



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

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

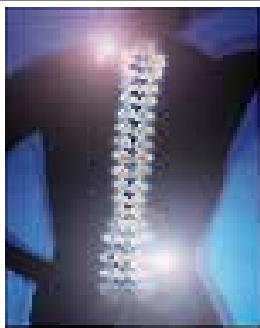
This issue: *Alternative Medicine Info* to help people suffering from **Back Pain**

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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