kidney Meridian are intimately involved with reproduction in Traditional Chinese Medicine. Remember that it is the **function** of these organs, rather than the actual organs themselves that is treated through acupuncture. There is no pathology as we understand it, in the liver or kidney.

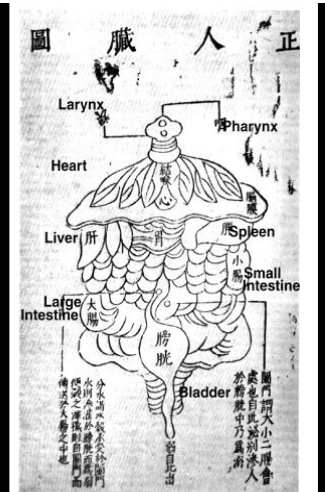
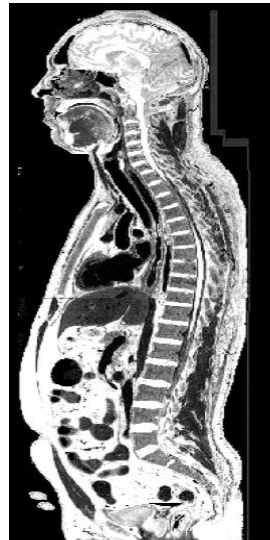
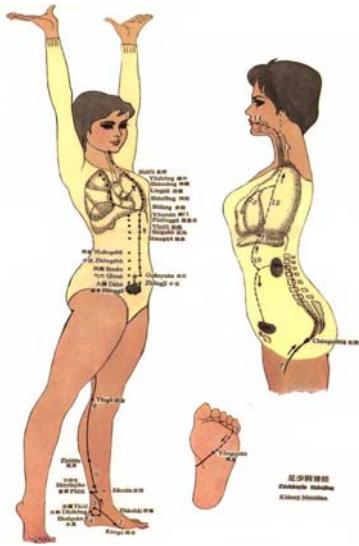


Fig. 9-1. Ancient Chinese Anatomical Drawing

Note the extreme difference between the organs as known anatomically in Western Medicine (above left) and the organs as understood in Acupuncture (above right)

Study-after-study confirms the effectiveness of acupuncture in treating infertility



Points on the Liver and Kidney Meridians pictured to the left and also the Conceptive Vessel Meridian pictured to the right, positively effect infertility. We have been successful in helping our patients conceive children and receive referrals from infertility experts. The treatment takes about 20 minutes, is completely painless and produces a state of deep relaxation.



My chiropractor got me pregnant!

It is quite common for infertile couples to conceive after receiving chiropractic care. I've seen that many time in my career. It happens so often that the statement "My chiropractor got me pregnant" is an inside joke in the profession. Recently more and more case reports of chiropractic's influence on infertility are appearing in the literature. No one really knows why chiropractic care often helps couples conceive children. It may be that chiropractic treatment of the lower back effects the nerves leading to the reproductive organs. An alternative explanation may also be that chiropractic treatment reduces stress. Frustration and anxiety associated with the inability for couples to conceive a child compounds the physiological difficulties. Chiropractic treatment decreases muscles spasms and promotes relaxation. That's always a good thing when

you are trying to get pregnant. Combining chiropractic, with acupuncture and proper nutrition has helped many couples conceive children. So much so that we have some fertility specialists sending us their patients as an compliment to the in-vitro fertilization techniques. Studies strongly suggest that acupuncture improves outcomes in infertility treatment. If you want twins, a study published in the journal Lancet suggests that you should take your B-vitamins. Other nutrients have been shown to increase the rate of successful conception by a whopping 300%.

Call us to discuss it 623-972-8400



There are increasing reports that chiropractic treatments, like the one pictured above, promote conception. This may be due to relaxation or the affects on the nerves leading to the pelvis.

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Effective Home Remedies that Doctors Give Their Patients



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Journal of Rapid Pain Relief

From the moment of conception, the body undergoes many chemical changes in the preparation for the nurturing and ultimate delivery of the baby. Unfortunately these hormonal changes often produce unpleasant symptoms in the mother and make the pregnancy long and difficult. Morning sickness is a common symptom in pregnancy and because the baby is developing, great care must be taken in the type and kind of treatment given to relieve nausea and other symptoms associated with pregnancy. Several recent studies suggest the safety and effectiveness of alternative remedies for morning sickness. The herbs ginger & raspberry are safe and effective. Acupuncture and acupressure on specific points on the wrist can also relieve the nausea of pregnancy.



Herbs like ginger and raspberry leaf can relieve nausea of pregnancy safely and effectively according to recently published studies.



Mother Carrying Baby on the Hip
Carrying a weight on the hip, such as a baby, causes stress to the sacroiliac joint which can lead to lower back pain and sciatica.

The adverse mechanical stresses on a women's spine do not stop after delivery. Proper body mechanics are difficult to maintain due to the demands of caring for the newborn. The graphic above illustrates this point.

This issue: *Alternative Medicine Info* to help people suffering from **Pregnancy Related Symptoms**

There is growing evidence of the seriousness of back pain during pregnancy. There is also growing evidence that manual therapies like chiropractic care offer a safe drug-free method to help women suffering from back pain during pregnancy. Chiropractic care can help to minimize the abnormal stresses placed on the lower back, the sacro-iliac joints and the pubic synthesis. Follow-up radiography demonstrates that many of the

spinal abnormalities associated with pregnancy do not necessarily revert to normal post partum. Chiropractic care may restore the spine towards normal alignment. Chiropractic techniques especially designed to treat back pain during pregnancy are now available.

To find out more call Dr. Kukurin



As the pregnancy progresses, the added weight shifts the center of gravity forward. This causes anterior pelvic rotation and hyper extension of the spine as a compensatory mechanism. This places great stress on the lower back, sacro-iliac joints and the pubic synthesis articulations. Back pain during pregnancy is a risk factor for back pain in future pregnancies as well as a risk factor for lifelong post-partum back pain. Quality of life measures are seriously degraded in women who suffer pregnancy related back pain. A growing number of studies demonstrated that spinal manipulation as practiced by chiropractors is a very effective non-drug treatment for the back pain of pregnancy. Specialized chiropractic techniques allow for gentle and safe treatment.

The adverse mechanical changes that occur with pregnancy may last a lifetime producing ongoing back pain

The radiographs to the right demonstrate ongoing adverse spinal mechanics at the L3 spinal level, which continued after delivery of the baby (left most radiograph). Note the angle of L3 compared to the horizon (black lines). The radiograph on the right is after a course of post partum chiropractic manipulation. See how chiropractic care has re-aligned the 3rd lumbar vertebrae with the horizon (line). Also the angle of pelvic rotation is improved following chiropractic adjustment of the spine. Reversal of these abnormal spinal mechanics associated with pregnancy may prevent ongoing lower back problems in women following delivery. The problem of abnormal spinal mechanics is compounded by the fluctuation in levels of the hormone relaxin. Relaxin makes ligaments and muscles more elastic which helps in delivery of the baby, but increases the likelihood of spinal and pelvic misalignment. It is important to re-align the spine, before relaxin levels return to pre-pregnancy levels. Otherwise permanent mis-alignment of the spine may occur. Additionally, a specialized chiropractic technique, called the Webster Technique, is available that seems to help turn breach presentations. Along with acupuncture these non-drug treatments may reduce the need for caesarian sections because of breach presentations.

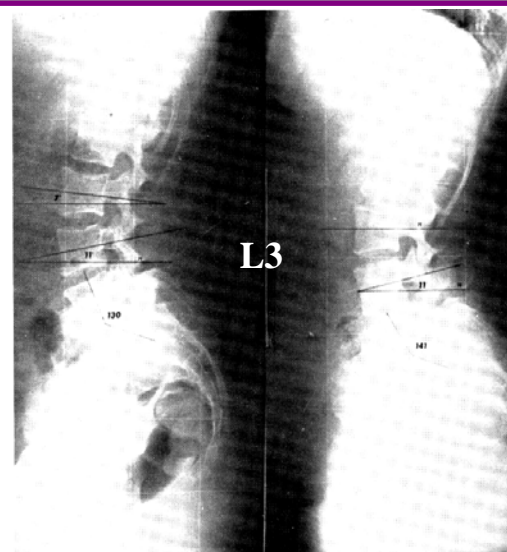


Figure 8

Modern Methods of an Ancient Chinese Wonder *Experience the amazing healing powers of Acupuncture*

Acupuncture may help to turn breach presentations, may relieve nausea of pregnancy, relieve back pain and may even reduce labor pain for women. Acupuncture may also help to relieve depression in pregnant women without drugs that may otherwise harm the developing child. For women who are opposed to the acupuncture needles, TENS units may produce comparable results.

So in women suffering from morning sickness, back pain during pregnancy, depression and back pain following pregnancy, there are many safe and effective alternative medicine treatments. The key is to find an obstetrician or midwife willing to consider the published studies of alternative medicine.

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TENS and acupuncture may have a prominent role in treating the problems associated with pregnancy and can do so without drugs that may be harmful to the developing child

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Effective Home Remedies that Doctors Give Their Patients



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Journal of Rapid Pain Relief

Mood swings, depression, irritability, loss of passion, insomnia and weight gain are common symptoms women experience due to hormonal fluctuations. Recent studies that suggest hormone replacement therapy may increase the risk of heart disease and cancer have left many women scrambling to find safe and effective remedies for these and other symptoms. The July 29th issue of the Arizona Republic reported that hormone replacement therapies were moved from the suspected to cause cancer list, to the known cancer causing agent list by the United Nations. In previous issues of our newsletter, we discussed the problem of menopausal osteoporosis and how it leads to significant morbidity, loss of quality of life and even premature death in women. In this issue, we will discuss common signs and symptoms of female hormonal fluctuation. More importantly, this issue will focus on safe non-hormonal herbal remedies for these symptoms. The major players in hormonal generated symptoms are estrogen, progesterone, thyroid, cortisol and serotonin. Under normal circumstances, these hormones rise and fall in a

Oestradiol & progesterone in the menstrual cycle

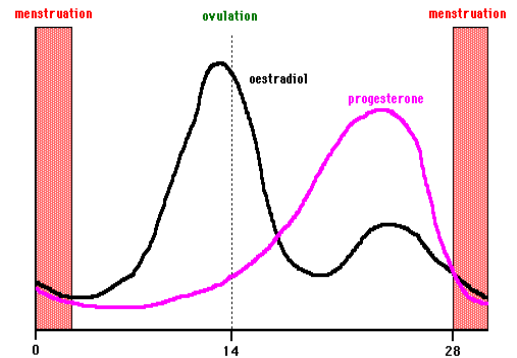


Figure #1 Normal menstrual cycle is pictured above. There is a very orderly ebb and flow of hormone levels.

highly choreographed manner. They interact with one another and when synchronized produce good health and well being in women. When stress, poor diet, lack of exercise and aging interrupt one or any of these hormones: a chaotic hormonal pattern develops. Since hormones are very powerful chemicals in the body, chaotic hormones lead to a chaotic quality of life for women and their partners. Compare the normal hormonal patterns in figure one above with the abnormal patterns in figure two below/left. The hormone dys-

This issue: *Alternative Medicine Info* to help women with hormone fluctuations

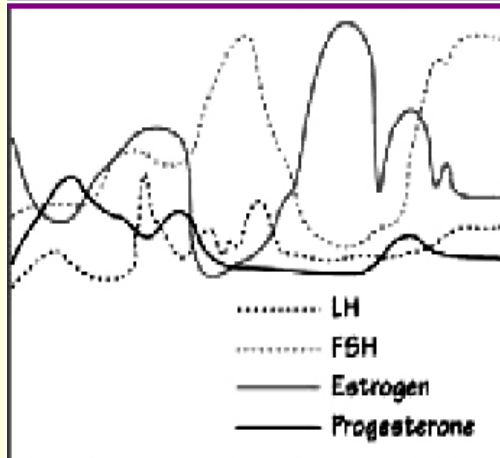


Figure # 2 During peri-menopause the normal hormonal cycle, becomes dys-synchronized. Compare the normal cycle in figure one with the peri-menopausal cycle illustrated above.

regulation then effects the nervous system. In fact, direct and indirect evidence suggests that sex hormones exert a powerful influence on a specific serotonin receptor in the hypothalamus region of the brain. The serotonin type 2 (or 5HT2) receptor is know to modulate core body temperature, mood/depression, anxiety and sleep/wake cycles. (1-5). The observations that this specific serotonin receptor can be associated with so many of the signs and symptoms of hormonal fluctuations, suggests a possible means to alleviate these signs and symptoms while by-passing the sex hormone pathways altogether. Another way of stating this is that it may be possible to correct the end result of hormonal fluctuations (and their symptoms) without actually altering hormone levels in the body. This approach may offer symptomatic relief to women without the risks associated with hormone replacement therapies. Let's examine some of the herbs available to ease the signs and symptoms of hormonal fluctuations. >>>

Hot Flashes: Some very sophisticated research by scientists at Wayne State Medical School has demonstrated that hot flashes occur in menopausal women due to a combination of decreased sweating thresholds and small rises of core body temperature.³ A significant finding in these studies was the fact that while estrogen replacement clearly diminished hot flashes, curiously estrogen levels were not significantly different in women prone to hot flashes and those who did not suffer from hot flashes.³ This suggests that decreased estrogen is not the primary culprit for the triggering of hot flashes. In another series of experiments, drugs known to block the serotonin type two receptor in the hypothalamus were shown to decrease core body temperature.^{1-2,5} Suggesting that dys-regulation of the 5HT2 receptor may be the actual culprit triggering hot flashes. The Chinese herb, magnolia bark appears to selectively block the 5HT2 receptors in the hypothalamus, at least in animals and appears to be a potential herb to ameliorate hot flashes by acting directly on the hypothalamus. ¹⁻²

Taken together, these studies suggest that the 5HT2 receptor, may be a major player in the signs and symptoms of hormone fluctuations

Other studies investigating the function of the 5HT2 receptor found that stimulation of this receptor interfered with sleep, increased anxiety and caused depression. Drugs that antagonize or block this receptor improved sleep quality, calmed anxiety and elevated mood. ^{8,9,11} Taken together, these studies suggest that the 5HT2 receptor, may be a major player in the signs and symptoms of hormone fluctuations. Nutrients like magnolia bark and feverfew as well as essential fatty acid supplements >

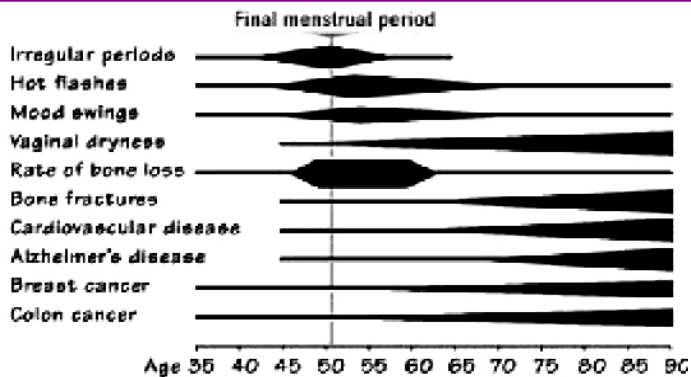


Figure #3: The fluctuation of various hormone levels (above) peak at different ages. This means some symptoms will resolve and other become more prominent over time. Helping women move through the various phases of menopause can dramatically increase the quality of life for menopausal women and their partners.

are known to modulate this 5HT2 receptor. Since these naturally occurring compounds have little or no estrogenic activity, they may be ideal supplements to attempt to counteract the affects of hormone fluctuations without altering the levels of circulating hormones directly. ~Dr. George Kukurin

This newsletter is part one in a series related to hormone fluctuations, the symptoms they cause and possible alternative remedies to relieve them. See also our newsletters on osteoporosis.

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What can you do to try to prevent breast and other cancers that effect women?

Breast cancer and ovarian cancer are two very scary things that unfortunately are effecting more and more women. I recently attended the American Cancer Society's Pink Ribbon Gala. The Pink Ribbon Gala honors cancer survivors and the good news was that breast cancer survivor rates had increased dramatically. The bad news is that more and more women are being diagnosed with breast cancer. *So what, if anything, can be done to decrease your risk?* There are several things that are showing promise in preventing breast cancer. They are available in most health food stores and are certainly worth discussing as possible preventatives. Have you heard of Calcium Glucurate, Curcumin, or Resveratrol? Probably not, but let's take a look at these and some other natural substances and see if you might want to

add them to your daily supplement routine. Curcumin is an herb commonly known as tumeric. The yellow powder can be found in most grocery store spice sections. There is growing evidence that this herb can help fight cancers including breast cancer. Resveratrol is a compound produced by grape plants (not to be confused with grape seed extract). Studies suggest that resveratrol may be beneficial in preventing or fighting both breast and ovarian cancers. There are other substances that show (cont below)



Dr. Kukurin gently re-aligns a patient's

This issue: *Alternative Medicine Info* to help women

promise as potential preventives for breast cancer. It appears that oriental women that consume large quantities of green tea, have less breast cancer. There are even some studies that show green tea may be a cancer treatment. And then there is Calcium Glucurate. A simple non-toxic substance that appears to

Warning: these substances show potential as preventive supplements, they are not meant to treat cancer or substitute for standard medical care. Consult with your oncologist, if you are currently treating for any form of cancer before considering these supplements.

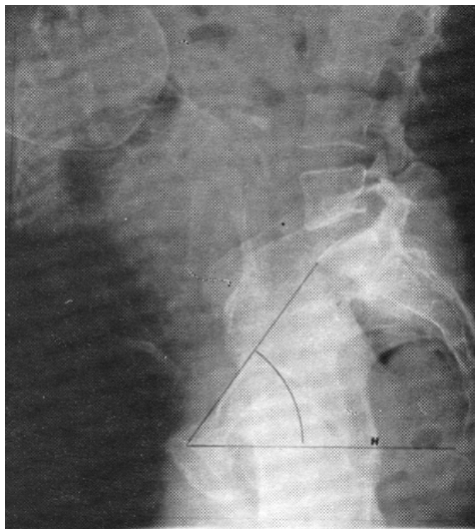
cleanse breast tissue of cancer causing chemicals.

It's certainly an exciting nutrient with potential in the battle against breast cancer. Have you included some or all of these natural substances in your diet? Why not? If you would like the summaries of the studies I used in this news letter, simply send me an email. gkukurin@earthlink.net and I'll attach a file with the research abstracts. *These are things you can do right now.*



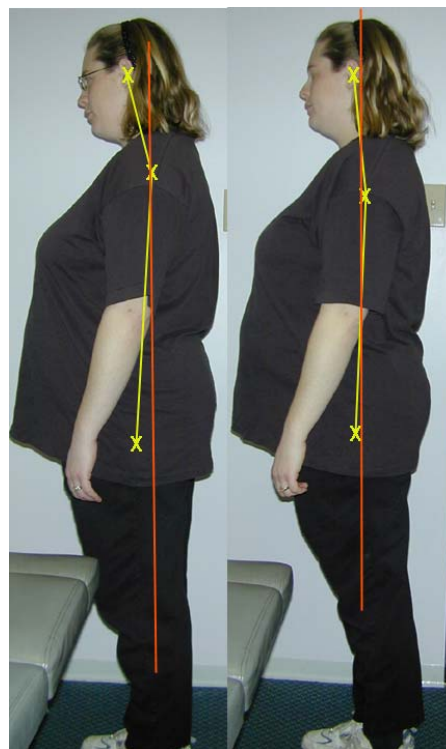
Back Pain in pregnancy.

Back pain associated with pregnancy can be a big problem for women. As the baby develops the center of gravity of a women's spine shifts forward and her posture breaks down. This strains muscles, ligaments and nerves and can produce not only back pain during pregnancy, but back pain that continues on after delivery. One study suggests that life-long back troubles can result from the mechanical changes that occur in the spine due to pregnancy.



(Above) The radiograph above was taken from a very old textbook. Back then, before ultrasound, pelvic x-rays were often taken. The angle of the pelvis (see the lines) is dramatically increased in pregnancy. This stretches the ligaments in the lower back and jams the joints. After the baby is delivered the spine seldom returns towards normal. That is why chiropractic care is so important AFTER the baby is born. (Right) The picture at the right is a patient of mine, note how we were able to improve her posture. The pictures were taken before an adjustment and immediately after a spinal adjustment.

Using the Advanced Bio-structural Correction system of chiropractic we can correct many of the postural distortions seen during pregnancy. Reducing stress and strain on the ligaments and relieving back pain safely and without drugs. Muscle Alignment Techniques are also effective in relieving the back pain of pregnancy. Dr. George W. Kukurin



If you or someone you care about is suffering from pregnancy related back pain call us right away before permanent changes occur in the ligaments of the spine. Dr. Kukurin

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Effective Home Remedies that Doctors Give Their Patients



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Journal of Rapid Pain Relief

Did you ever here someone say "This stress is killing me"?

Well some new research suggests that they may not be too far off base. See our cells have a biological clock that shortens each time our cells divide. It's contained in our DNA and is called a telomere. Some scientists even call the telomere our "death clock", because once the telomere shortens completely, we die. So what does all this have to do with stress? Well a recent scientific study demonstrated that life stress speeds up the shortening of our telomere clock. [1] Stated another way, stress directly accelerates cell aging and death. So the next time you hear someone say that stress is killing them, tell them that research shows they are absolutely right! Studies also show that stress can increase the risk of breast cancer. One study showed that stress can increase your risk of breast cancer by nearly 400% [2] Increased cortisol levels (hormones released when you are under stress) have been associated with a variety of age related disorders such as Alzheimer's

disease, depression, diabetes, metabolic syndrome, and hypertension. [3] Psychological stress is also associated with weight gain[4], headaches[6] and widespread musculoskeletal pain and sensitivity like the symptoms of fibromyalgia.[5] Massage, chiropractic care and acupuncture may reduce the levels of cortisol in patients who are under prolonged stress. [7],[8],[9]



Chiropractic adjustments help you to relax

This issue: *Alternative Medicine Info* to help people suffering from **Stress**

Many pharmaceutical prescriptions for stress relief can causes addiction. In extreme cases of stress they may be needed. However, wherever possible we recommend non-habit forming natural alternatives. There are several of them that seem to be viable alternatives. Kava is an herb that reduces stress. It must be taken with causation because it can place stress upon the liver. Valerian root is another herb that helps with sleep and helps keep you calm. Magnolia bark is a Chinese herbs that reduces stress. It works through the GABA system in the brain. Combining chiropractic, massage, herbs and other relaxation techniques can reduce cortisol levels and may diminish the damaging effects of stress on the body. Since stress can be overwhelming, a combination approach with professional guidance is recommended.

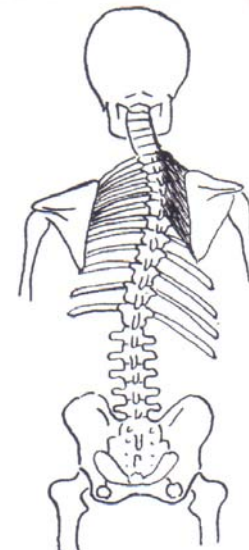


Acupressure can relieve emotional stress.[13] In a crossover study, the effect of pressure applied on the acupuncture point "extra 1" in healthy volunteers was studied. Acupressure applied for 10 min on the extra 1 point significantly reduced BIS values and verbal stress scores when compared with acupressure applied on a control point. BIS an index used to measure stress levels..

What can a chiropractor do to relieve my stress?

Are you right handed or left handed? Did you know that your dominant side is 10-20% stronger than your non-dominant side? When you are under stress your nervous system is hyperactive and this puts your muscles into an increased state of contraction. Look at the illustration on the right. You may not have realized it, but many of your muscles attach to your spine. So if you are right handed, and when you are under stress, can you see how stress (through the muscles attached to your spine) can actually cause spinal misalignments? Normally the muscle that attach to the spine assist you in resisting gravity and contribute to your posture. Under times of stress, the muscles become hyper-tonic and pull on the vertebrae. Since your dominant side pulls 10-20% harder than your non-dominant side, stress can indirectly cause your spine to misalign. Massage and other types of muscle work are wonderful for reducing the tightness and hyperactivity in the muscles, but once the vertebrae become misaligned, a

chiropractic adjustment is needed. The more misaligned the spine becomes, the harder the muscles have to work to hold your body up against gravity. So during times of maximum stress good muscle work, chiropractic adjustments and proper nutritional supplements are essential for your health. Some chiropractors feel they can actually see the results of stress in their patient's body alignment.



~Dr. George Kukurin

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

In Chinese Medicine, the Heart Meridian is associated with the "Spirit" or emotion. Therefore people under severe and/or prolonged stress become dis-spirited. The Heart Meridian follows the course of the Ulnar nerve in the forearm. The Pericardium Meridian runs along side the heart meridian in the forearm, following the course of the Median Nerve. The Heart Meridian is associated with the element Fire in Chinese Medicine. Too much fire can be associated with anxiety and agitation. Sedating the Heart Meridian with acupuncture may relieve anxiety. Not enough energy in the Meridian may be

associated with depression. In these cases the Meridian must be tonified. Acupuncture can be a great adjunctive therapy for stress related disorders.

Chiropractic care can reduce the stress hormone cortisol



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Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

If you have experienced lower back pain like I have, you know how it can absolutely paralyze you. Not true paralysis, but the pain can be so severe that your mind just won't let your body move. You know that the slightest movement, and wham!! The pain shoots right through you. I know, I've been there, many times. So maybe I should have changed the title of this article to "What a doctor, who has suffered from back pain for years, does when his back flares up." Probably the most frequently asked question I get from my patients is "should I use heat or cold on my back?" Well the answer is it depends on if you want to temporarily feel better quickly or if you can stand to freeze today so your back pain will actually get better faster. Let me explain what I mean. When you use heat on your back, it tends to feel good while you're using it. Unfortunately the injured tissues are inflamed so heat, while it may feel

soothing, actually prolongs the inflammation in your back. In other words, you'll get temporary relief, but it may take a few days longer to get over your back pain. Ice, on the other hand, feels terrible while you are using it, but it does help to decrease the inflammation in your back. So you suffer a little more, but you probably will get over your backache a few days sooner. Let me tell you how to "properly" use ice on your back. First, apply Vaseline to the skin over your back. This helps prevent frostbite. Next, place plastic wrap over the Vaseline. This keeps you from (cont.)



Dr. Kukurin prepares to adjust a patients spine

This issue: *Alternative Medicine Info* to help people suffering from **Back Pain**

getting the Vaseline all over the place. Next place the ice bag directly on the plastic wrap. Don't cheat and place a towel between the ice bag and your skin. And don't use something cool. You need to ice-down the inflamed tissue. You need to keep this in place for 20 minutes. Longer than twenty can cause frostbite, less than 20 won't be effective. You should feel cold at first, then a burning sensation. By about the time you feel the burning sensation, you'll probably want to smack me for suggesting ice. But then between 15-20 minutes, you'll feel numb. That's when you take the ice bag off. Leave it off for 20-60 minutes. You can repeat the process 20 minutes on / 20-60 off, as many times as you like. Check your skin however to make sure it is o.k. If you want to use heat, fine, just don't fall

asleep on a heating pad. I see burns on my patients all the time. Many of my patients ask me if they should exercise? The short answer is NO, not while the tissues are inflamed. If you just sprained your ankle, would you go for a jog? There is a time for exercise, but it's after you've had your spine adjusted. It makes much more sense to strength your muscles to support your spine when it's lined-up correctly. Do you want to strengthen the muscles to hold the vertebrae out of place? Of course not! As far as pain killers, call your pharmacist, he/she will be able to tell you what you can safely take, how much, how often and if there are any prescription medications you are taking that might make taking pain medications dangerous. There are many things that cause backache: strains, pulled muscles, slipped discs, spurs, pinched nerves, arthritis and many many other things.

So you have a bad disc, a pinched nerve or arthritis, How did you get that way?

One question that my patients ask me that often gets me frustrated is "what made my disc slip, my nerve pinch and my muscles spasm?" Unless they sustained some type of injury, most patients develop back pain because of poor spinal alignment. It's pretty straight forward really. Good spinal alignment = resilient spine. Poor spinal alignment = weak spine.



that most people miss is (just like tires on your car) misalignment happens first, then pain and wear and tear occur. If you want to make your tires last on your car, you periodically rotate them. You do this (or at least you should) *BEFORE* they start to wear out. Your spine is the same way. If you want to reduce wear and tear and preserve your back, maintain it. Just like rotating your tires, come in for periodic adjustments *BEFORE* you have back pain.

When your spine is in good alignment, it can resist wear.

I use the example of a front end alignment on a car. If the tires are aligned there is little wear or tear on the tires. When misaligned, the tires start to wear. If tires were living creatures, when they started to wear, they would get inflamed and painful. Just like a set of tires on your car, if your spine gets misaligned, it will wear and becomes painful and inflamed. The bright idea

The good news is we now have chiropractic techniques that can realign your spine faster than ever before; Without pain and affordably. Take a look at the changes in alignment on the x-rays on the bottom of the page. We were able to reduce the patient's head forward posture in a few visits. In the past, changes like this could take months. So if you have back pain now, call me so we can get it fixed. If you've had it in the past.. It's time to have your "tires rotated" **Dr. George W. Kukurin**

Modern Methods of an Ancient Chinese Wonder

In acupuncture, there are certain points on the body that are used to treat back pain that are far removed from the back. Acupuncture has been used for 2-3 thousand years and according to acupuncture theory, a point behind the knee known as BI-40 is the master point to treat back pain. Another point located where the little finger joins onto the palm, known as SI-3 is also a master point for treating pain anywhere along the spine. The first point BI-40 is located on the branch of the sciatic nerve. The second SI-3 is over the ulnar nerve.

Both of these points can be stimulated with electricity rather than needles. To reduce inflammation, in an injured back, ultrasound therapy can be applied directly over the damaged tissues. Together, newer techniques in chiropractic, electrical stimulation of acupuncture points & high frequency sound waves can be combined to treat even the most stubborn and chronic forms of back pain. Give me a call to discuss your back pain.

Dr. George Kukurin

They have strange names like ABC , ACT & Spinal Tetrahedron

What it means is gentler, faster chiropractic spinal correction and pain relief than ever before

In my office we use some methods with strange sounding names. Advanced Biostructural Therapy, Atlas Coccygeal Technique and the Spinal Tetrahedron Concept. All you need to know about these systems is they produce rapid pain relief and visible changes in the alignment of the spine. Because they produce visible changes in posture, they allow us to know when the spine has been corrected. This means you won't need to come back again and again. It also means that we can fix (as much as possible) your problem, not just temporarily reduce your pain. I'm excited about these new methods and systems of spinal correction. Evaluating the alignment of your spine is safe, painless and effective. So do me a favor, call me so I can discuss them with you... it might just change your life. Dr. Kukurin

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The new wave in massage therapy M.A.T.



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Journal of Rapid Pain Relief

Muscle Alignment Technique or MAT as it is known, was developed by Dr. Erik Dalton, of Oklahoma. Dr. Dalton combined concepts of Ida Rolf, the developer of Rolfing, with the muscle synergy concepts of Vladamir Janda, the great Czech physical medicine specialist and osteopathic techniques of muscle energy treatments. There are several things that make Muscle Alignment Technique different from most other massage or soft tissue techniques. For you to understand how MAT differs from most other soft tissue therapies you need to first understand how muscles work. Simply stated, muscles work by shortening, when they are activated. This is called **concentric** muscle contraction. In fact there really is no mechanism by which a muscle can lengthen itself. For a muscle to lengthen, an opposing muscle (or therapist) must pull it in the opposite direction (figure 1). Because a muscle can only directly shorten, the nervous system must monitor its length and constantly adjust the amount of tension within our muscles. Otherwise our muscles would sag and hang in response to gravity. Muscles have another important function, they hold our skeleton up against gravity. To do this they must contract (shorten) in a highly coordinated and synchronized way. Dr. Janda identified patterns of this synchronized muscle activity and showed that when posture was abnormal, muscles patterns became abnormal. Ida Rolf, would treat muscles not to relieve pain and tightness but rather to restore normal patterns of muscle activation. She believed if you

restored normal muscle synergy, you would remove the stimulus that caused muscle pain, tightness and dysfunction. The question then became, how could the nervous system be influenced so it would not keep re-setting the muscles into their abnormal patterns? That is where the osteopathic muscle energy techniques come into play. As we discussed earlier, when muscles contract they shorten. When they chronically contract, the nervous system keeps resetting them into a shorter and shorter resting state. For the patient, that means tighter and tighter muscles and muscle pain and tenderness. Regular massage therapy can temporarily relax the muscles, but the abnormal posture and abnormal nervous system activity keeps the muscles reverting to their taunt painful state. The osteopathic techniques do something very unique in the field of soft tissue work. They elongate the muscles while they are contracting. Exactly opposite of what is usual muscle physiology. A process known as **eccentric** muscle contraction. It is believed that eccentric contraction influences the nervous system and prevents the nervous system from resetting muscles back into their chronically tight and painful resting state. Dr. Dalton took these concepts one step further. He applied them to Dr. Janda's muscle synergy patterns. A new science of Muscle Alignment Technique was born. What makes muscle alignment technique so remarkable is the speed at which the muscles can be re-programmed, the long lasting results and the fact that visible changes in posture are often evident in patients treated with MAT methods. **MAT is the next generation soft tissue therapy.**

This issue: *Alternative Medicine Info About Muscle Alignment Technique*

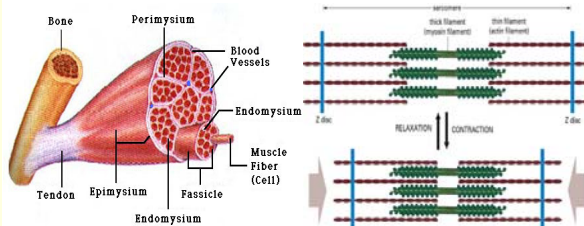
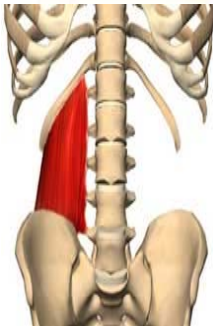


Figure One (left) shows the architecture of muscle tissues. When muscle is activated, it shortens (above right). Muscle really has no inherent ability to lengthen itself. Chronically activated muscle tissue will continually become shorter and shorter. A process known as muscle contracture.

Special points of interest:

- **Muscles have no ability to lengthen themselves**
- **Shortened muscles can be demonstrated as abnormal posture**
- **Abnormal posture leads to headaches, neck and back pain..**

Poor posture doesn't cause muscle imbalance. Muscle imbalance leads to poor posture: How do you measure up?



The guy wires on a bridge add strength and stability and help the structure resist the forces of gravity. Muscles like the **Psoas** (above left), the **Piriformis** (above right), the **Quadratus Lumborum** (left) and **External Obliques** (right) work exactly like the guy wires on a bridge. When these muscle become unbalanced problems will occur. MAT technique helps to balance these muscular guy wires.



By combining Muscle Alignment Techniques with Spinal Correction Techniques we are able to produce visible changes in posture in a very short time. Often some structural change occurs within 7-10 days. Changes that can be seen and felt. With the muscles and spine balanced you are better able to work, play and enjoy life. Stress and strain is reduced on the joints, discs and muscles. Dr. Dalton's MAT system has been an incredible addition to our system of chiropractic spinal correction. Together they offer the possibility of fast correction of postural abnormalities, with long term relief of tight muscles, stress, headaches, lower back pain and other common painful conditions. If you would like us to check you for imbalanced muscles and distorted posture call today for an appointment. ~ Dr. Kukurin.

Modern Methods of an Ancient Wonder

All you need to determine if you have upper crossed syndrome or lower crossed syndrome is a mirror



If you would like to discuss muscle alignment technique or spinal correction or a painful condition you'd like to try and correct, Dr. Kukurin has a very special program called ask the doctor. The ask-the-doctor program allows for you to consult with Dr. Kukurin right over the phone at no charge. So call him today. 623.972.8400

Muscle Alignment Technique is a major advance over massage therapy



Muscle imbalances of the muscles supporting the neck lead to what is known as the upper crossed syndrome. (left). It can be identified as head forward posture. Do you see it in your own posture or someone you know? It's quite common. And can lead to headaches, neck pain, shoulder pain, mid-back pain and a feeling of tight and tense muscles. Imbalance of the lower body muscles lead to the lower crossed syndrome (right). The lower crossed syndrome can be identified as a sway-back. It can lead to lower back pain, sciatica and even pain in the hips, knees or ankles.



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Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

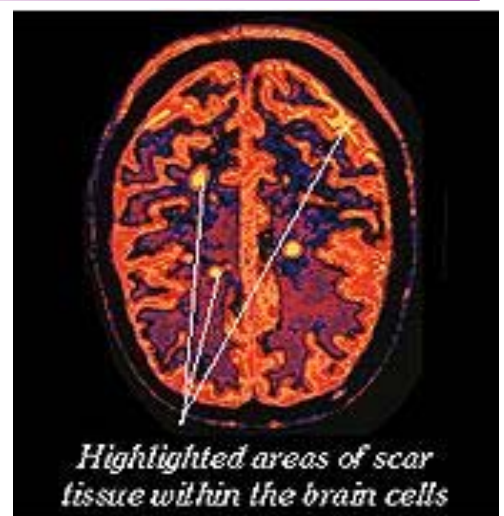
New research ties vitamin D to the development and pathology of Multiple Sclerosis. When I was studying neurology at the Parker College in Dallas Texas, I was always fascinated by the fact that a person's chance of developing MS seemed to be tied to his/her place of birth. Research suggested that differing parts of the country had differing rates of MS. If you were born and lived (to about the age of 11) in a particular part of the country, you would have a chance of developing MS at a rate that was inherent to that part of the country. It did not matter where you moved to after you were a young adolescent, but where you were born and raised was the important factor. I was always puzzled by this data. I thought that maybe it had something to do with the nutrients in the soil or maybe toxins in the environment. Well now 15 years since I've finished my neurology training, science may have the answer. It seems that vitamin D may be responsible. See vitamin D is created in our bodies when sunlight interacts with our skin. And as a child ages and his or her immune

system develops, it appears lack of vitamin D may contribute to immune system abnormalities that can lead to MS. It appears that vitamin D is important for healthy immune system function and that lack of vitamin D in the immature immune system can lead to auto-immune diseases and conditions like MS. That's the bad news. The encouraging news is that supplementing the diet with non-toxic water soluble vitamin D shows promise as a potential treatment of MS.(3) In the animal model of MS (Experimental Autoimmune Encephalopathy or EAE), vitamin D seemed to suppress symptoms.(3) There is other encouraging news related to dietary supplements and their possible role in alleviating MS signs and symptoms. See the damage to the nervous system in MS patients is complex. However, these complex interactions also afford a variety of avenues to try and help MS patients. There is the immune dysfunction associated with vitamin D that we discussed above, but there is also the secondary effects of immune interactions that may be therapeutic targets for MS patients.

This issue: *Alternative Medicine Info* to help people suffering from **Multiple Sclerosis**

Alpha lipoic acid, a compound found in health food stores, has been shown to prevent much of the secondary damage in the brain and spinal cord of animals with EAE. (6-9) Recently, humans trials of ALA have begun and appear promising. (9) Another health food store supplement N-acetyl cysteine (NAC) seems to also prevent secondary damage in the nervous system as demonstrated in animals studies.(13)

Other promising therapies include **oral tolerance**, which tries to de-sensitize the immune system to the patient's nervous system by giving pills containing myelin protein. (11) S-adenosylmethionine (SAMe) seems to help with remyelination of damaged nerves.(10) And two herbs common to Alzheimer's research, Huperzine and Vinpocetine appear to reduce the relapse rate in patients with MS (12) from an average of 3 relapses per year to less than one. (12)



The main thrust of research in multiple sclerosis is attempting to limit the build up of plaque or scar tissue in the nervous system. The search is on for so-called biological response modifiers.

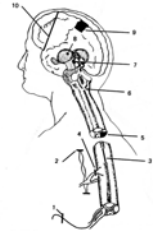
Growing awareness that chiropractic may improve function in MS patients.

While chiropractic manipulation does not effect the underlying disease process of MS, there are more and more reports appearing in the medical literature that suggest chiropractic can help MS patients function better. (19, 20)

Spastic muscles and intense fatigue are two of the more debilitating signs and symptoms in patients suffering from MS. The drug Amantadine, has helped many patients with the extreme fatigue of MS. Recently a clinical trial of the dietary supplement acetyl-carnitine, demonstrated that the supplement was more effective and carried less unwanted side effects than Amantadine treatment. (16) Acetyl Carnitine also shows promise in nerve repair in diabetic patients. (17) So it may also theoretically be useful for nerve repair in MS patients. Another promising method for relieving muscle spasms in MS patients is electrical nerve stimulation or TENs. In this treatment, electrical stimulation is applied to nerves and muscles.

This stimulus is applied at a frequency of 100 Hz and pulse width 0.3 msec were used 20 minutes per day for 4 weeks. Patients were assessed by electromyography. The Modified Ashworth Scale and Ambulation Index were used before and after 4 weeks of treatment. After 4 weeks of treatment, there were statistically significant reductions in spasticity of both extremities as assessed by myo-electric activity and the Modified Ashworth Scale ($P < 0.05$). Specific exercises may also improve the quality of life and/or functional ability of MS patients. Care of MS patients require a combined approach. (22-23)

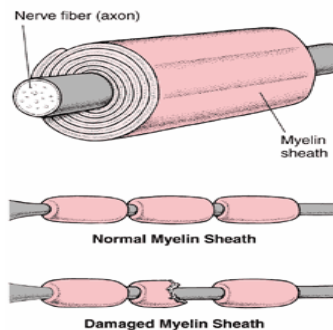
MS patients have visible plaques that form in their brain and spinal cords. Cutting edge therapy hopes to diminish or completely prevent these plaques from forming. The symptoms vary depending upon the location of the damage in the nervous system. (right).



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Damage to the myelin sheath, which acts like insulation on an electrical wire, causes "short circuiting" of the nerves and leads to the symptoms of MS. Note the normal and damaged (demyelinated) nerve axons in the picture to the left.

Kukurin Chiropractic ~ Desert Harbor

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Effective Home Remedies that Doctors Give Their Patients



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Journal of Rapid Pain Relief

Neck pain is a common condition and often linked with headaches. Neck pain is one of the most frequent reasons patients present to our office for help. The neck is a very complex structure. It must support the weight of the head, which typically weighs 8-12 pounds on average (the same as a bowling ball). It must also be extremely flexible, allowing us to do important tasks like looking over our shoulders when changing lanes on the freeway. The neck is remarkably designed, but the physical and mechanical demands we place on it often exceed its wonderful design capabilities. The result is neck pain and/or headaches. So what exactly causes the pain in our necks and what can we do about it? Let's talk a little bit about posture and in particular two postures that are closely associated with neck pain. The first posture is how the head lines up with gravity when viewed from front to back. Remember the head weighs as much as a bowling ball, so if the center of gravity deviates left or right of center, the muscles have to start to work to hold your head up against gravity. Its pretty straight forward, the better the weight of the head is lined up over the spine, the less the muscles have to work to hold the weight of the

head up. The further the center of the head deviates from normal, the more muscle activity is required. These muscles start around the mid-back and attach in the base of the skull. So if you are feeling tightness in your neck, shoulder or even as far down as your mid-back, there is a good bet your head is not lined up well over your neck.

The second and more common misalignment that is associated with neck pain and headaches is known as head forward posture.

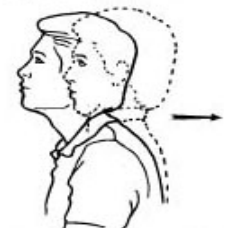


This places enormous mechanical strain on the neck muscles and also over time actually changes the ligaments and other tissues that support the spine. Researcher have also found a peculiar quality of the neck muscles as they relate to the neck pain. It seems that the further the head goes forward, the more the neck muscles must work , but at the same time the less mechanically efficient they become. [3]

This issue: *Alternative Medicine Info* to help people suffering from **Neck Pain**

To the right is a simple exercise that may reduce neck pain, relieve pinched nerves in the neck and change posture to a more stable configuration. To do it, keep your eyes level with the horizon, push the back of your head backwards, as if you are trying to touch the back of your head against the wall behind you. Don't allow your shoulders to move. You want to move your head in relationship to your shoulders. Hold for a 5-10 count, then release. Repeat 10-20 times, 1-2 times per day.

CERVICAL SPINE - 25
Flexibility: Neck Retraction



Pull head straight back keeping jaw and eyes level.



Specific chiropractic adjustments can relieve neck pain and restore normal alignment of the vertebrae and muscles. [1-2]

Chiropractic care can safely relieve pain in the neck and upper back, Neck adjustments are safer than aspirin and correct the cause of neck pain.

Special points of interest:

- Abnormal Posture will perpetuate neck pain
- Failure to correct neck misalignment may lead to arthritis
- The muscles supporting the neck need to be realigned for maximum benefit.

You spend many hours sleeping. Is your neck supported at night?

Stated another way as the head misaligns, the neck muscles expend twice the amount of energy and can only perform ½ the work. It is any wonder that postural abnormalities produce tight and painful muscles? And if the cause of these tight muscles is not corrected (the abnormal posture), massage or Advil or even many types of chiropractic manipulation will not provide permanent relief. Improper postural alignment of the head and neck not only produces painful tight muscles and looks bad, but recent research confirms what chiropractors have believed to be true for many years. Spinal misalignment over time, produce arthritis and degeneration in the bones, muscles, disc and ligaments of the spine. [7,10]. In the neck this will lead to pinched nerves (spondylosis) or even pressure on the spinal cord itself. (A condition call myelopathy) (continued top right >>>>)



And while it is possible to sometimes treat myelopathy without surgery, it's much better to try and prevent the condition in the first place. Now we all know the value of keeping our cholesterol low, and visiting the dentist to prevent tooth decay. Keeping our weight down and limiting salt intake. *So what are you doing to prevent your spine from deteriorating?*

Keeping your spine in alignment rather than just treating the symptoms is the way to prevent really bad tough problems later in life. It does require a little work on your part, just like watching your cholesterol. But it can be done and should be done, if you value your health. Call today to schedule your preventive maintenance care. ~Dr. Kukurin

Stress can increase the tightness of your muscles. Aggravating or even causing neck pain or headaches

As we discussed above, prolonged misalignment of the head and neck can lead to arthritis and degeneration in the spine. As with all health problems, it's much better to correct and prevent deterioration before permanent tissue damage has occurred. But what can you do after degeneration and permanent changes have started? Well it is very important to keep good posture at work, play and even while sleeping. Once cartilage degeneration has started a good "joint food" like Uni-Joint is important to retard or arrest cartilage damage. Acupuncture and or massage can relieve painful tight neck muscles and abolish headaches.[8,9] Muscle alignment technique is a new method that produces outstanding results not only relieving pain, but also helping to correct the spine and restore spinal alignment.

You have to turn your head to breath when sleeping on your stomach. This places great stress on the spine and muscles of the neck. Causing neck pain and headaches. Sleep on your back or on your side in a neutral position to avoid placing stress on your spine. Consider a specially designed pillow.



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Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

What can you do at home with your children to help them avoid bracing or worse, surgery for their scoliosis?

There are actually several very simple yet effective home remedies that are certainly worth giving a try if your child has scoliosis. The first is to have them sit on a book. Sound silly? Well sitting on a book causes what I call induced side shift therapy. Side shift exercises have been shown to reduce spinal curvature in patients with scoliosis. * It's probably one of the simplest things you can do for your children. Another is to have him or her walk around the house with one shoe on and the other off. When done correctly this causes counter stressing in the spine and may help to reduce a scoliosis. Of course both of these methods need to be applied to the correct side. To make sure which side to apply

these counter stressing therapies, contact my office I'll be glad to train you on these wonderfully simple and effective home remedies for scoliosis. A little more complex, yet certainly worth a try is spinal weighting. It's another way to counter stress the curves in your child's spine. Check out the re-alignment these therapies can cause in a curved and scoliotic spine. Look at the images on page two.....



Dr. Kukurin gently re-aligns a patient's

This issue: *Alternative Medicine Info* to help kids suffering from **Scoliosis**

Scoliosis is a curvature of the spine that afflicts mainly children. The curve can be quite pronounced and can interfere with breathing and even compress the child's heart. Even in less severe cases, gross spinal deformity often causes psychological distress in kids with scoliosis. Early detection and intervention is important so the progression of the deformity may be halted or reversed. Curves greater than 30

degrees are often braced. This is a cumbersome contraption that the child may have to wear 23 hours a day. As unpleasant as the brace is, progressive curves are treated with surgery. Rods are inserted along the length of the spine. The spine is fused to so no further deformity can occur. So you can see that scoliosis is a serious condition that needs to be detected and treated as early as possible.

SCOLIOSIS



A newly developed chiropractic system may offer hope for patients with spinal curves, misalignments and scoliosis.

For over 100 years chiropractors have been developing new and better ways of adjusting or re-aligning their patients' spines. Recently a innovative systems of chiropractic treatment called Advanced Biostructural Correction (ABC) has been developed and is now available for patients with spinal curvatures.

In the photos on the right, note the dramatic change in posture in this women immediately after a treatment with the ABC method.

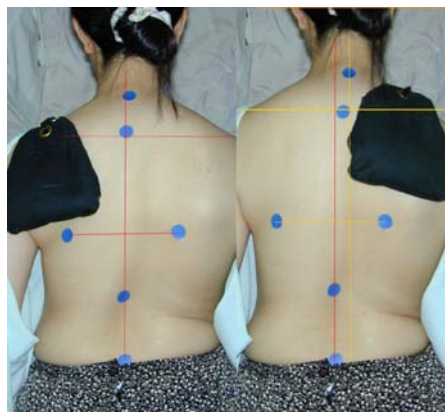
The ABC system shows great promise for producing rapid pain free changes in spinal distortion. The ABC method of spinal correction does not involve extended visits and is comparable to other chiropractic methods in price. Often with this remarkable system, changes in a patient's posture can be seen after a few visits. Since I switched and started using the ABC system, my results have been outstanding. It's the most remarkable advance in correcting spinal distortions I've seen in the last 20 years. My patients love it, often after one treatment they can feel and SEE the difference in their bodies. It's safe, effective and virtually painless. It certainly offers hope for parents with kids with scoliosis. When combined with the spinal weighting, and sitting

on a wedge as home therapy, avoiding spinal surgery becomes a real possibility. If you would like to learn more about this exciting new development in chiropractic therapy give me a call I'll be glad to discuss it with you. Dr. George W. Kukurin



Changes in posture following a treatment with the ABC

Home remedies for scoliosis continued from page one.



Left Note that with a weight applied to this patient's left shoulder the spine is re-aligned towards normal.

Right: See how the scoliosis is reduced in this women when she sits with a wedge under her left side. A book works just as well.

As you can see, placing a weight or wedge under the incorrect side causes the scoliosis to become worse, so consult a professional



“Bring your child to our office to have him/her screened for scoliosis: It's quick, easy, painless and can save your child agony”

Screening for scoliosis in your child is quick easy and painless. Catching spinal curves early is important. There is nothing more tragic than a child twisted and deformed from a preventable scoliosis. Particularly when screening for this heartbreaking condition is so simple. Concerned parents can schedule an appointment to have their children checked for scoliosis by calling our office. Call now, we'll get them in right away. Our website contains our newsletter archives and other important information that may benefit you and your family. To visit our website go to www.alt-compmed.com

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Effective Home Remedies that Doctors Give Their Patients



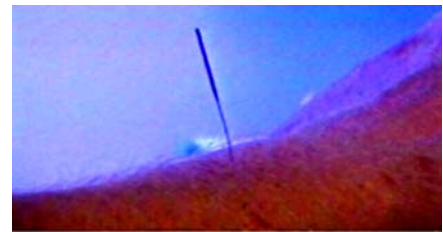
Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patient's pay for in my office So I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters just give me a call. ~ Dr. K

Now I don't recommend sticking needles in yourself. But some light pressure over an acupuncture point may give you some temporary relief.

Acupuncture is 2-3000 years old. In the ancient theory of acupuncture, channels called meridians, carried energy known as "Qi" or "Chi" throughout the body. Qi energy was believed to nourish and heal injured tissues. When the channels became blocked, Qi would be unable to reach damaged tissues and the tissues would become diseased. Almost like cutting off the water supply to a plant.

Acupuncture needles were used to open blocked channels and restore the normal flow of energy, Qi, throughout the body. With the flow of Qi restored, healing could take place. So acupuncture points on the channels were considered "valves"

that could open the channel and allow healing energy to flow through the tissues. The acupuncture masters, wrote of "Master Points" which opened the energy channels to specific areas of the body. By pressing firmly on these master points you can often relieve your symptoms. The Master Point for back pain is on the crease behind the knees. The Master Point for Headache is between the thumb and index finger on the back of the hand. The Master Point for spine pain is near the finger nail on the little finger. The Master point for the nervous system is near the Achilles tendon of the feet. Press firmly, these points are usually tender to pressure. Stimulation of them may help you out .



Acupuncture needle in Dr. Kukurin's forearm.

Journal of Rapid Pain Relief

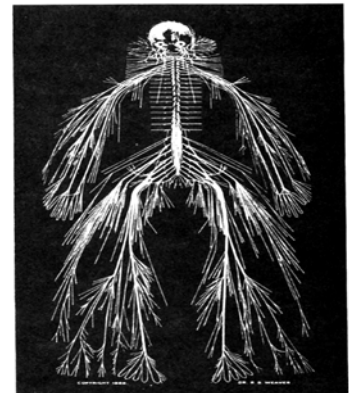
This issue: Acupuncture

In American acupuncture, points are selected for treatment based on the nervous system. Needles are inserted into the body to stimulate "switches" in the nervous system. One nerve is stimulated to turn another nerve off. Just like an old time telephone switch board routed signals, acupuncture is used to route messages throughout the nervous system.

The illustration below is what the human body looks like if every tissue except for the nervous system were removed. If you compare an acupuncture point chart with this picture of the nervous system, you quickly see that most acupuncture points are found associated with the nerves of the body.



Acupuncture works like a telephone switching station, routing signals in the nervous system.



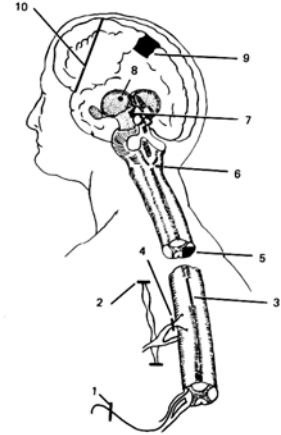
The Science of Acupuncture: where East meets West.

Because the nervous system controls and coordinates *EVERY* function in the body, a therapy which allows you to fine tune the nervous system has great potential to promote normal function and healing. Most Western practitioners believe that acupuncture works through it's ability to alter the function of the nervous system. Stimulating nerves at the acupuncture points, changes the signals traveling in those nerves. Modern neurophysiologic research demonstrates that stimulation of acupuncture points on the surface of the body can actually change the chemistry of the nervous system deep within the body. The nervous system may actually permanently change it's structure in response to acupuncture stimulation. A process known as neural plasticity. So a course of acupuncture may not only temporarily reduce pain, but may also re-structure the nervous system and result in long term improvement.

Acupuncture can be effective in many different types of conditions. If you are curious call me.

Dr. George W. Kukurin

Figure 1. Various pain control regions in the nervous system (right). In the American approach to acupuncture, needles are inserted to influence these naturally occurring pain controls relay centers in the body. Suppressing pain signals to the brain.



Acupuncture and the nervous system.

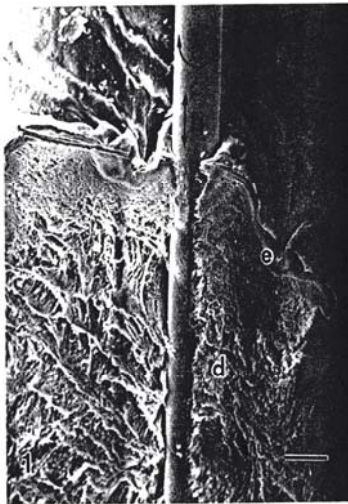
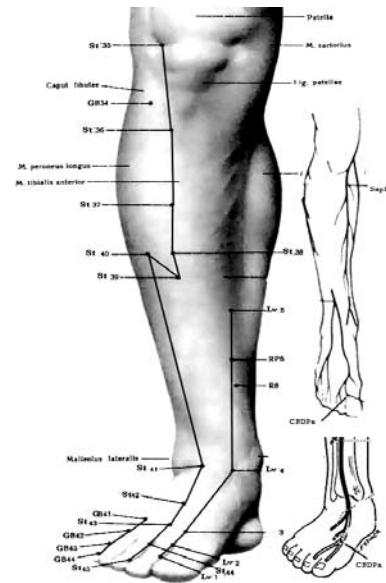


Fig. 1. Scanning electron micrograph of an acupuncture manipulated needle within the hairless rat skin. Arrows indicate the needling directions. Twisting-needling (a). Sparrow pecking-needling (b). Dermis (d). Epidermis (e). Bar=0.2mm X100

Left Electron micrograph of an acupuncture needle inserted into an acupuncture point.

Right: Note how a traditional Chinese Acupuncture Meridian corresponds closely with the main peripheral nerves of the lower extremity. The association of acupuncture meridians with peripheral nerve is well established.

If you would like a free consultation with Dr. Kukurin to discuss how acupuncture may help you with a specific health concern, call our office today. Dr. Kukurin will be glad to speak with you.



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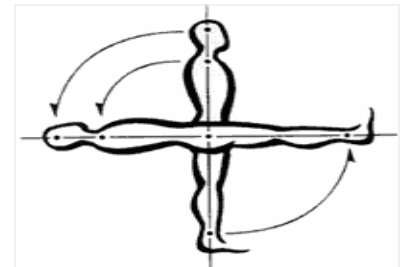
Effective Home Remedies that Doctors Give Their Patients

Improper body mechanics or ergonomics is the number one reason people end up needing chiropractic care. So if you want to visit our office less, you need to pay attention to ergonomics.

Ergonomics is a funny word that means how man or humans relate to their work environment. I like to expand the definition to include not only how humans relate to their work environment, but also how they relate to their recreational environment and even how they relate to their sleeping environment.

You can take this one step further and even consider the internal ergonomics of the spine itself. Are there any curves, twists or other misalignments, that cause the muscle to compensate? In this newsletter however, we will limit our discussion to work, recreation and sleep ergonomics. In it's simplest terms, ergonomics means how the body and the

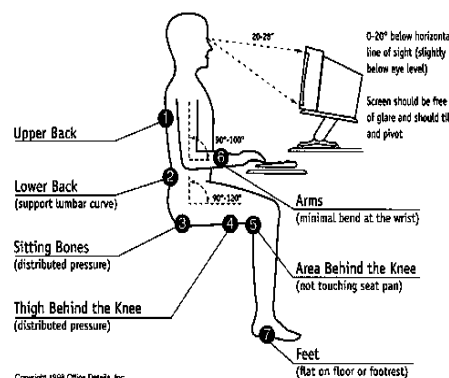
spine react with postures and positions you assume while at work, play or sleep. When you assume certain postures, the muscles and ligaments of your body must compensate to hold you up against gravity. The better your ergonomics the less work your muscles must do to hold you up. Poor ergonomics leads to inefficient muscle work and higher stress and strain in your soft tissues. Over time, your body might even remodel itself to compensate for poor ergonomics. All this causes stress strain and eventually damage to your body.



You need proper ergonomics standing lying down and everywhere in between. (above)

This issue: Alternative Medicine Info to prevent neck and back pain

By far the most important ergonomics are work ergonomics. We stay in the same anatomical position day-after-day and year-after-year. This causes gradual remodeling of the spine and soft tissues. Poor work ergonomics is associated with neck pain, headaches, carpal tunnel syndrome, back pain and sciatica (see below). Postural decay occurs in response to poor work ergonomics.



The worst possible sleep ergonomics (above). Note how the head is cocked to breathe, straining the neck and shoulders, and note how the lower back is kinked. Best possible sleep ergonomics (below). Head, neck and spine are in a neutral position. Consider an ergonomically correct pillow to support your neck while sleeping.



Internal Body Ergonomics: Things inside your body that cause compensations

Ergonomics classically considers how the body reacts and adapts to the environment. But you can take this one step further and consider the internal environment of the body. For example, most people will have one leg shorter than the other. This can be a true short leg from birth or from having sustained a broken long bone in the lower extremity. Often broken bones shorten as they heal, creating a leg length discrepancy between the broken and healthy legs. But most people have what we call an apparent short leg. One caused by distortion and misalignment in the pelvis and/or lower back. It really doesn't matter what causes the short leg. A leg length discrepancy places stress and strain on the body. Muscles need to contract to adapt to and compensate for this stress and strain. Chronically contracted muscles produce pain and tightness. So it is important to check the internal ergonomics of your body. Sitting, standing

and *sleeping* correctly will help, but if the internal environment of the spine and pelvis is abnormal, most likely headaches, neck and back pain will result. It is a relatively simple procedure to check for a short leg. If you look closely at the picture below you will notice that the patient's right leg is about a half of an inch longer than her left leg. This places strain on the entire spine.

Dr. Kukurin (**right**) checks for leg length discrepancy in a patient. Chiropractic adjustments can reduce most leg length discrepancies.

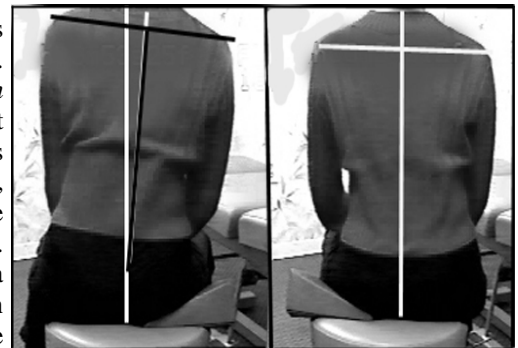
Make sure you are checked frequently.



Home remedies for improving ergonomics



Proper ergonomics when standing is demonstrated in the picture to the left. *Always try to keep one foot up when standing.* This shifts the muscle effort from the spine to the legs and prevents back pain. When one leg gets fatigued, switch legs. Another trick to improve sitting ergonomics is to sit on a book. Note the picture at the right. Placing a lift under one side of the pelvis when sitting aligns the spine. Moving the book to the wrong (opposite side) increases the stress and strain on the body. Ask me to check you during the next visit to our office. ~ Dr. Kukurin



Proper lift placement (right) poor lift placement (left). Schedule a visit so we can determine the appropriate side for you to place a lift.

“Optimize body ergonomics before poor ergonomics cause permanent damage in your body”

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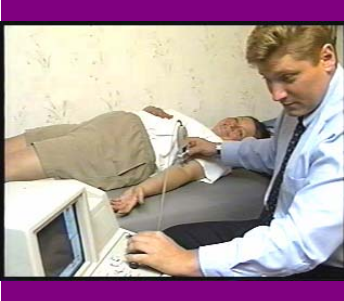
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Effective Home Remedies that Doctors Give Their Patients



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Journal of Rapid Pain Relief

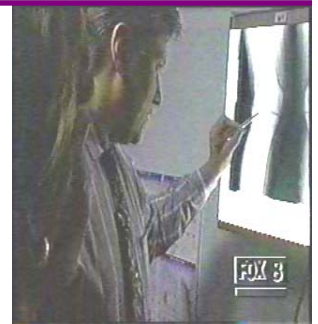
If you live long enough you'll probably start to feel the effects of osteoarthritis. OA as it is known, is wear and tear arthritis. If you are a little more unlucky, you might develop one of the arthritic diseases like rheumatoid arthritis or Lupus. In either case, you are going to have pain and some amount of joint deformity. If you have been diagnosed with arthritis you probably are taking or have been taking anti-inflammatory medications. But here is something probably no one has ever told you. Most if not all the drugs used to treat arthritis while doing a fairly good job of controlling pain, actually increase the rate at which your joints deteriorate. So while you are feeling better, less pain, your joints are actually getting worse. And in the medical model, they will keep getting worse until they are so

bad the orthopedist replaces them. But does it really have to be that way? Not for most people and not if preventative care is instituted early enough. There is a growing list of natural remedies that look promising for reducing arthritis pain, increasing function for patients suffering from arthritis and in some cases maybe even restoring the joint to a more normal, non-arthritic condition. Most people have heard about glucosamine, but Bromelain, Sea Cucumber, Yucca and herbs that block a chemical called Tumor Necrosis Factor may be beneficial to patients with arthritic pain. Some patients with diabetes are worried that glucosamine might raise their blood sugar levels. A recent study suggests that diabetic patients can safely take glucosamine supplements without increasing blood sugar levels. © ~ **Dr. Kukurin**

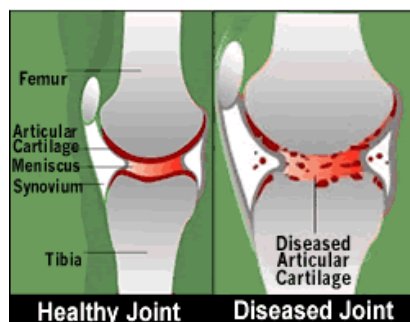
This issue: *Alternative Medicine Info* to help people suffering from Arthritis

If osteoarthritis is wear and tear arthritis, do you think that having a misaligned skeleton will increase the wear and tear? Studies suggest that chiropractic may retard the development of OA by reducing wear and tear on misaligned joints. Modern techniques of chiropractic care can rapidly and painlessly restore normal alignment.

Dr. Kukurin show's Fox News reporter Kim McCrea, an x-ray demonstrating re-growth of cartilage in one of his patients. (right).



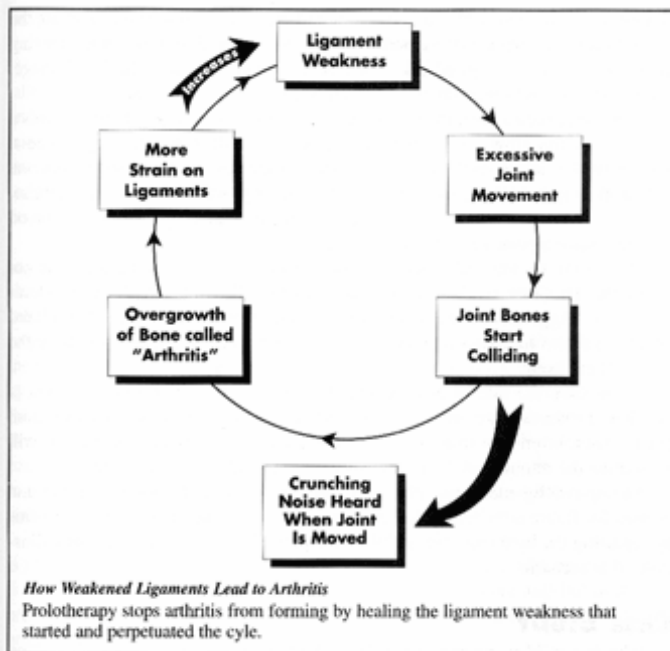
The Effect of Osteoarthritis



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Arthritis occurs when the cartilage that separates the bones in a joint becomes worn and degenerates. Over time this creates painful bone-rubbing-on-bone. (left)

Your posture is a window to your internal alignment: How much stress and strain is on your joints?



Ultrasound (right) is a deep penetrating sound/heat treatment that can help relieve the pain of arthritis.(2) Most of our patients find the treatment soothing and pleasant.



Arthritis is a condition associated with wear and tear on the muscles and joints. (left) Modern methods of chiropractic therapy can quickly and painlessly re-align the muscles and joints thus relieving the stress and stain on them. In fact, chiropractic care is one of the most widely used of the alternative therapies for the treatment of arthritis. In our office, we address the skeletal alignment as well as use physiotherapy, acupuncture-like treatments and nutritional supplements as a comprehensive approach to the management of arthritis pain.

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

There is growing evidence that acupuncture can provide relief of arthritis pain. Modern acupuncture can be applied without needles, using surface stimulation of nerves. (1,3). In our office we combine various types of acupuncture therapy with muscle alignment and joint alignment techniques, and nutritional supplements. This combination, offers our patients relief from arthritis pain without the dangerous side effects of drugs. Most patients treated in our office for their arthritis can experience improved quality of life and can be managed well with our conservative approach to treatment.

Acupuncture is an effective treatment for arthritis pain.



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Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patients pay for in my office. So I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters just give me a call. ~ Dr. K

Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

What happens when you have had surgery, but the pain continues? Sadly this is a common occurrence, so common in fact that it's called *failed back syndrome*.

In the past twenty years we have helped hundreds of patients avoid back surgery. That has been a great pleasure for us over the years. Unfortunately many patients opt for back surgery before they have tried every other option. Even surgeons will tell you, surgery should always be a last resort! That's because surgery often fails. Patients who fail back surgery are sadly discarded like an old worn out appliance. The surgeons don't want anything to do with them. PCPs really have nothing to offer. In fact many failed back surgery cases end up addicted to pain killers. It's unfortunate that people have surgery before they've exhausted all other options. But there is hope for failed surgery patients.



The patient above had her spinal implants break following an auto accident. We were able to help her avoid surgical revision of her back instrumentation. She lives comfortably over ten years after the accident.

This issue: *Alternative Medicine Info* to help *when surgery fails!!*

We've developed a special system of chiropractic therapy that can be applied to patients who have the most severe failed back syndromes. Take a close look at the radiographs in this news letter and you'll see what I mean. Our methods are constantly being revised and evolving . We add acupuncture and muscle alignment techniques to our chiropractic methods. Let me examine you to see if you are a good candidate for our methods.

Unfortunately, surgery often fixes one problem, then later creates another. The x-rays to the *right* are from a patient who had initially successful surgery, only to develop disc degeneration below the level of the surgery. She opted for care in our office instead of surgical revision. She obtained very good pain relief without additional surgery. She functions well on a spinal maintenance program at our office.



Help for patients who have already had back surgery

I had the opportunity to sit in on a spinal surgery at Allegheny General Hospital in Pittsburgh. There is no doubt about it, surgery no matter how delicate of a procedure itself causes extensive damage to muscles, ligaments and other supporting tissues of the spine. It's often effective in decompressing the nerve pain and relieving leg pain and numbness, but it rarely relieves back pain. That is because to get down to where the disc is pinching the nerve, the surgeon must cut or burn through quite a bit of soft tissue; muscle, fascia and ligaments included. Then by removing part of the disc material, the integrity of the spine is further compromised. When you think about it, the spine is already damaged before the surgery and the surgery unavoidably creates more tissue damage. Often muscles, joints and ligaments of the spine far removed from the injured disc must adapt and compensate to try to stabilize the spine. These adaptations frequently create their own problems. Ignoring the adaptations the spine must undergo following a back operation is what I believe creates the failed spine surgery syndrome. This is what we treat in our patients suffering from pain after failed surgery.



The x-ray at the left is a patient from our Pittsburgh office. He had (what are called) the posterior elements surgically removed. The surgeons implanted a metal "cage" (see arrow). The procedure left him totally disabled with burning pain down both legs to his feet. He could not walk more than a few feet. After one month's care in our office he had no leg pain. He could walk normally. His pain rating went from an 80 to 40 on a 100 point scale. In the past 20 years I have treated many patients with all types of failed surgery syndromes. With excellent results.

~ Dr. Kukurin

Intervertebral cage implant in one of our patients.

Home remedies for failed spine surgery syndrome.



Left Dr. Kukurin reviews a patient's MRI images to plan a course of treatment.

Right: Dr. Kukurin demonstrates no-needle electronic acupuncture. Traditional or electronic acupuncture provides relief to many patients suffering from failed back operations.

Combining specialized chiropractic techniques, with acupuncture and muscles alignment techniques helps failed back surgery patients.



“Treating failed back surgery takes time and special knowledge. Find a physician with experience.”

If you or someone you know is suffering from failed back surgery syndrome, give me a call today. I have worked with a great many patients who thought there was no hope. A great majority of these “lost causes” obtained significant relief. We usually will know within 10 days if our specialized techniques for treating failed back surgery syndrome will help you. I'm sure you have all sorts of questions and I will be glad to discuss your condition and our methods with you.

Sincerely,

Dr. George Kukurin

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Journal of Rapid Pain Relief

Effective Home Remedies that Doctors Give Their Patients

As a doctor, I really feel for my patients with recurrent migraines and other headaches. I've suffered from back pain most of my life, but luckily I rarely get headaches. It amazes me that people who suffer from frequent headaches can function at all. I know I'd be in big trouble if I got regular headaches. In the last 10 years hundreds of patients suffering from migraine, tension and all sorts of headaches have come to me for treatment. And I can say we have had really good success helping them to diminish both the frequency and intensity of the headache attacks. Many times headaches were completely eliminated. Because so many people have come to depend on me for relief of their headaches, I've searched the files of the National Library of Medicine to find safe effective answers for people suffering from different types of head pain. I'm going to share with you, what I've found to be effective for patients that

came to me for relief. Two really important things I've learned while helping people with their headaches are 1. Each patients is different and what works for one might not work on another patient. And 2. If you keep looking for a solution to a patient's headaches you're eventually likely find one.



Spinal correction methods in our office are safe and effective. No amount of medication can restore the spine to it's normal alignment. (above)

This issue: *Alternative Medicine Info* to help people suffering from **Headaches & Migraines**

Although this finding is not universally accepted, some studies suggest and my experience in treating hundreds of headache patient confirms the existence of what I call headache postures. The most well documented headache posture is known as the head forward misalignment. See *the illustration 1 below*. A less well known headache posture is also

illustrated. The so called cocked head posture *Illustrated in figure 2*. Patients suffering from headaches will usually have one or both of these spinal distortions. And correcting these abnormal postures frequently reduces or even eliminates various types of headaches. Specific chiropractic adjustments can reverse these abnormal postures and provide excellent relief of headaches.



1. Head forward posture

Patients with headaches often have these two abnormal resting postures.

Head forward Misalignment

and/or

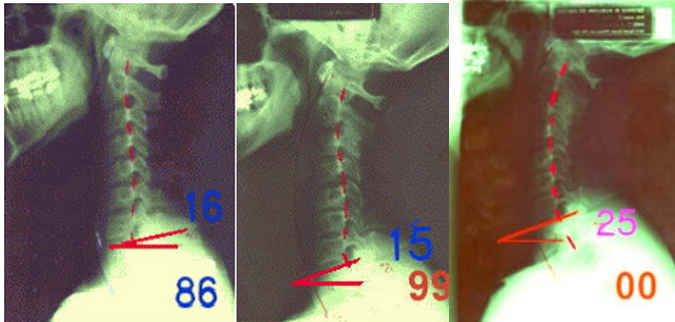
Cocked Head Misalignment



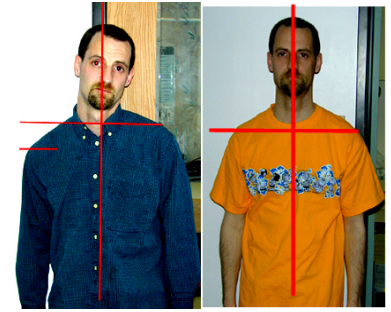
2. Head Cocked Posture

Since we know that certain postures can be associated with headaches, the next question becomes, what can we do about it?

When we see abnormal postures in pictures of our patients, what we are really visualizing is the external representation of internal spinal dysfunction and poor alignment. Below are a series of radiographs. The radiographs below are the same women. The one on the left was taken in 1986, the one in the middle was taken in 1999. During that time period, the women was taking all sorts of medications for headaches. As you can see the abnormal curvature in her neck remained



virtually unchanged over 13 years. The third radiograph shows the same women with improved neck alignment, in early 2000. After only a few months of spinal corrective care in our office. The correction of the spinal misalignment reduced the frequency and intensity of her headaches. This case demonstrates that years or drug therapy can not restore the spine to it's normal correct alignment.



Above is a case from our files. This gentleman had suffered from headaches for months. The medications he was taking could not restore his spinal alignment, merely mask his symptoms. Both his abnormal alignment and his headaches were restored to normal in a matter of a few weeks.

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

Everyone thinks acupuncture requires needles. Traditional acupuncture uses needles, but alternative methods can also be effective. Deep pressure, like deep massage is effective in treating trigger-points. Also electrical stimulation, like a TENS unit, can also be effective. Acupuncture works by stimulating nerves. So any form of stimulation has the potential to stimulate an acupuncture point. Acupuncture treatments have been shown to be effective in the treatment of chronic headaches. The acupuncture points can be measured with an electrical meter. The patient to the right is receiving

an electronic acupuncture treatment.

Acupuncture can be done with needles, electrical stimulation or deep pressure over the points.



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Effective Home Remedies that Doctor's Give Their Patients



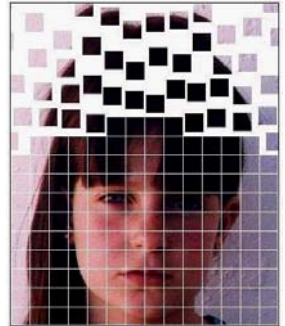
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Journal of Rapid Pain Relief

What can you do to help your kids avoid drugs and other questionable therapies? More and more of our kids are being diagnosed with attention deficit hyperactivity disorder.^{1,3} Unfortunately these kids are being placed on medications, leading to the drugging of America's children. If you are like me, you would prefer to find some natural alternatives to medication for these children.^{3,10} It may not be possible to eliminate medications in these children, but even if the dosage of these medications can be reduced, I'm sure you will agree that this is a good thing! Fortunately the underlying cause and modifiable risk factors for ADHD are being identified. And more and more parents are consulting alternate medicine practitioners in an attempt reduce or eliminate the need for drugs.^{3,10} Practitioners of alternative medicine, like chiropractic physicians have long believed that excessive sugar intake, the

consumption of food colorings and dyes, and other processed and refined foods aggravate the signs and symptoms of ADHD.^{6,7} Well recently, several studies supporting these theories have been published. It seems that food colorings and other chemicals do indeed aggravate the symptoms of ADHD. And while sugar per se may not contribute to ADHD, researchers shown that a Ketogenic Diet, one very low in sugar and other starches, seems to reduce hyperactivity at least in animals.^{6,7} Other research suggests that problems in

dopamine receptors in the brain may contribute to the symptoms of ADHD.¹ It is possible to influence dopamine with nutrition.



Kids with ADHD have trouble concentrating

This issue: *Alternative Medicine Info to help Kids*

ADHD, Acupuncture, Chiropractic & Massage:

You might wonder what chiropractic and/or acupuncture might offer to kids suffering from ADHD? To answer that question, you must first understand that both acupuncture and chiropractic treatments work in part, because they stimulate the nervous system. Both of these therapies effect the nervous system and since ADHD is a problem with the nervous system, there is a biological basis for these two therapies. And while the research is still in it's infancy, case reports are beginning to appear in scientific journals that suggest chiropractic, massage, acupuncture as well as TENS (transcutaneous

nerve stimulation) may reduce the symptoms of ADHD.^{4,8,9,10} These physical types of treatment offer an alternative to drug based therapies for kids. More research is clearly needed, but combining chiropractic, acupuncture, vitamin and nutritional supplements and maintaining a good

Chiropractic, Acupuncture and TENS are showing some promise in helping kids

diet free of food additives, dyes and sugars may help kids reduce or eliminate their need for medications to control their ADHD. It is certainly worth considering

~Dr. George W. Kukurin

Back Pain in Kids.

In children with low back pain (LBP), a specific cause is often identified. LBP has a relatively high prevalence during school years. However, only a minority of the children suffering from LBP seek medical attention. Perhaps pain in children is too readily dismissed as “growing pains” and not taken seriously. Most experts agree that protracted back pain in childhood is a serious condition that should be thoroughly investigated. One common cause of backache in kids comes from heavy backpacks carried inappropriately. Heavy backpacks can even lead to spinal curvatures. Forward head posture increased when kids carried a backpack, especially one with a heavy load. Carrying a backpack weighing 15% of body weight appeared to be too heavy to maintain standing posture for adolescents. Backpack related pain has a peak prevalence immediately before puberty as well as immediately after its onset. Girls who participated in sports activities seem to experience more mid back and lower back pain than boys. Short children who carry backpacks as heavy as do tall children at the same age are at greater risk for lower back pain. It is recommended that parents choose a backpack for their kids that can be carried over both shoulders. And also that parents make sure their kids use the shoulder straps correctly. Studies show

backpack carrying, particularly asymmetrically, (over just one shoulder) results in shift of upper trunk and shoulder. The normal alignment of the neck is effected, which furthermore seems to increase back pain that continues even after the backpack is removed. Symmetric backpack carrying is highly recommended. ¹²⁻¹⁵

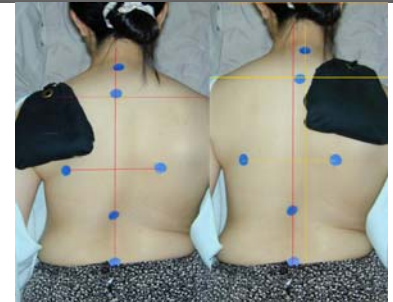
Carrying more than 15% of the body weight on one shoulder may create spinal curvature and is associated with increased back pain in kids.



Backpacks can either help or hurt children with scoliosis

(Cont from page one): Essential fatty acid supplements such as DHA and zinc supplements appear to offer some hope in the overall treatment of ADHD disorder. All this evidence points to the fact that ADHD requires an approach that combines promising alternative therapies and also that the approach be tailored to the individual child. To have your child evaluated, call Dr. Kukurin.

In kids with possible scoliosis (curvature of the spine), backpack carrying can either help to correct the curve or may make it much worse. Note that a weight applied to the patient's spine on her left shoulder helps to re-align the spine, whereas the same weight on the right shoulder causes increased spinal distortion. Ask about our *Kid Check Program™*



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Journal of Rapid Pain Relief

Effective Home Remedies that Doctors Give Their Patients

Multiple Sclerosis can be a devastating disease for young adults. It involves destruction of the nervous system and results in anything from mild dysfunction, like numbness, to complete disability. Because of the lack of an adequate medical treatment for MS, many, if not most, MS patients turn to alternative medicine practitioners like chiropractors. (6-8) In fact one out of two MS patients typically will seek chiropractic care for their symptoms of MS. (6)* Massage, acupuncture and nutrition are also commonly used by patients with MS as an adjunct to their medical care. Most patients are happy with the effectiveness of these alternative MS therapies. (6-8)* Recently a series of chemicals known as Matrix metalloproteinases (let's call them MMPs for short) have been associated with the symptoms of multiple sclerosis. (1-4)* These MMPs are believed to contribute to the destruction of the nervous system in patients with MS. Attempts to block the effect of MMPs in animals with MS have produced encouraging results. The good news is that clinical trials in humans have

begun. The bad news is these drugs will not be available for years. Many MS patients can not afford to wait for these drug to become available. But thankfully there are some simple home remedies that seem to work in much the same way. Green tea, omega 3 fatty acids and the herb curcumin may modulate MMPs. (1,5,9) Some of these nutrients have produced positive results in studies involving animals and human subjects with MS. For more info give me a call and we can discuss home remedies that may relieve some of your symptoms of MS.



Dr. Kukurin reviews a MS patient's MRI scan

This issue: *Alternative Medicine Info* to help people suffering from **Multiple Sclerosis**

More and more patients suffering from multiple sclerosis are turning to alternative medicine for the relief of their symptoms. In fact one study suggested that 1 in 2 MS patients has consulted with a chiropractor. Chiropractic therapy was rated one of the most effective alternative treatments utilized by people suffering from MS. Because MS can be a progressive disease, it is most important to maintain the highest degree of function possible. MS can have devastating effects on a patient's quality of life. The damage that occurs in the brain and spinal cord of patients suffering from MS can produce numbness, pain and more importantly weakness. Muscle imbalances secondary to MS may create difficulty in walking or other physical activities. Reduced physical activity creates secondary muscle weakness and a downward spiral of disability may ensue. Many MS patients find that massage, acupuncture and

chiropractic therapy helps them function better. There are some promising drugs for MS under development. So it is important that if you or someone you care about suffer from MS, you do everything possible to prevent the downward spiral of disability. When these new drugs become available, you want to be functioning at the highest level possible.

We have a simple tool we use in our office to measure the body's balance. This device helps us determine how the body is misaligned and what we need to do to balance it. This can be particularly useful in MS patients who struggle to function. The test is quick painless, takes just a few minutes, and is inexpensive. It also may just help us determine what needs to be done in your body to restore balance and improve your functioning. To schedule an appointment for this test call our office.

New chiropractic technique system impressing MS patients

There are some very promising reports about the effectiveness of a new form of chiropractic therapy called Advanced Biostructural Correction or ABC technique for patient suffering the signs and symptoms of MS. The technique which is gentle and painless, can cause visible changes to the posture of patients. The theory behind the system is that distorted posture causes increased tension on the nervous system. In patients with MS, traction or tension along the spine can cause dysfunction in the nervous system. A common example of this is the appearance of Lhermette's Sign (electric shock-like sensations down the body) when a patient with MS tucks his chin to his chest.

The purpose of Advanced Biostructural Correction (ABC) is to change the posture of a patient with the intention of relieving tension in the nervous system. Patients with MS often report subjective improvement in their signs and symptoms following ABC treatment, even through the exact mechanism for this improvement is unclear.

In our office, MS patients report a feeling of better balance and increased function following an ABC treatment. Usually a

visible postural change can be seen in MS patients following the treatment. It has indeed been an exciting and rewarding experience working with MS patients and utilizing this system of treatment. If you or someone you care about is suffering from MS, do me a favor. I've put a lot of effort into this newsletter because I want to help people who are suffering with MS, please refer someone with MS to me for treatment. It may just change their life. **For more info about me and my office visit...**

www.alt-compmed.com or call 623-972-8400

For more info on ABC and MS visit...

<http://www.msa-sea.org/Medical/Alternative/AdvancedBioStruct.htm>

<http://www.advbiostructuralcorr.com/disease/ms/ms01.htm>

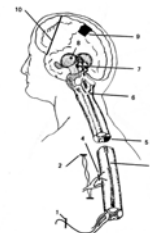
Modern Methods from Ancient China

Acupuncture has been around for thousands of years. Very recently several studies of a specialized variation of acupuncture have been shown to relieve many of the signs and symptoms of multiple sclerosis. Zone therapy, which is pressure applied to the soles of the feet, (after an 11 week course is this treatment), produced long term improvement in numbness, stiffness and weakness. (10*) Another form of acupuncture known as Neural Therapy seems to improve symptoms in MS patients. In this study the improvements lasted 2-3 years. (11*) I have seen first hand the improvements acupuncture and it's related therapies can provide patients. Modern techniques of acupuncture are safe, painless and may provide long term relief to patients suffering

from multiple sclerosis. It's certainly worth a try...call me to find out more. ~ Dr. George W. Kukurin



MS patients have visible plaques that form in their brain and spinal cord. Cutting edge therapy hopes to diminish or completely prevent these plaques from forming. The symptoms vary depending upon the location of the damage in the nervous system. (right).



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Effective Home Remedies that Doctors Give Their Patients



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Journal of Rapid Pain Relief

Have you ever seen the crash test videos of an auto accident? It is really quite remarkable how the human body gets whipped around and contorted in just a fraction of a second. Before I started to treat patients injured in auto accidents, I thought most people were faking their injuries. Or at least exaggerating them. But after 20 years of working with people injured in car wrecks, I know that their injuries can last a lifetime. Recently there have been a series of scientific studies that have demonstrated just how long lasting and far reaching whiplash injuries can be. The bad news is that one in two people who sustained whiplash injury, still report pain up to 17 years after the accident! **1** Another study showed that 88% of auto accident patients had significant pain at two year follow-up. **2** Whiplash patients had a 300% greater chance on future neck and shoulder pain compared to people who have never experienced a whiplash. **3** Those patients who had a whiplash injury were 160 to

370% more at risk for headache, thoracic and low back pain, as well as for fatigue, sleep disturbances and ill health. **4** It is amazing that a neck injury can effect your overall health, but that is what the research has demonstrated. **4**

What all this means is that whiplash is a serious injury, that can cause lifelong problems and even make you susceptible to illness.

If you or someone you care about has been in a auto accident, get checked out before the injuries become permanent! *Dr. Kukurin*



Dr. Kukurin treats a whiplash patient

This issue: *Alternative Medicine Info* to help people suffering from **Auto Accident Injuries**

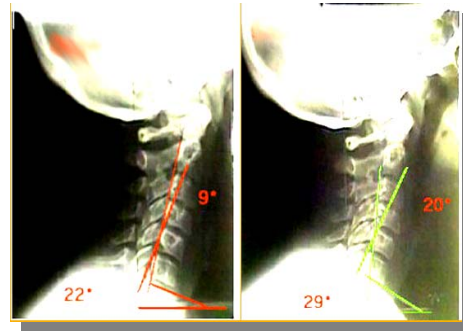


Your posture is a reflection of the amount of ligament & muscle damage after an accident.

When the spine is whipped forward it (hyper) elongates the muscles causing tears and bleeding into the muscles of the neck, shoulders and upper back. These tears if not properly treated will form painful scar tissue. It is this abnormal tissue that can lead to lifelong pain and discomfort (see page one). Also when the spine is whipped the ligaments become stretched, this is like over-stretching a spring. When the ligaments are over stretched the normal shape of the spine is lost and the spine has little or no ability to "snap back" towards normal. The radiographs at the right are a patient of mine who sustained a whiplash type injury. The ligaments that hold the normal curve in the neck are sprung, the curve is reduced from its normal 30 degrees to a mere 9 degrees. If left uncorrected this patient would likely develop arthritis in her neck and long term problems. After intensive spinal correction in our office the curve was improved to 20 degrees.

Chiropractor's have always believed that abnormal

alignment causes increased mechanical stress on the spine. This increased stress, we thought, led to arthritis. Well recently a series of scientific studies have confirmed our suspicions. Abnormal alignment does indeed lead to accelerated degeneration/arthritis.



Loss of normal cervical curve after an accident, *left* only 9 degrees. After specific treatment on our office curve is restored to 20 degrees *right*

Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

What if you are one of the unfortunate patients who had a whiplash years ago and are still suffering? Well there is some good news. Studies have found that even in patients with chronic residual pain from whiplash, acupuncture provides relief. **5-7** When combined with newer methods of chiropractic spinal correction and physiotherapy, acupuncture can be an important addition to the treatment of chronic post-whiplash pain. If you have received our eNewsletter on acupuncture, you should know that acupuncture is used to turn off the nerves that carry pain. So if

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you or someone you know was injured in an auto accident, don't wait and don't assume the pain will go away on its own. Statistics show that even with treatment many patients have life long problems.

Acupuncture has been proven to benefit patients suffering the long term effects of Whiplash

Do everything you can to avoid being a statistic. Set up an appointment today and aggressively treat your whiplash injury. Dr. K

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Effective Home Remedies that Doctors Give Their Patients



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patients pay for in my office So I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters just give me a call. ~ Dr. K

Journal of Rapid Pain Relief

Just reach for an Aspirin, Advil, Aleve or Tylenol, right?

Now we all take an occasional aspirin, Tylenol or other pain reliever. These drugs have a definite place in helping to improve the quality of our lives. Mine included! When I take a pain reliever however, I do so with the understanding that my body is trying to tell me something is wrong and the pain reliever is just a temporary patch until I can fix the problem. Unfortunately too many of my patients think of pain relievers "AS" the fix. So they never really take the time to find out why they have pain and what they can really do to correct the cause of their pain. Think about it for a moment. Do you think you have headaches because your body is running low on aspirin? Or your back is sore because you don't get enough Aleve in your diet? Is your neck stiff because there is not enough Tylenol in your drinking water and you developed a Tylenol deficiency? Absurd isn't it? Pain is like the warning light in your car. When it goes on, it means something has gone wrong. Taking a pain reliever is like putting the light out on your car's dash without fixing the problem that made the light come on in the first place. How long do you think

your car would last if every time the oil light came on you simply switched it off? It wouldn't be very long before some permanent damage occurred in your engine. Well guess what? The same thing happens to your body when you mask the pain your body uses to warn you that something is wrong.

Pain is like the warning lights in your car. It's warning you that something is wrong in your body.

What's worse is that while you are ignoring your body's attempt to warn you that something isn't working right, the very drugs that suppress the warning can and do create other serious health problems. At the end of this newsletter I've listed 20 scientific studies that demonstrate that the drugs you take to mask your pain are actually causing serious damage to your body. In some cases they are making you feel better while actually making your problem worse.

We've listed 20 scientific references that demonstrate the damaging effects of many common pain relievers

This issue: Safe Alternatives to Pain Medications

The Cox-2 Inhibitor drugs, the so-called super aspirin like Celebrex and Vioxx were supposed to be safer pain relievers. They proved to be so dangerous that most have been removed from the market

Many of my patients proudly proclaim that they have really high *pain thresholds*. But pain is the only way your body can warning you that muscles, joints and other tissues are being stressed to a point of damage. Since pain is a result of tissue damage, do you really think ignoring it, dealing with it or masking it is a smart thing to do? It's always better to find out what

is going on inside your body that it causing the pain and where possible, restore your body to the way it was before you started to have pain. Restoring your tissues to the way they were before they were damaged (to a point of causing pain and discomfort) is the basis of chiropractic care. Feeding your body what it needs to repair itself, aligning the body to minimize wear and tear and using therapies like ultrasound, nerve stimulation and massage helps to restore the body to health and keep it that way. Taking drugs that mask pain, does not address the cause of the warning signs (pain). Would you take an aspirin to kill the pain of a stone in your shoe? Or would you take the stone out?

What works for relieving pain?

So you should probably realize by now that reaching for a pain killer is simply a mask of the problem and does nothing to fix the problem. But really what types of therapy can fix the problem and cause long term relief? Very recent studies confirm what chiropractors and their patients have known for 100 years. Pain killers, muscle relaxants and exercises, while providing relief, do not out perform chiropractic therapy for long term pain relief and restoration of function. When I was taking post graduate classes at the Harvard Medical School one of the lecturers, Scott Haldeman, MD PhD, and professor of neurology at California University at Irving, made an interesting observation. After reviewing hundreds of studies of spine pain, comparing all sorts of different treatments, Dr. Haldeman concluded that chiropractic manipulation was the only treatment available that was never bested in head-to-head comparison with drugs, exercises or any other commonly prescribed treatment for back pain. Some studies showed equal benefit, but **no** studies found a superior treatment to >>>

chiropractic manipulation. Furthermore, while no other therapy could out-perform chiropractic therapy, very recent studies clearly demonstrate that chiropractic care is superior to NSAIDs 21, muscle relaxants 19 and exercises 20. Not only did chiropractic manipulation provider greater pain relief than commonly prescribed medications and physiotherapy, but the relief was longer lasting and improved function. 19-21 These published studies support the argument that chiropractic not only is a great pain reliever, but it actually helps to restore the spine to the way it was before the tissues were damaged. Solving the underlying problem. Not simply masking symptoms.

Pain is your body's warning light. It's purpose is to tell you something has gone seriously wrong in your body. To ignore or suppress these warning signs creates the potential for permanent damage to the stressed tissues.



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Dr. Kukurin adjusts his patient. (left) No single treatment has been proven more effective in relieving pain and restoring function to the spine than the side posture adjustment pictured to the left

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Effective Home Remedies that Doctors Give Their Patients



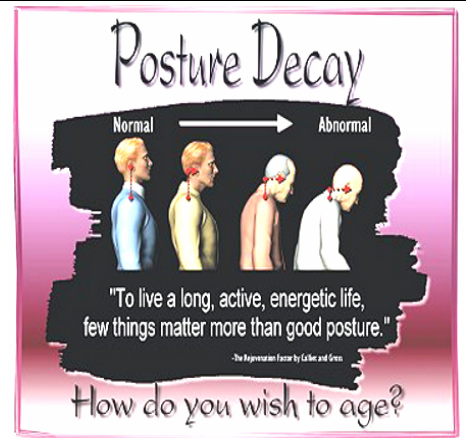
Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. It contains much of the same information my patients pay \$57 for in consultation at my office. Over the years I've seen too many women suffering from the effects of osteoporosis. This doesn't have to happen. It can be prevented. Please share this valuable info with someone you care about.

Journal of Rapid Pain Relief

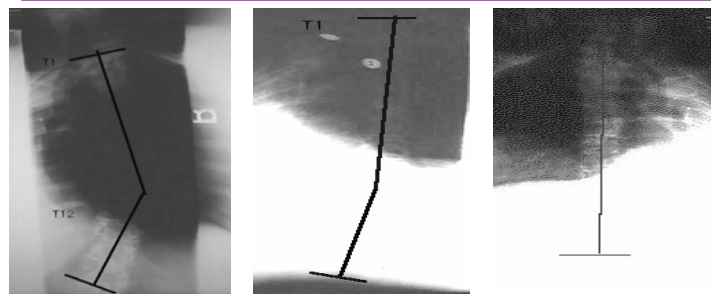
This is a special edition of my newsletter. Over the years I've seen hundreds of female patients in various stages of osteoporosis. The sad thing is osteoporosis is a stealthy condition. See it starts stealing your bone silently, without symptoms. You are probably losing bone mass right now as you are reading this newsletter. You feel fine but slowly day-by-day your bones are losing calcium and slowly, but surely, you start to creep forward like the patient in the illustration on the right. While initially painless, this bone loss can lead to spontaneous fractures of the hip, spine or other bones. We see way too many compression fractures in the spines of our female patients. I personally am a big proponent of regular bone density testing. It's a simple way to detect early bone loss and monitor nutritional therapy designed to prevent or reverse osteoporosis. The treatment is simple, calcium supplements, proper nutrition, regular exercise and a

unique form of postural alignment known as Advanced Biostructural Therapy. All started **before** osteoporosis steals too much of your bone mass. My gift to you, is the chart of the most effective supplements you can take (*on the bottom left of this page*). Please use it!

Osteoporosis is silently stealing your bone



This issue: *Alternative Medicine Info* to help people suffering from *Osteoporosis Results*



Progressive diminution of spinal curve in a 68 year old women with advanced osteoporosis. Note this women's spine has so little calcium (such advanced osteoporosis) the x-rays are hard to see.

Best Types of Calcium & Bone Enhancing Supplements (8-12)

- Calcium Citrate
- Calcium Malate
- Hydroxyapatite Calcium
- Soy Isoflavones
- Boron

The above supplements appear to strengthen bone

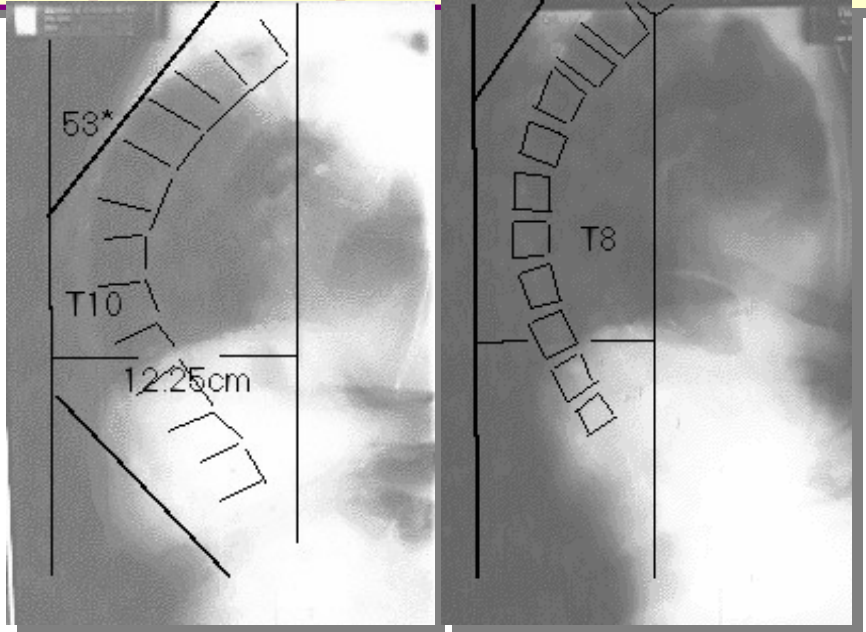
Review of various studies on calcium supplementation reveals the need to take 500 mg to 1500 mg of calcium daily. The addition of trace minerals and vitamin D in separate trials has improved the effect of calcium citrate malate on bone density and has shown a reduction of fracture risk. Soy extracts containing approximately 80 mg of isoflavones produced mild, but statistically significant, increased bone mineral content at the hip compared with placebo treatments.

Changes in posture due to osteoporosis effect more than your looks

What you can do to prevent osteoporotic hump!

Reduction in the depth of this 78 year old women's osteoporotic hump. Note that her osteoporosis was so advanced that her spine is difficult to see on the x-ray. On the actual x-ray her bones had "picture-framing" This is when osteoporosis is so advanced that you can only see the outline of the bones.

The radiographs presented in this newsletter are not typical cases. Usually once a spinal deformity occurs in women with osteoporosis it is typically progressive and permanent. In our other newsletter on osteoporosis we talk about studies that document degradation in the quality of life in women with osteoporosis. So please do me a favor, call me *before* you get to this advanced state of bone loss. To obtain our other osteoporosis newsletter call our office. ~ Dr. Kukurin



Restoring Posture Using Advanced Biostructural Correction (ABC)

ABC chiropractic technique is a unique system that can often correct spinal curvatures. As long as the actual vertebrae are not deformed, rapid and long lasting changes in posture are common. The x-rays in this newsletters are atypical cases from our office. These women were lucky because we were able to reduce their spinal curvatures in spite of advanced and severe osteoporosis. Unfortunately I've seen way too many women in my office in the advanced stages of osteoporosis. We have been able to provide some benefit even in the most advanced cases. But it makes much more sense to avoid bone loss and osteoporosis. This is the second newsletter I've published to warn my patients about the tragedy of osteoporosis. I've done my part, now it's time to do your part.

Call me to discuss how we can work together to prevent bone loss and all the problems that come with it.

Dr. George Kukurin

1. **Clinical grading of spinal osteoporosis: quality of life components and spinal deformity in women with chronic low back pain and women with vertebral osteoporosis** J Bone Miner Res 1997 2(4):663
2. **The impact of kyphosis on daily functioning.** J Am Geriatr Soc 1997 Dec;45(12):1479-86
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12. **Calcium as a treatment of osteoporosis.**

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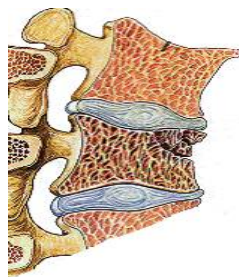
Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

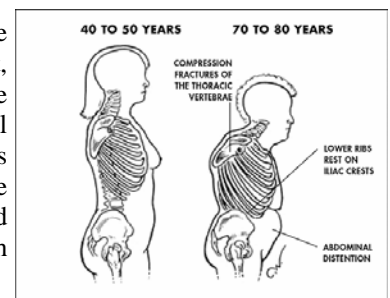
Recent research suggests that inhibitory effect of osteoclast-mediated osteoporosis not only leads to poor quality of life but may also shorten lifespan. That's correct osteoporosis and the spinal deformities it causes, are now known to shorten life! (1-4) That's the bad news. The good news is that more and better methods are available to prevent or even reverse osteoporosis. The latest nutrient on the scene is a trace mineral called strontium ranelate. Have you heard of this nutrient before? If you have, I'm too slow in getting you the latest up-to-date information available. The purpose of my newsletters is to provide you with scientifically sound cutting edge health care info. Strontium ranelate is showing great promise in not only slowing bone loss, but actually reversing it. (6-9) This unique compound has both stimulatory effects on osteoblast mediated bone formation and

inhibitory effect of osteoclast-mediated bone resorption, **leading to increased bone mass.** Treatment of postmenopausal osteoporosis with strontium ranelate (2gms/day) leads to early and sustained reductions in the risk of vertebral fractures. This was accompanied by decreased back pain and body height loss in the strontium ranelate treated women compared with women in a placebo group. As strontium ranelate appears to improve clinical signs and is, furthermore, well tolerated especially in the upper gastrointestinal region, this treatment is expected to result in an improved health-related quality of life (HRQoL) of women at high risk for osteoporosis and related fractures. Strontium ranelate thus offers significant clinical benefits in terms of efficacy, tolerability, and ease of administration in the treatment of postmenopausal women. (6-9) The nutrient is an exciting addition in the battle against osteoporosis.

This issue: *Alternative Medicine Info* to help people suffering from *Osteoporosis Results*



Vertebral compression fractures like the one seen in the illustration to the left, cause spinal deformity. Although the exact relationship between spinal deformity and pre-mature death remains unknown, more and more studies are linking spinal deformity with increased risk of sickness and even increased death rates. (1-4)



Vertebroplasty is a surgical procedure wherein a hole is drilled into the collapsed vertebral body. Bone cement is pumped into the vertebrae in an attempt to "inflate" the flattened vertebrae. This helps to restore posture. Compare the collapsed vertebrae pictured above, with the re-inflated vertebrae to the right. It is always better to try to prevent bone softening and work to maintain good posture. Avoiding vertebroplasty and other types of back surgery when possible. ~ Dr. Kukurin



Natural supplements that can help you avoid bone loss. Calcium citrate, Hydroxyapatite, strontium and soy isoflavonoids are a good place to start your bone saving posture sparing routine.

Changes in posture due to osteoporosis effect more than your looks

What you can do to prevent osteoporotic hump!

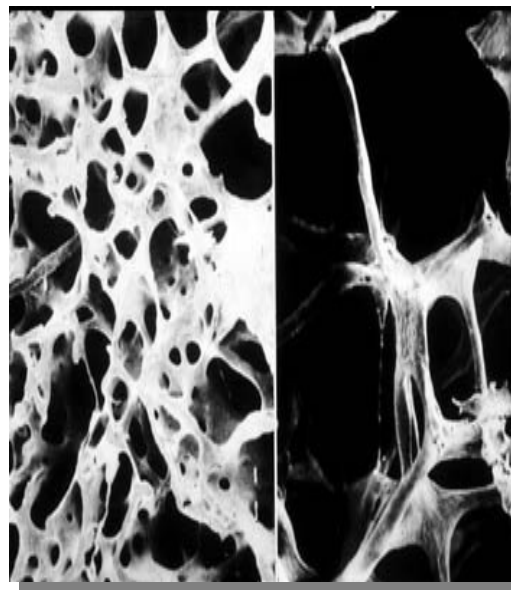
We have been combining Advanced Bio-structural Therapy with Muscle Alignment Technique with some outstanding results. We now can help reduce head forward posture which contributes to the development of the osteoporotic hump so often seen in patients as they age.

The patient seen in the before and after photos to the right had her posture corrected in just six visits.



ABC & MAT correct posture

The illustrations to the right, show normal bone (near image) compared with bone that is osteoporotic (far image). This dramatic bone loss creates “brittle bones” that fracture very easily. Recent research suggests that advanced osteoporosis causes bones to fracture and this leads to loss of quality of life and even premature death. (1-4) Good spinal alignment, proper nutrition and exercise can help prevent spinal deformity.



Normal Bone (left) vs. Osteoporotic Bone (right)

Restoring Posture Using Advanced Bio-structural Correction (ABC)

Quick long lasting spinal correction with ABC & MAT



The patient above attained good spinal correction in only 11 visits, notice the change between the left and middle photos. A follow-up visit 4 months later revealed that the postural correction was maintained at long term check-up. (right)

Compare pretreatment (left) with post treatment (middle), with long term follow-up (right). Preventing the osteoporotic hump with chiropractic corrective care, proper nutrition and exercise has never been easier or more effective. Mat & ABC techniques cause quick long lasting changes to the spine. Call today to find out more information about how these methods can help you.

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Journal of Rapid Pain Relief

Effective Home Remedies that Doctors Give Their Patients

ASBE, Shift Therapy, Hitch Exercise, Axial Rotation resistance training, spinal weighting and ischial lift therapy are among the growing number of manual therapies promising non-surgical reduction of scoliosis curvatures.

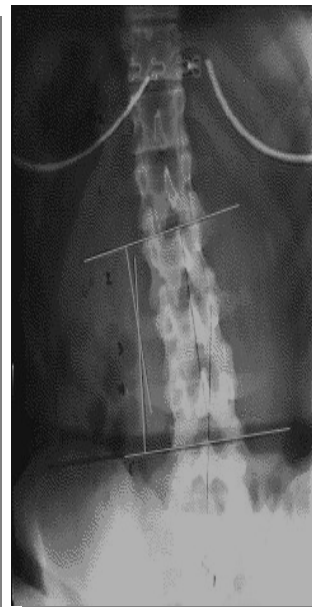
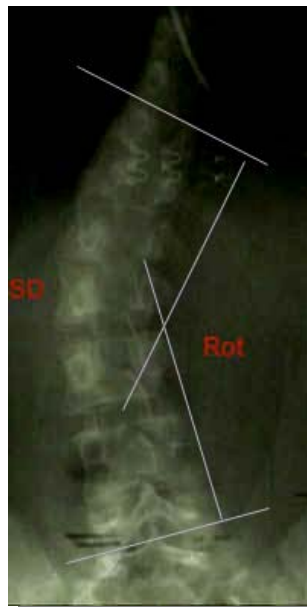
It used to be that exercise, rehab and other forms of conservative therapy were scoffed at in terms of treating scoliosis. Even today most orthopedists have two forms of treatment for kids with scoliosis: bracing and/or surgery. Thankfully there is growing evidence that specific targeted exercise and rehabilitation may be effective in arresting or even reversing the spinal curvature seen in scoliosis. I had the opportunity to correspond with Dr. Maruyama an orthopedic surgeon from Japan. Dr. Maruyama developed a set of specific exercises that reduced scoliotic curves. They are about as effective as bracing

children. In conversing with Dr. Maruyama and learning about his methods, I found that they were similar to many of the maneuvers we have used to treat our patients with scoliosis. Even more recently a study was published that confirmed the use of spinal weighting to reduce scoliotic curves, something we have been doing for years. A new form of deep tissue massage therapy also looks like a promising addition to the non-surgical treatment of spinal curves. This means that the barbaric days of braces and surgical rods may be nearing an end.



Dr. Kukurin reviews a patient's MRI scan

This issue: *Alternative Medicine Info* to help people suffering from **Scoliosis: Results!!**



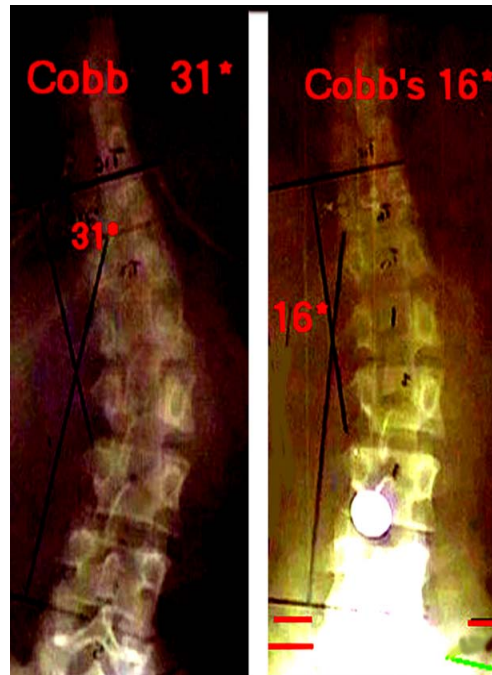
Progressive diminution of a 32 year old women's scoliosis under care in our office. Initial radiographs *left*, intermediate radiography *center* and at discharge *right*.

Reduction of scoliosis in a 28 year old nurse from 31 degrees to 16 degrees after care in our office.

Some of the modern methods of spinal correction are as simple as sitting on a wedge. Others involve head, shoulder and/or hip weighting. More and more specialized exercises are being developed to reduce spinal curves and even specific deep tissue massage seems to be effective in reducing spinal deformity.

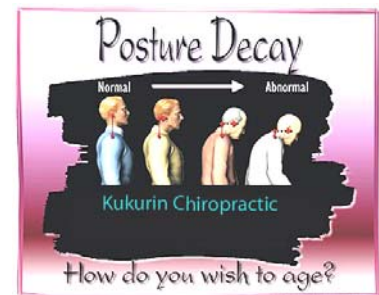
The results can be amazing. The radiographs on the right demonstrate a substantial reduction in spinal curvature after a course of chiropractic spinal correction.

Results like these, seen in individual offices, are being



confirmed by large randomized studies. This is great news for kids with curved spines and their parents.

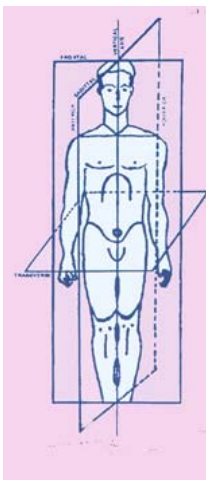
"A 50% reduction in this patient's scoliosis occurred after 90 days of chiropractic spinal corrective care in my office"



Adam's Maneuver, a simple screening test for scoliosis.



As the patient bends forward to touch her toes, an obvious rib hump appears if a significant scoliosis is present. Smaller spinal curves are much more difficult to detect. If you are concerned that you may have a spinal curvature, call me today and get checked. ~ Dr. Kukurin



If your child has a spinal curvature or you suspect a child that you know might be developing a spinal curve...schedule an appointment with us today so we can discuss the exciting new developments in scoliosis correction.

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Effective Alternative Treatments



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patients pay for in my office. So I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters just give me a call. ~ Dr. K

Journal of Rapid Pain Relief

Shoulder and elbow pain, little scientific rationale for treatment and great potential for long term pain and disability.

The upper extremity is an amazingly complex structure that consists of a large number of bones, muscles and nerves. When working properly, the arm and hand are capable of producing a range of fine motor skills like threading a needle or throwing a baseball over 90 miles an hour to a precise location. Unfortunately, the complexity of the upper extremity that allows for these remarkable feats also makes the shoulder, elbow and wrist susceptible to injury.(1) The upper extremity is particularly susceptible to overuse injury.(2) Both the duration of the movement and the number of repetitions appear to predispose the arm to painful syndromes. (2) These Upper extremity pain syndromes are common in the general population, occurring in up to 36% of the general population at any one time.(3). In throwers, such as baseball pitchers, one study found that 57% of pitchers reporting to spring training had some level of shoulder pain. Of even greater concern to throwing athletes is the lack of basic science knowledge of the cause of arm pain syndromes(4) MR imaging demonstrates

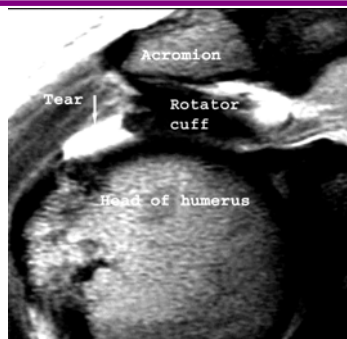


Throwing motions, such as pitching, combine all of the common risk factors for the development of painful shoulder, elbow and arm syndromes. The picture above illustrates the stresses and strains placed on the shoulder and elbow. Throwing injuries are classic overuse syndromes, including multiple repetitions and long durations. These factors are believed to contribute to tendon degeneration (above).

structural damage to the tendons and increased signal intensity, but the meaning of these findings is difficult to interpret because the changes on MRI persist even after symptoms subside (5). Another study, examined specimens obtained at surgery from patients suffering from epicondylitis of the elbow.(4) The tissue samples showed very little evidence for inflammation. The great majority of other studies support this finding and also question if an inflammation actually occurs in the tissues surrounding the elbows in these patients.(4) It appears that tendon degeneration rather than tendon inflammation and repair is the most common finding in these patients. Without a good understanding of the pathology of upper extremity pain syndromes, it shouldn't be surprising that most commonly prescribed treatments of shoulder and elbow pain syndromes lack evidence of effectiveness.(4) Studies of various common treatments for shoulder and arm pain produce conflicting results. (3) For example anti-inflammatory drugs, while appearing to help in the short run, were actually less effective than a wait-and-see approach to epicondylitis, in the long run. (6) This same study suggested that physiotherapy was marginally effective in the short run, but more effective than steroid injections in the long run. (6) Wearing an elbow support, while initially reducing pain, showed limited long term benefit. (7) More worrisome for the athlete, is the fact that the long term outlook for arm pain syndromes is not encouraging.(8) Files of 125 patients with lateral elbow pain, treated in a rheumatology clinic, were reviewed 1-5 years after presentation: 26% had recurrence of symptoms, over 40% of patients had prolonged minor discomfort which affected some activities. Thus it becomes obvious that elbow pain often can be associated with prolonged disability (8)It is clear that prevention is key and alternative approaches are required to improve outcomes in painful shoulder and arm syndromes. What can be done? An interesting line of evidence is emerging suggesting a connection between the mechanics of the spine, particularly the neck and upper back, and the function of the upper extremity. (ref 9-15) (Continued >>>)

Normalizing the Mechanics of the Arm

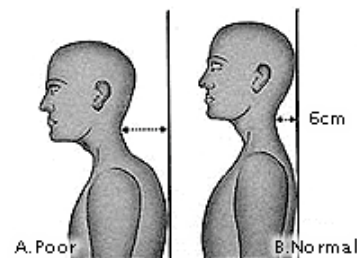
Furthermore evidence is mounting that suggests that problems in the wrist, elbow or shoulder affect the function of other areas of the arm. (16-20) Stated another way, treatment of arm problems should consider the neck, shoulder, elbow and wrist even if only one of these joints is painful. Several studies have linked abnormal posture (specifically head forward posture (figure 1) to shoulder problems and altered shoulder mechanics.⁹⁻¹¹ Other studies document an association between altered cervical joint function, termed vertebral subluxation in the chiropractic profession, and the development of arm pain syndromes, including impingement syndromes, rotator cuff problems and tendonitis.¹⁴⁻²⁰ It appears that a link has also been established between the neck and elbow problems like lateral epicondylitis.¹⁷⁻¹⁹ And still more evidence is accumulating that suggests the elbow will affect the shoulder and the wrist may contribute to elbow pain.^{16,20} Adding manipulative therapy directed at the cervical spine, elbow and wrist to a physical therapy routine seems to accelerate pain reduction in shoulder and painful arm syndromes.^{17,18,21} Furthermore eccentric muscle contraction and stretching, like those found in muscle alignment techniques, appear to be effective manual methods to restore normal function and reduce pain in painful arm syndromes.²¹ There is also evidence that acupuncture may speed recovery from elbow injuries. Laser, electrical or needle acupuncture can be an



Repetitive stresses and strains can lead to degeneration and tearing of the tendons. The image to the left is an MRI demonstrating a tendon injury in the shoulder joint. An interesting note, some studies show that many MRI findings persist even after the arm pain is resolved.

effective adjunct to more traditional treatments.^{22,23} Because arm pain syndromes are resistant to most forms of treatment, they are often career threatening, if not career ending, problems in throwing athletes. Therefore a comprehensive approach to arm pain should include therapies directed at improving posture, restoring normal joint function in the neck and upper back as well as evaluating the function of all three major joints of the upper extremity. For the athlete, the rapid pain reduction associated with joint manipulation eccentric muscle contraction and acupuncture may facilitate earlier rehab and shorter stays on the disabled list.

(Figure 1) There is growing evidence that head forward posture like in the illustration to the right and mechanical neck problems are associated with abnormal shoulder mechanics, arm pain and elbow problems.



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Modern methods of chiropractic therapy can quickly reduce abnormal head forward posture and possibly eliminate a risk factor in the development of shoulder and arm pain syndromes in throwing athletes.

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Effective Home Remedies that Doctors Give Their Patients



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. I'm sure you will enjoy it. It contains much of the same information my patients pay \$57 for in consultation at my office. So please if you can't use it pass it on to someone who can.

Space age treatment for seizures may offer hope for migraines that just won't quit.

The vagus nerve is the longest nerve in the body, over 20 feet long. It starts in the base of the brain and travels along the gastro-intestinal tract to the mid-colon. Recently, researchers have found that stimulating the vagus nerve in the neck with a small electrical stimulator, similar to a cardiac pacemaker, can suppress seizures. In many of the initial studies of the vagal stimulator for the treatment of seizures, patients who also suffered from intractable migraines reported that their headaches diminished or were completely eliminated when they used their vagal nerve stimulator. 2-3 This led researchers to test vagus nerve stimulation for the treatment of migraine and other severe headaches. Early results have been promising.

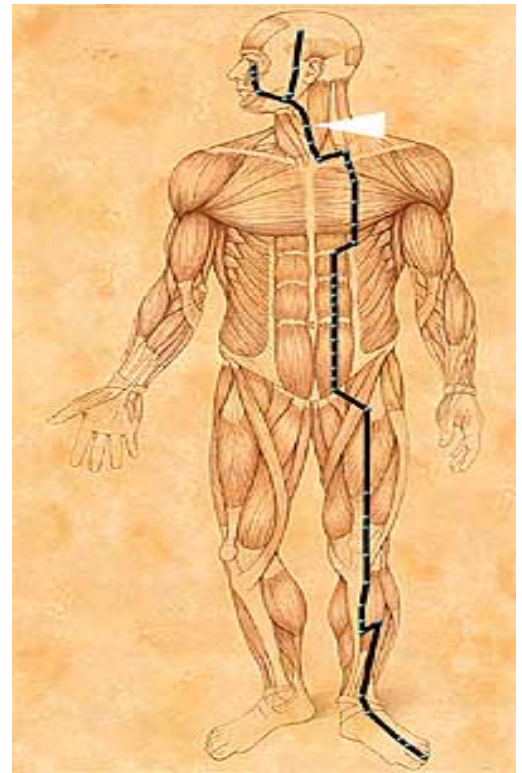


Figure 1: The Stomach Meridian

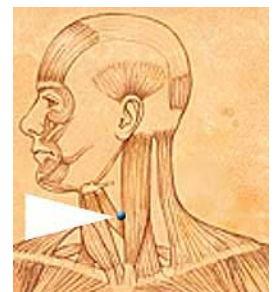
This issue: *Alternative Medicine Info* to help people suffering from Migraines and other headaches.

Journal of Rapid Pain Relief



Figure 2: Illustration demonstrating the location of an implantable vagus nerve stimulator, used to treat severe epilepsy. The stimulator is implanted like a cardiac pacemaker and sends a mild electrical current activating the vagus nerve in the neck. Stimulation of the vagus nerve somehow changes the activity of the brain. It helps to suppress seizure activity, may reverse depression and appears to be capable of reducing migraine and cluster headaches. The exact mechanism by which vagal nerve stimulation produces these affects is unknown.

In acupuncture, stimulation of the point known as ST-9, in the neck has been traditionally used to treat headaches and other problems in the head and neck. It belongs to a group of points known as *Windows to the Sky*



Location of ST-9

This acupuncture point is associated with the carotid artery. The point is located in the anterior lateral region of the neck where the carotid pulse can be felt. The vagus nerve runs with the carotid artery in the neck. This region is known as the carotid triangle. Placement of a TENs electrode in this region can stimulate the vagus nerve through the skin. Some research shows that TENs stimulation of the vagus nerve can suppress seizures, much like the stimulators that are surgically implanted. 2

The hypothalamus and headaches

In previous newsletters we discussed the headache circuit. It consists of the pain sensitive structures of the brain, the collection of nerves in the brainstem called the trigeminal ganglion and connections with the nerves in the upper neck. Another structure known as the hypothalamus is emerging as an additional part of the circuit that causes cluster and chronic migraine headaches. 5,6,13-14, Simulation of the pain sensitive structure of the head causes activation of the pain relay centers in the trigeminal ganglion. Later the hypothalamus becomes activated and appears to suppress the activity in the brainstem. 13 Furthermore direct stimulation of the hypothalamus has been shown to suppress intractable headaches in patients who failed to respond to all other measures. 14 This suggests that if somehow we could stimulate the hypothalamus, we might suppress the headache circuit in patients with intractable headaches. Vagal nerve stimulation has been shown to cause both short and long term activation of various brain centers including the hypothalamus. 3 Functional MRI studies show that repeated vagus nerve stimulation at 20 hz produces the most significant changes in the central nervous system. 4

Somatostatin & CGRP new targets for headache relief.

In migraine patients a chemical in the cerebrospinal fluid called somatostatin is abnormally low. When headaches occur this chemical drops even lower. 8 In the animal model of migraine, somatostatin suppresses activity of the trigeminal ganglion (see headache circuit) 12. This suggests that somatostatin is a headache suppressing agent. Octreotide, a synthetic form of somatostatin has been shown to abolish both cluster and migraine headaches. 11

Another chemical known as calcitonin gene related peptide (CGRP), appears to be related to the acute phase of migraine. 10 Drugs known to antagonize CGRP appear to abort acute migraine attacks. 10 Researchers are encouraged by the potential for CGRP blocking therapy as a new anti-migraine treatment. 10

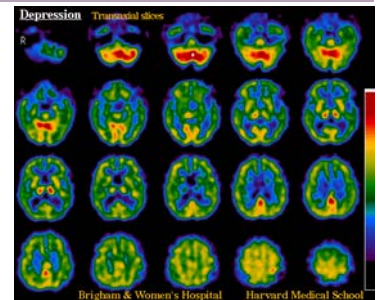


Figure 3: Vagus nerve stimulation changes the metabolism of various areas of the brain.

Somatostatin & CGRP: Hope for headache sufferers

So what is available that may be able to modulate levels of somatostatin and/or CGRP? Kampo medicine is an Asian system of healing that uses combinations of herbs. Keishi-bukuryo-gan is a combined herbal extract that blocks or suppresses CGRP. 17 Kampo medicine Sho-hange-ka-bukuryo-to given in a single oral dose significantly raises plasma somatostatin. 16 Thus it appears that the former has the potential to abort an acute migraine attack by blocking CGRP and the later, if taken over time may raise somatostatin levels in migraine patients. 16 As mentioned above headache patients have lower somatostatin levels that actually drop during a headache attack compared with non headache control patients. Lastly the vegetable rhubarb appears to potentially increase levels of somatostatin. 18

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Effective Alternative Treatments



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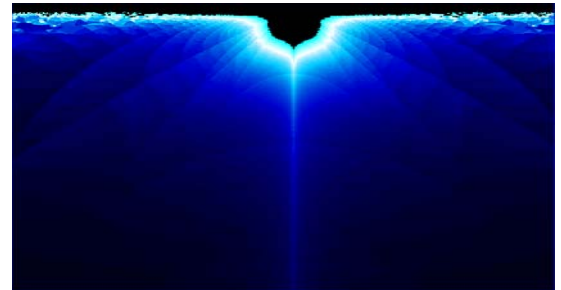
Journal of Rapid Pain Relief

Healing at the speed of light. Lasers in medicine.

The invention of the laser, which stands for **L**ight **A**mplification by **S**timulated **E**mission of **R**adiation, can be dated to 1958 with the publication of the scientific paper, Infrared and Optical Masers, by Arthur L. Schawlow, then a Bell Labs researcher, and Charles H. Townes, a consultant to Bell Labs. That paper, published in Physical Review, the Journal of the American Physical Society, launched a new scientific field and changed forever, industries from communication to medicine. Common light sources, such as a light bulb, emit photons in almost all directions, usually over a wide spectrum of wavelengths. By contrast, a laser generally emits photons in a narrow, well-defined, polarized, coherent beam of near-pure light, consisting of a single wavelength or color. The coherence of light produced by lasers has a wide range of applications. Laser lights are powerful enough to burn through steel or etch solid rock. Properly harnessed the laser light can be used to perform delicate surgical operations such as sealing leaking blood vessels in the back of the human eye. Wavelength appears to be an important factor in the healing properties of laser therapy.



Evidence suggests that a laser wavelength in the range of 635nm to 830nm has the most potent biological healing effects in medical applications. There are over 34 scientific studies that show that low level laser therapy hastens healing of soft tissues and reduces pain 11



Research shows that when the body is exposed to the therapeutic range of laser light, cells that contribute to inflammation are diminished in number, the chemical PGE2, a potent substance associated with tissue inflammation is significantly reduced. This makes laser light therapy equivalent to non-steroidal anti-inflammatory drugs. But unlike these drugs, laser produces its anti-inflammatory effects only in the damaged tissues. This prevents healthy cells and tissue from being damaged, while accelerating the repair of those cells and tissues that have been damaged or injured. Additionally laser therapy can act directly on the nerves that carry pain signals to the brain. Laser suppresses these pain messages.

Advances in laser technology have progressed to a point where laser therapy is practical and affordable. Laser light in the optimal healing wave-length range can be delivered with a desk top unit like the one to the left. Advances in electronics make the use of lasers in chiropractic offices practical. The miniaturization of laser technology allows for laser treatment of arthritis, headaches, CTS, lower back pain and many other painful conditions.

~ Dr. Kukurin

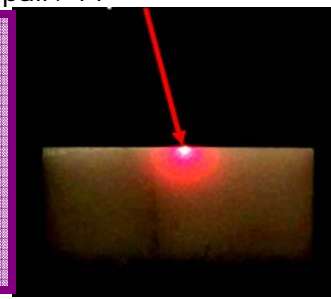
Repairing damaged and injured tissues/ reducing pain



Figure 1, Laser light applied over the skin in a very specific wavelength has been shown to have potent biological effects. This specific form of light can alter nerve function, cause the release of pain suppressing chemicals in the brain and spinal cord, has also shown to promote tissue healing in wounds, accelerates tendon repair, skin damage and even speeds healing of patients after surgery.

Laser light is unique in its ability to penetrate the body. The illustration below demonstrates how a laser light beamed into a solid object can penetrate deep below the surface. Below is a picture of solid marble. You can see how the laser penetrates the surface of this slab of stone. In the human body, specific wavelength lasers can penetrate the skin and soft tissues creating healthful biological activity in the nerves, muscles, connective tissues and blood vessels. Properly applied, laser light therapy can promote healing and tissue repair. 11

Red light therapy has been used to accelerate healing since the time of Hippocrates



Laser therapy appears to be an effective treatment for myofascial pain. Reducing pain and inflammation in muscle and healing damaged soft tissues. In a study of 60 patients with chronic neck pain, comparing laser with placebo laser, the patients receiving the actual treatment were significantly improved compared to the sham laser group. The dose of laser therapy also seems to be important, studies show that repeated low dose application of laser therapy creates a cumulative effect. With repeated small doses promoting ligament healing faster and more effectively than 1 or 2 larger doses at higher intensity.

Because of lasers ability to heal damaged muscles and block pain messages ascending to the brain from painful muscles, laser may be an ideal alternative to massage therapy. Unlike massage therapy, Laser appears to actually heal damaged tissues and takes a few minutes as opposed to hours of massage. Laser therapy appears to be particularly effective in relieving neck pain. Laser treatment can eliminate trigger points in muscles, reduce the pain from arthritis in the neck, and relieve migraine and/or tension headaches. If you or someone you know wants to find out how laser therapy can help you with pain, call our office today to schedule a consultation.

~ Dr. George Kukurin

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Effective Home Remedies that Doctors Give Their Patients



Dr. Kukurin has studied at some of the world's finest institutions including Harvard, the Mayo Clinic and Johns Hopkins. He has applied his knowledge of acupuncture, chiropractic and rehabilitation to more than 10,000 patients over the past two decades. The unique methods he developed, along with his vast experience in patient care, allow him to treat even the most difficult cases quickly and effectively. The results our patients experience are exceptional. They have been featured on ABC, FOX and NBC news affiliates; have been published in the National Library of Medicine and even presented to other doctors at Johns Hopkins Medical School. Dr. Kukurin's reputation for providing world class patient care has been recognized by The Consumers Research Council of America, Who's Who in Medicine and Who's Who in Leading Professionals. Making Dr. Kukurin, one of the country's top chiropractic physicians.

**Journal of Rapid
Pain Relief**

New hope for painful peripheral neuropathy.

Researchers are beginning discover new nutrients and treatment that offer great promise to patients suffering from various types of peripheral neuropathy. Neuropathy comes from the Latin *neuro* (relating to the nerves) and *pathos* (or sickness). Thus neuropathy literally means sick nerves. The term peripheral neuropathy deals with sick nerves in the hands and/or feet, but can refer to any nerve outside the brain and spinal cord. There are a great many causes of neuropathy. A large number of patients have their neuropathy classified as idiopathic. This means that the exact cause of the condition is unknown. The most common known cause of neuropathy is complications from diabetes. Vitamin deficits, hormone irregularities, exposure to toxic chemicals and even prescribed medications can lead to neuropathy. While there are many known and unknown reasons why nerves get sick, there are only two basic ways a nerve can respond to insult or injury. See figure #2 below.

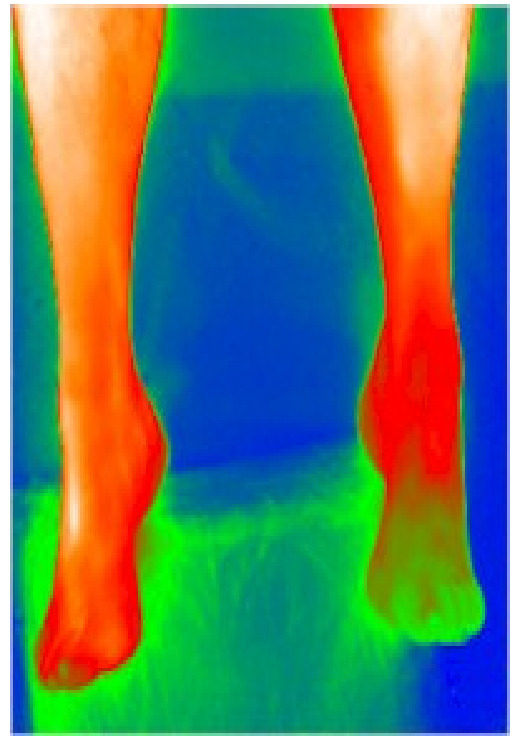


Figure 1: Thermogram of neuropathy.

This issue: Breakthrough treatments for neuropathy

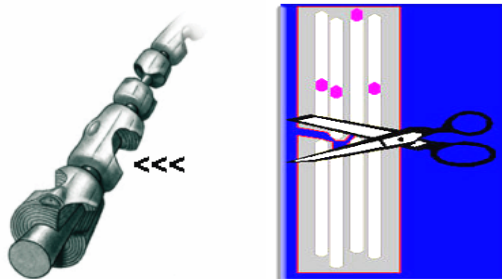


Figure 2: Above (on the left) is an illustration of the process of demyelization. Demyelization is when the insulation surrounding the nerve (much like the insulation on an electrical wire) becomes damaged. Note the arrows in the picture above left. Just like when insulation is damaged in an electrical wire, when a nerve loses its protective insulation, through the process of demyelization, a short-circuit occurs. This causes numbness, pain and other unpleasant sensations. A more severe reaction to nerve insult is denervation. This is where the nerve fibers actually break. This is shown in the illustration to the right above.

Loss of the ability to feel vibration is one of the earliest signs of neuropathy. This can be tested in a patient with a simple tuning fork like the one pictured to the right. The test provides valuable information and only takes a few seconds.



Testing Vibration

Whenever a nerve undergoes demyelization and/or denervation, normal nerve function is lost. This can produce pain, numbness or weakness in the affected body region. Pain and unpleasant sensation due to nerve damage is called neuropathic pain. Neuropathic pain is some of the hardest pain to treat. Even surgery often fails to completely eliminate the pain of nerve damage. Unconventional approaches like LASER, acupuncture and nerve stimulation techniques offer hope. Newly discovered nerve growth factors from herbs are extremely promising. To find out more call 623.972.8400

Re-growing Nerves: Is it possible?

Current medical management of neuropathy has been terribly inadequate!

Medical treatment of neuropathy consist of trying to control the nerve pain. Anyone who has suffered from neuropathy, will tell you this has been (for the most part) a dismal failure. Newer approaches have focused on trying to re-grow the damaged nerves rather than trying to suppress the symptoms caused by nerve damage. This approach is very promising! An amino acid, available in most health food stores is showing great potential in regenerating damaged nerves. This has resulted in improved nerve function and most importantly, reduced pain and numbness in patients. Natural substances used for centuries in Chinese medicine have recently been found to contain nerve grow factors; making them exciting new potential therapies for patients suffering from different types of neuropathy

Acupuncture, low level laser therapy and electrical stimulation of acupuncture points; can they really help with neuropathy?

Recent research suggests that these non-traditional therapies can and do help patients suffering from neuropathy. Not only do they provide subjective relief of numbness and pain, but they actually restore nerve function as measured by electromyography and other sophisticated nerve tests.

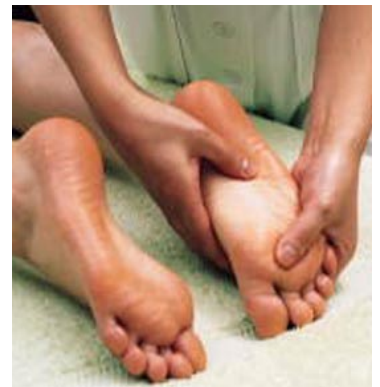
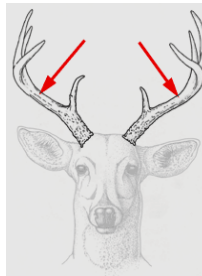


Figure 3: Neuropathy in the feet can produce debilitating pain and numbness.

What do deer antlers have to do with neuropathy?

Deer antler? Believe it or not, it's not a trick question. Antler velvet has been used in Chinese Medicine for centuries. The velvet from growing antlers contains large amounts of nerve growth factors that cause nerves to grow and regenerate at unbelievable rates. The herb centella asiatica also contains nerve growth factors. Combining antler velvet with centella in patients suffering with neuropathy may provide the stimulus they need to re-grow and or repair nerve fiber damage. The amino acid Acetyl-L-Carnitine (also known as LAC), has been shown in several studies to stimulate the regeneration of nerves damaged by neuropathy. LAC not only restored normal nerve function as measured by sophisticated neurophysiologic tests, but it eliminated or reduced much of the terrible painful burning and numbness experienced by patients suffering from various types of neuropathy. Supplementation with this nutrient reversed neuropathy in as little as six months. By combining acetyl-L-Carnitine with the nerve growth factors found in centella and antler velvet, the prospect of reducing or reversing neuropathy has never been better.



Deer antlers and the nerves within them grow and regenerative at an amazing rate. This is due to large amounts of nerve growth factors found in the velvet covering of deer antlers. Antler velvet has been used in Traditional Chinese Medicine as a nerve tonic for thousands of years. The velvet and the nerve growth factors in it is now available in pill form.

Using modern technology like Laser Acupuncture, combining it with nutrients such as Acetyl-L-Carnitine and providing naturally occurring nerve growth factors found in centella and antler velvet, provides the first real hope in years for patient's suffering from various forms of neuropathy.

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Effective Home Remedies that Doctors Give Their Patients



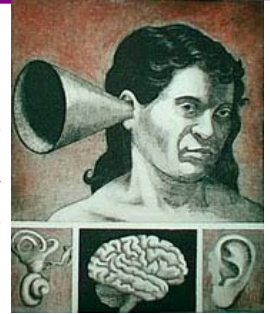
Dr. Kukurin has studied at some of the world's finest institutions including Harvard, the Mayo Clinic and Johns Hopkins. He has applied his knowledge of acupuncture, chiropractic and rehabilitation to more than 10,000 patients over the past two decades. The unique methods he developed, along with his vast experience in patient care, allow him to treat even the most difficult cases quickly and effectively. The results our patients experience are exceptional. They have been featured on ABC, FOX and NBC news affiliates; have been published in the National Library of Medicine and even presented to other doctors at Johns Hopkins Medical School. Dr. Kukurin's reputation for providing world class patient care has been recognized by The Consumers Research Council of America, Who's Who in Medicine and Who's Who in Leading Professionals. Making Dr. Kukurin, one of the country's top chiropractic physicians.

**Journal of Rapid
Pain Relief**

Will someone please stop the ringing in my ears!

Tinnitus is the perception of noise where no sound is actually present. It's described as ringing in the ears. It can be quite debilitating and is a common malady, but it's cause is largely unknown. In the animal model of tinnitus, it appears that those structures in the brain that inhibit the nerves carrying auditory sensations (sound or noise) become defective. The net result is increased activity in the nerves that carry sound. The cause of most forms of tinnitus is thus a form of neural reprogramming in the brain that is not to the benefit of the individual person. At least in animals, chronic tinnitus is associated with elevated neural activity in the brainstem and other regions of the brain. Additionally an imbalance between the parasympathetic versus sympathetic nervous systems has been implicated in the cause of tinnitus. These patterns of alterations in the activity within specific regions of the nervous system, appears to be unique to tinnitus. >>>>>>

Ringling in your ears may actually be ringing in your brain. New research suggests that tinnitus or ringing in your ears in a problem in the central nervous system.

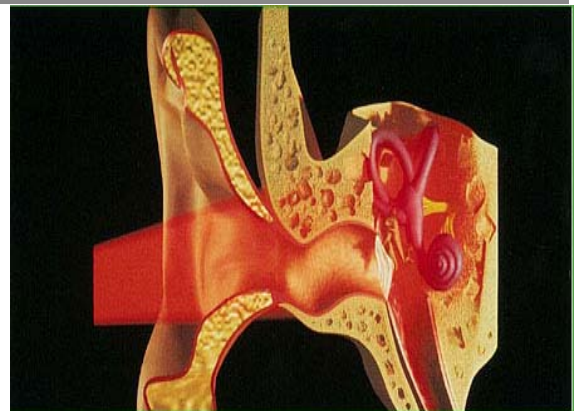


Furthermore research suggest that the neurotransmitter GABA is associated with tinnitus. Drugs that act to increase the effects of GABA, appear to reduce tinnitus and the abnormalities in the brainstem that are associated with tinnitus. (1,4,5) Elevation of activity in the parasympathetic nervous system relative to the sympathetic nervous system correlates with improved tinnitus symptoms.(6)

There is no specific treatment for tinnitus, but there are several treatments that can alleviate or reduce the tinnitus in some patients.

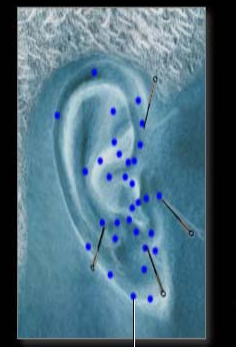
This issue: Breakthrough treatments for tinnitus Will LASER Therapy help?

From the brief discussion above, it appears that tinnitus is a form of nerve dysfunction. We have a variety of tools we use to treat nerve dysfunction in other parts of the body. So at least in theory, therapy like low level laser, electrical stimulation and ultrasound may improve tinnitus. These treatments are safe, so a month's trial of treatment carries very little risk and offers hope for patients suffering from tinnitus. Some studies suggest that Laser light, directed into the ear may eliminate or reduce tinnitus. (10) See the illustration to the right.



The auriculo-temporal nerve, that innervates the external ear, may be a perfect target for treating tinnitus. Electrical stimulation of this nerve has been shown to increase the activity in the parasympathetic nervous system.* As described above, increased parasympathetic nervous system activation is associated with decreased tinnitus. There are a number of classical acupuncture points associated with

the auriculo-temporal nerve. The image to the right shows some of the acupuncture points surrounding the ear. These points are associated with the parasympathetic auriculo-temporal nerve. Acupuncture can help with tinnitus. (7)



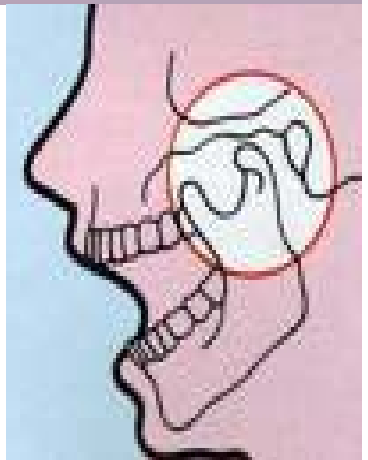
Your jaw bone is connected to your ear bone and your neck bone?

Most people think of chiropractic treatment as bone treatment, but the truth of the matter is that chiropractic treatment profoundly affects the nervous system. One of the unexpected benefits of spinal manipulation as performed by chiropractors is reduced or eliminated ringing in the ears. (8,9)

Dr. Kukurin (right) provides chiropractic treatment to a patient. This is the same treatment that appears to help many people suffering from tinnitus. (8,9)



There are a growing number of reports in the medical literature that suggest problems with the jaw joint or TMJ, can produce tinnitus. Treatment that restores normal function to the jaw often reduces or eliminates tinnitus.(6) TMJ disorders can often be corrected with a simple maneuver. See our newsletter on TMJ to learn more about it. The TMJ joints pictured to the right, can contribute to ringing in the ears. Call us to find out more about our TMJ treatment.



Herbs for tinnitus?

As we discussed on the previous page, GABA, a chemical that is involved with the transmission of signals in the nervous system, appears to play an important role in the suppression of tinnitus. Drugs that increase the levels of this neurotransmitter reduce or abolish tinnitus. (4) So what natural substance is available that might increase GABA levels in the nervous system and possibly abolish tinnitus? Well GABA itself is a naturally occurring amino acid. It is available in health food stores. However there is some question if orally taken GABA can actually get into the brainstem where it is needed to suppress tinnitus. A better

approach, might be to supplement herbs that increase the activity of GABA in the nervous system. Valerian Root has been used to calm the nervous system for hundreds of years. Recently this herb has been shown to work through GABA receptors. (11,-13) Several other herbs may also influence GABA receptors in the brain and brainstem making them attractive nutrients for the possible treatment of tinnitus. Hops, widely used in beer making appears to bind to GABA receptors, (11), likewise extracts of Passion Flower exert GABA-like influence on the nervous system. (14). Progressive Labs (Dallas, Texas) makes a product called GABA-Val®.

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GABA-Val, LASER, acupuncture, chiropractic and other treatments known to effect the nervous system, offer the first real hope for patients suffering from tinnitus in years

This supplement contains GABA, Valerian Roots, Passion Flower, Hops and other synergistic nutrients designed to stimulate GABA receptors in the nervous system. GABA-Val® thus appears to be an ideal natural supplement that has potential to reduce or eliminate tinnitus. Combining this nutrient formula with LASER, acupuncture, chiropractic and other treatments known to effect the nervous system offers the first real hope for patients suffering from tinnitus in years.

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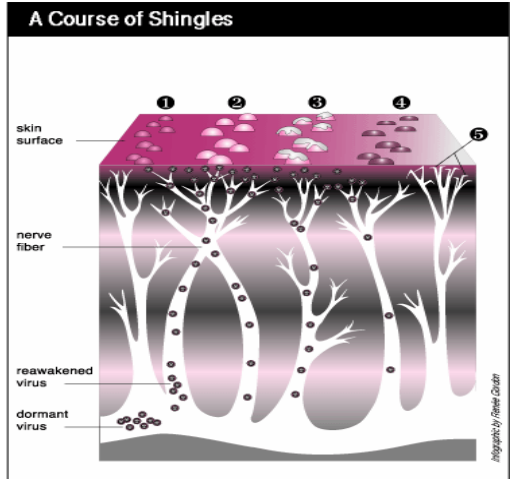
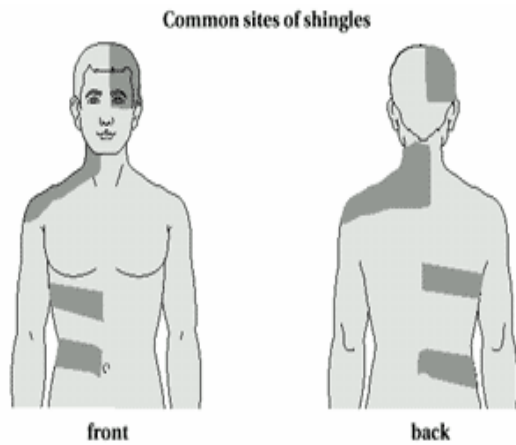


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**Journal of Rapid
Pain Relief**

Do you have shingles or post herpetic neuralgia?

When a patient asks me if I can help them with shingles, my first question is, "do you have active viral disease or post herpetic neuralgia?" The active viral disease (pictured to the right) is actually easier to treat than the aftermath of the outbreak (post herpetic neuralgia).



This issue: Breakthrough treatments for shingles

In Italy, shingles also is called St. Anthony's fire, a fitting name for a disease that has bedeviled saints and sinners throughout the ages. Caused by the same varicella-zoster virus that causes chickenpox, shingles (also called herpes zoster) most commonly occurs in older people. After an attack of chickenpox, the varicella-zoster virus retreats to nerve cells in the body, where it may lie dormant for decades. But under certain conditions, usually related to aging or disease, the virus can reactivate and begin to reproduce. Once activated, the virus travels along the path of a nerve fibers to the skin's surface, where it causes the typical fiery red rash known as shingles. Shingles symptoms may be vague and nonspecific at first. People with shingles may experience numbness, tingling, itching, or pain before the classic rash appears. In the pre-eruption stage, diagnosis may be difficult, and the pain can be so severe that it may be mistaken for pleurisy, kidney stones, gallstones, appendicitis, or even a heart attack, depending on the location of the affected nerve. **The Outbreak** Pain may come first, but when the migrating virus finally reaches the skin--usually the second to the fifth day after the first symptoms--the rash tells all. The virus infects the skin cells and creates a painful, red rash that resembles chickenpox. (see the illustration above.) Medical professionals usually prescribe anti-viral medications to try to control the acute phase of shingles. There are several natural substance that seem to be very effective in the control of the viral outbreak. Oral Lysine, zinc and copper seem to be very effective agents that help inhibit the reproduction of the virus. (1-3) They can be taken along with most prescribed medications. Limiting the viral outbreak is extremely important because it is the viral outbreak that ultimately causes the nerve damage which leads to post herpetic neuralgia. Post herpetic neuralgia is much more difficult to treat than the initial viral outbreak. Unfortunately we see most patients in our office *after* the damage is done. To find out what can be done to relieve the pain turn to page 2.

Re-growing Nerves: Is it possible?

Current medical management of neuralgia has been terribly inadequate!

Medical treatment of neuralgia consist of trying to control the nerve pain. Anyone who has suffered from neuralgia, will tell you this has been (for the most part) a dismal failure. Drugs that promote the activity of a specific chemicals known as GABA, Norepinephrine and Serotonin are the mainstay of medical management of neuralgia.(15) It appears that for tough neuropathic conditions like shingles, manipulation of all three of these neurotransmitters is the best bet for relief of pain. (8,16) It is possible to raise these same neurotransmitters with several proprietary nutritional supplements including GABA-VAL,(14,15) produced by Progressive Labs and Norival made by Cardio-Vascular Research 5HT a serotonin precursor is widely available.

Acupuncture, low level laser therapy and electrical stimulation of acupuncture points and ultrasound; can they really help with neuralgia?(10-13)

Recent research suggests that these non-traditional therapies can and do help patients suffering from neuralgia. Patients treated in our office have had such dramatic relief form various forms of neuralgia, including post herpetic neuralgia that they results have been presented at Johns

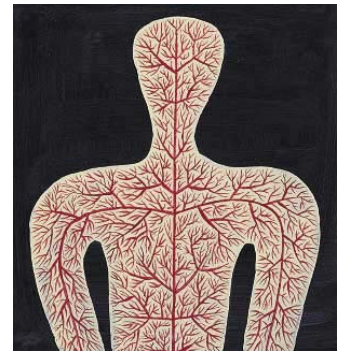


Figure 3: any nerve in the body can be damaged by shingles.

Shingles/post-herpetic neuralgia. Medical challenge

Post herpetic Neuralgia: Dragon's Blood to the rescue.

There is an herb with legendary wound healing properties, known as Dragon's Blood. Recent search suggests that a chemical within this herb, called loureirin B, may block the transmission of nerve signals in that part of the spinal nerve known as the dorsal root ganglion. This offers great potential in patients suffering from shingles, because the dorsal root ganglion is very often infected by the virus that causes shingles. The dorsal root ganglion works like a mini-relay station for pain signals traveling from the periphery to the brain. Dragon's Blood has the potential for specifically blocking this relay center. (18,19)



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Post Herpetic Neuralgia requires a broad spectrum of treatments including modulation of neurotransmitters, and modulating the nerve directly through ultrasound, laser or other stimulation.

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Effective Home Remedies that Doctors Give Their Patients



Hi, I'm Dr. Kukurin and I've been treating serious back conditions for two decades. In that time, I've studied back pain treatment at Harvard Medical School, the Mayo Clinic, in Russia and in Mexico. We have helped hundreds of patients avoid neck and lower back surgery and one of our cases was recently published in a journal indexed in the National Library of Medicine. In this issue of our newsletter we will discuss spinal decompression therapy. This therapy is the most exciting new development for avoiding back surgery in years. One word to the wise, in my opinion, it is better to have surgery than to have spinal decompression from anyone other than an expert in the technique.

Dr. George W. Kukurin

Journal of Rapid Pain Relief

Major improvements in an age-old therapy offer hope to patients who want to avoid back surgery.

Modern spinal decompression therapy is an advancement of traditional traction procedures. In traditional therapy, traction causes the muscles supporting the spine to reflexively contract. This strong reflex muscle contraction resists decompression of the nerve root. In essence, the doctor is applying traction and the body is pulling in the opposite direction. These opposite actions create a tug-of-war on the nerve root. It is a very inefficient way for trying to relieve pressure on a spinal nerve. Modern spinal decompression therapy, is designed to apply separation and decompression of the nerve root at the precise location of the pressure. This minimizes the reflex muscle contraction that so often confounds traditional traction therapy. Controlled studies of spinal decompression are very encouraging. 1-5 Various forms of spinal decompression have been shown to reverse nerve dysfunction as documented by sensitive neurological tests called somatosensory evoked potentials 2 , reduce the size (cont pg2)

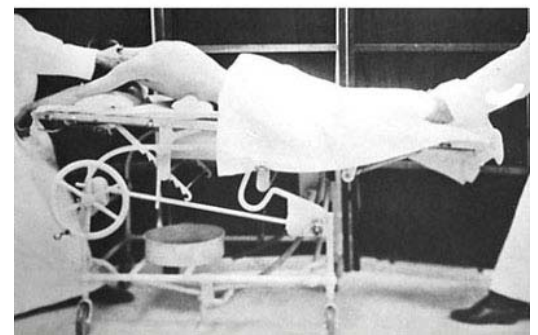
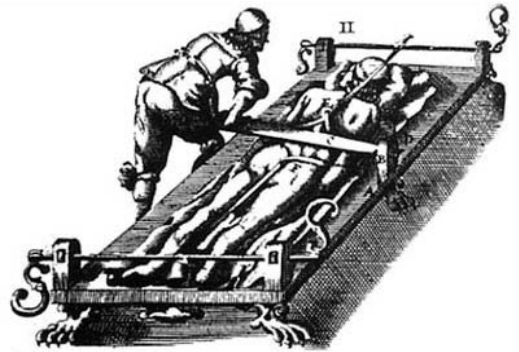


Figure 1: Traction has been applied to back pain since medieval times. These crude traction techniques were (not surprisingly) proven largely ineffective. Modern application of spinal distraction however appears to be a very promising technique to take pressure of the spinal nerves and help patients avoid surgery. Studies show that spinal decompression, rather than simple traction, can provide long term relief from sciatica, spinal stenosis , pinched nerves and herniated discs. Before you consider surgery call us for a free consultation.

This issue: *Alternative Medicine Info* to help people suffering from lower back pain, slipped discs and sciatica.



Figure 2: Traction has been a form of treatment for lower back pain for centuries.

An exhaustive review of published studies found that traction, as it was traditionally applied, was not very effective for the relief of chronic lower back pain with or without sciatica. 8. Many researchers believe that traditional traction, particularly when applied to a patient who is laying supine (face up), is ineffective at decompressing the nerves in cases of stenosis, herniated disc and sciatica.

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Non-surgical decompression is often possible



(from page 1) of spinal disc herniations.

Improved walking distance and reduced lower back pain have also been reported in stenosis patients.

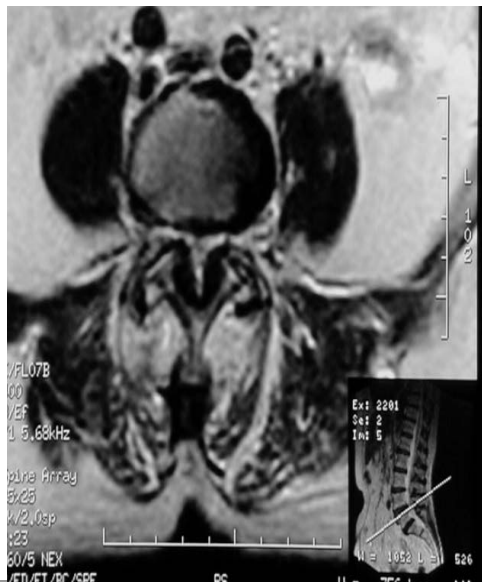
Figure 3. The MRI images to the left are from one of our patients who had spinal cord compression in her neck. We sent her for a very sophisticated up-right dynamic MRI study. The image to the far left shows some encroachment into her spinal cord with her head in a neutral position. (Looking straight forward.) This neutral position is the usual position for standard MRI studies. The image to the near right shows the same patients' moments later with her spine flexed forward (looking down). Only specialized MRI scanners are capable of this kind of study. Notice how the compression of the nerves is much worse when the spine is flexed. Successful spinal decompression depends on having a doctor trained in the procedure and requires the use of state of the art equipment. Before you consider surgery or spinal decompression therapy, research the qualifications of your doctor.



Figure 5, The Vertrac and Orthotrac ambulatory spinal decompression belts shown above offer yet another tool to decompress the spinal nerves of the lower back. Consider decompression therapy before surgery.

Figure 4 The image to the right shows one of our patients with severe spinal stenosis in the lower back. She had terrible leg pain and could not walk more than 10 to 15 feet before she had to sit down. After treatment, she has been able to function normally with a 75-80% reduction in back and leg pain.

Call us to discuss axial decompression therapy.



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**Journal of Rapid
Pain Relief**

Effective Home Remedies that Doctor's Give Their Patients

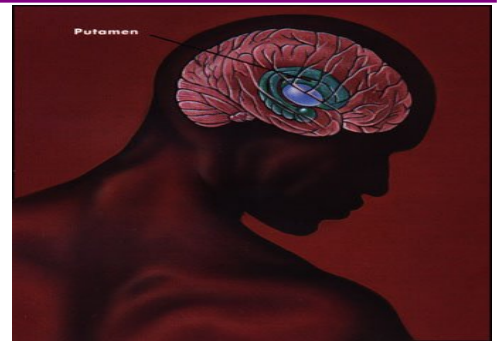
Movement disorders can be as subtle as a blink of an eye or as debilitating as Parkinson's Disease. There is a group of conditions collectively known as movement disorders. Movement disorders can be simple benign tremors of the hand, can be uncontrollable writhing of a region of the body or can effect the entire body as seen in conditions such as Parkinson's Disease. The underlying pathological mechanisms that produce movement disorders are not well understood. We do know that abnormal electrical activity in the nervous system produces unwanted and involuntary muscle contraction. This can be continuous contraction which produces abnormal postural alignment like torticollis or cervical dystonia or can be rhythmic contractions in alternative muscles producing tremor or tics. The abnormal activity and resulting effects on the patient can produce pain or can be painless. Movement disorders usually create much psychological distress in the patient.



Blepharospasms and hemi-facial spasms (seen above) are two of the more localized forms of movement disorders. They consist of uncontrollable blinking or distortion of facial expression due to involuntary muscle contraction. The women pictured above demonstrates these conditions, however they are hard to fully appreciate on a static image. They are better seen live or on video because they are *movement disorders*.

This issue: *Alternative Medicine Info* to help with movement disorders.

While we don't know exactly why movement disorders occur, we know that a region of the brain known as the basal ganglion is most often involved. The basal ganglion controls and fine tunes muscle contraction and allows (when it is working properly) skilled and purposeful movements of the body. When this part of the brain is not functioning properly, like when specific cells die (as occurs in Parkinson's Disease) controlled purposeful movement is replaced by abnormal involuntary tremors, tics or writhing. The extent of the abnormal movement, and its location in the body, depends on the extent of cell loss in the basal ganglion. Current medical treatment is aimed at reducing over activity in the muscles or trying to replace the neurotransmitters that are lost as a result of cell death in the basal ganglion. In extreme cases, stimulators are



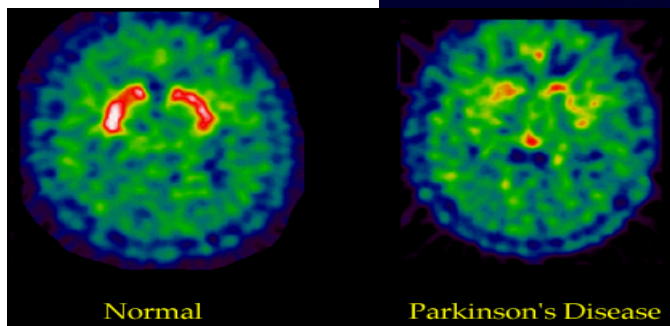
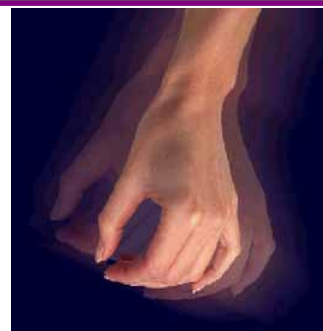
The extra pyramidal system (seen above) is a specific part of the brain that helps to control involuntary movements. Chiropractic, acupuncture and other physical treatment may help to re-program this system and help patients with movement disorders.

placed in the brain. These stimulators activate specific areas of the basal ganglion in hopes of suppressing the abnormal electrical activity that produces movement disorders.

Help for patients who have movement disorders.

The neurobiology of muscle control is very complex. Several neurotransmitters interact to control the normal fluid contraction of muscles. Among these are dopamine, GABA and serotonin. These neurotransmitters can be influenced by nutritional supplements.(1,2,7,8) So there is great potential to help patients with movement disorders through clinical nutrition and herbal remedies. There are a growing number of reports in the medical literature suggesting that specific chiropractic procedures may suppress abnormal movements in select patients. In our own practice, we have helped patients suffering from Parkinson's Disease, Blephrospasm, tics and cervical dystonia. One of our cervical dystonia cases has been published in a journal indexed in the National Library of Medicine. (4*) Most people think chiropractors work on bones, but the work we do, actually has profound effects on the nervous system. (13,14) Spinal manipulation can influence central motor conduction through the brain and spinal cord. (13,14) It is these reflex nervous system effects that may explain why some patients with movement disorders report improvement after chiropractic treatment. There are some interesting reports of movement disorders developing in patients who have had injuries to their neck and or spine. (3) These patient may be the best candidates for chiropractic treatment of their movement disorders.

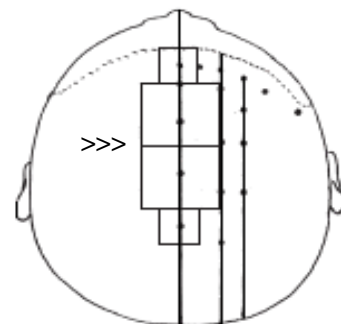
Tremor, or uncontrollable shaking of the hand, is often an early sign of Parkinson's disease. Not all tremors are caused by Parkinson's Disease however. Essential tremors are benign and harmless. (right)



(Above) PET-Scan showing abnormalities in the brain of a Parkinson's patient (right) compared with normal control (left).



Left The illustration to the left demonstrates needle placement for scalp acupuncture. Needles are placed over that portion of the brain that controls the body part being treated. It is believed that scalp acupuncture increases blood flow to that part of the brain under the scalp. **Right:** Stimulation of the scalp just in front of midline, is believed to help patients with uncontrollable involuntary movements. This is known as the chorea zone and tremor zone. Also known as the extra pyramidal part of the brain which suppresses involuntary movement. Electro-acupuncture applied to the scalp, may be beneficial for patients with movement disorders. (12)



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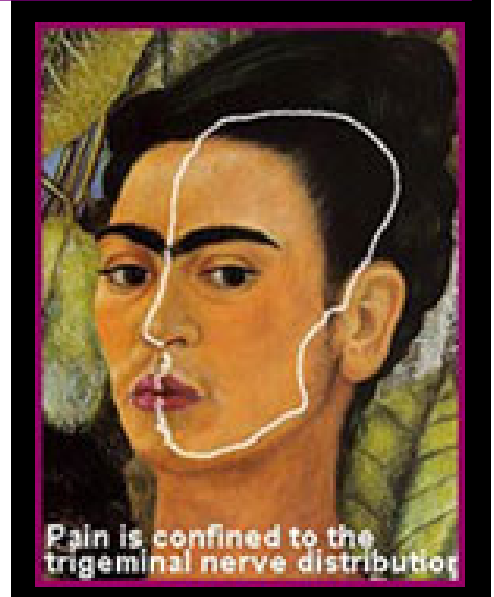


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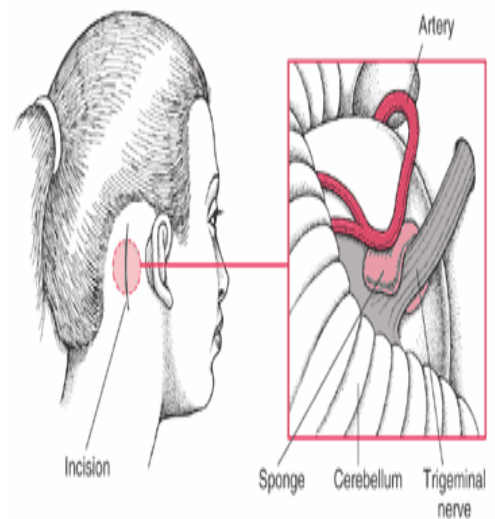
Trigeminal Neuralgia can produce some wicked pain shooting through your face. Patients describe it as a lightning bolt, or electrical shock. Since it comes and goes and is so painful, it also tends to produce anxiety in patients. The fear of not knowing if and when the next jolt will hit, definitely creates distress in these patients. Just to give you some perspective on Trigeminal Neuralgia, in medical history books, it states that patients can actually become suicidal from the combination of pain and anxiety. Most cases of Trigeminal Neuralgia are idiopathic, meaning that the exact cause is unknown. There are a few extremely rare, but serious conditions associated with Trigeminal Neuralgia, including strokes and tumors. But as stated these are rare. We know that in neuralgia, the nerve sends massive discharges of electrical impulses (almost like static electricity), but we really don't know why. Since we don't know why these discharges occur, the medical treatment for Trigeminal Neuralgia is (not surprisingly) inadequate. Various classes of drugs are the first line



The three branches of the Trigeminal nerve are distributed to the forehead, it is known as the ophthalmic or V1 branch, the cheek, called the maxillary branch or V2 and to the jaw, known as the mandibular branch, V3. (see above)

This issue: *Alternative Medicine Info* to help with neuralgia.

treatment. Several surgical procedures have been developed for use when drugs fail to control the episodes of pain. One procedure, popularized in my hometown of Pittsburgh, is to pad the root of the nerve and separate it from the surrounding blood vessels. A procedure called neurovascular decompression. See the illustration to the right. The number of Trigeminal patients who actually have nerve compression in this area is unknown. So the utility of this procedure is debatable. A second procedure known as the Gamma Knife, uses radiation focused at the root of the Trigeminal Nerve to try to selectively kill the nerve in the skull Without actually opening the skull as is required for the surgical decompression procedure. I have seen many patients with Trigeminal Neuralgia in my practice. We have had truly remarkable results treating this condition using techniques of stimulation induced analgesia. Turn to page two, I'll explain.



In neurovascular decompression, a pad is placed between the nerve and surrounding blood vessels. This requires entering the skull to expose the Trigeminal Nerve. (above)

Stimulation-induced Analgesia

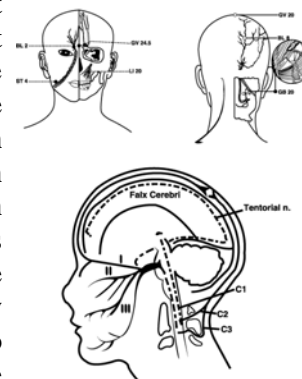
Our Results in treating patients with Trigeminal Neuralgia were presented at Johns Hopkins and will soon be published in a journal indexed in the National Library of Medicine.

Using stimulation to control abnormal nerve activity has been so successful that in June of 2006 I was invited to present a case at a conference at Johns Hopkins in Baltimore. More recently we had a patient suffering from Trigeminal Neuralgia, that had both the neurovascular decompression procedure and GAMMA Knife radiation. This patient received little or no relief from these surgical procedures. Using the theory of stimulation induce analgesia 1 (applying Laser and Ultrasound to the nerves shown on the illustration to the right, he had complete pain relief and is off all medications. We just received notifications from the editor of the journal *Medical Acupuncture* that this case has been accepted for publication. Currently, we are working with a patient who had the GAMMA Knife procedure and had a horrible outcome. His face and tongue are terribly numb. Making it difficult for him to eat or even speak. We remain hopeful that we can provide him with relief.

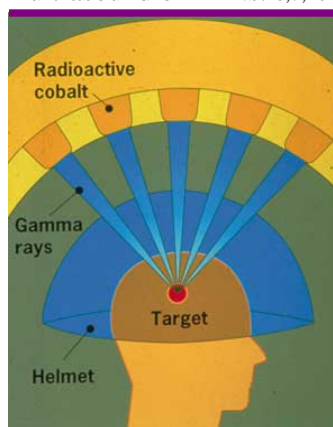
Health food store remedies: The Amino Acid GABA is a neurotransmitter that may suppress over activity in nerves. Combined with Valerian Root, Passion Flower and Hops you have an alternative to the prescription medications Neurotin and Lyrica. 5,11 Two of the more popular medical treatments for Trigeminal Neuralgia.

The GAMMA Knife, shown in the illustration to the right, uses focused radiation in an attempt to kill the Trigeminal Nerve. In a percentage of the cases treated with the GAMMA Knife, severe numbness results. 8

The drawings to the right show superficial nerves that connect deep inside the brainstem with the Trigeminal Ganglion. Each of these nerves, when stimulated, have been shown to suppress pain messages traveling through the Trigeminal system. 1-4 They are perfect "switches" to attempt to shut off the abnormal nerve activity associated Trigeminal Neuralgia. This can be accomplished with Laser, ultrasound or TENS. 6,7,10



The superficial nerves of the face (above) are related to classical acupuncture points. A potential alternative to surgery for pain relief.



Goodyear doctor chosen to present case study

A case study by Dr. George W. Kukurin of Goodyear has been selected for inclusion at the June 9 Johns Hopkins Medical School conference on Complementary and Alternative Medicine in Baltimore, Md.

Kukurin will present the case study from his office during the poster presentation session of the conference. The paper, titled "Neuroanatomical point selection in acupuncture for drug resistant trigeminal neuralgia," was selected



George Kukurin

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Auto-immunes disease: When the body attacks itself.

There is a group of diseases collectively known as auto-immune disease, or connective tissues disease. These diseases are characterized by defects in the immune system, which cause the body's self defense systems to turn on healthy host tissue. The fundamental flaw is that the immune system can't distinguish between harmful invaders like bacteria and viruses, and normal tissues like cartilage, or a person's salivary gland. It also is what makes auto-immune disease so difficult to treat. We need our immune system to protect us from "bad" guys, but we don't want it to harm innocent civilians. The pro

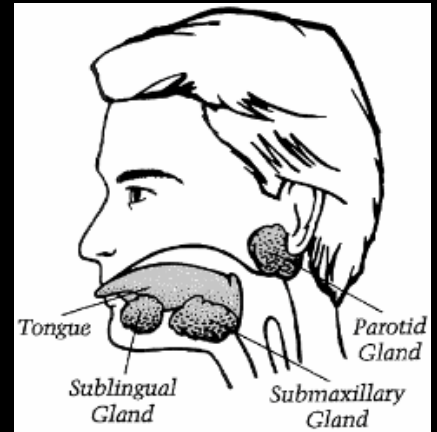


Figure One: Sjogren's Syndrome

cess by which the immune system protects our cells, while killing only harmful cells is incredibly complex. It involves multiple cascades of chemicals and pathways that interact with one another.

This issue: *Alternative Medicine Info* to help with auto-immune disease.

When these pathways fail to interact in the way in which they were intended, our immune system which is supposed to be our guardian, becomes our enemy. When it turns on our own cells, it produces chaos. Not only does it destroy healthy tissue, but it produces secondary damage by activating many of the complex cascades, which promote inflammation. Depending on which of our cells the immune system attacks, a patient may have damage to their salivary glands and have Sjogren's Syndrome. If it attacks mainly the joints, a patient will have rheumatoid arthritis. If multiple tissues are affected, the diagnosis will be Lupus. While the exact mechanisms of tissue damages in these and other auto-immune conditions differ, they all can be traced back to a faulty immune response. Because they all are auto-immune conditions there is much overlap of the

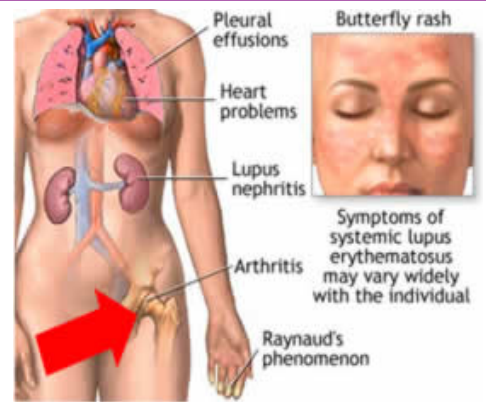


Figure Two: A common sites tissue damage from the effects of Lupus..

signs and symptoms of the various diseases. The goal of treatment of these diseases is to minimize the immune system's attack on friendly tissue, while not suppressing it so much that it can't defend us from invading bad guys.

What can alternative medicine offer patients with auto-immune disease?



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Rheumatoid arthritis (above), affects joints on both sides of the body. This bilateral or symmetrical pattern of pain is an important clue that a patient has rheumatoid arthritis rather than simple wear and tear arthritis.

As we discussed previously, the immune response is incredibly complex. That makes treatment of auto-immune conditions challenging, but it also provides many potential therapeutic targets. For example concentrated green tea may help prevent damage of the salivary glands in Sjogren's Syndrome.(1,5) High Lignan flaxseed and several Chinese mushrooms appear to protect the kidneys in patients suffering from Lupus.(7-13) Extracts from the Green Lipped Mussel may reduce some of the pro-inflammatory chemicals that are elevated in patients suffering from rheumatoid arthritis.(14,15) These natural substances may help to correct some of the immune system abnormalities found in auto-immune diseases. Caution is advised however, before considering any of these natural remedies, consult with your pharmacist and have him or her check for potential interactions with your prescription medications. Not all "complimentary" herbal remedies are complimentary.

Non-pharmacological treatments for auto-immune diseases.

There are some alternative medicine treatments that may offer significant benefit to Lupus and other auto-immune disease patients. Acupuncture may not only reduce pain and swelling, but may also help to modify the immune response.(16) Exercise, once thought to be forbidden for patients with auto-immune diseases, now appears to be quite beneficial. (18) Most auto-immune patients (really most people) know that reducing stress is important for health and longevity. We all talk about it, but few patients ever seek the help of professional counselors. Just having a chronic disease in-and-of-itself produces tremendous psychological distress. A randomized study found that stress reduction techniques produce significant improvement in patients' suffering from Lupus. Reducing pain levels and increasing physical functioning..(17)

There is nothing covered, that shall not be revealed; and hid, that shall not be known. -- Bible, 'Matthew' 10:26.

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