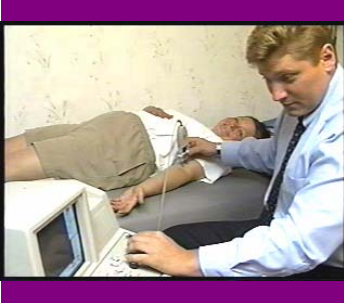


Effective Home Remedies that Doctors Give Their Patients



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

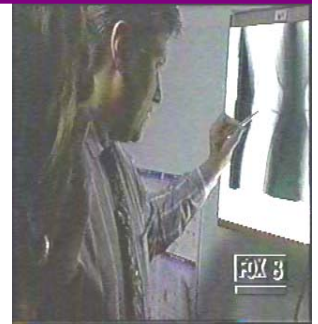
If you live long enough you'll probably start to feel the effects of osteoarthritis. OA as it is known, is wear and tear arthritis. If you are a little more unlucky, you might develop one of the arthritic diseases like rheumatoid arthritis or Lupus. In either case, you are going to have pain and some 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

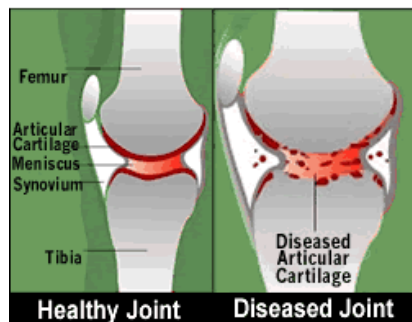
This issue: *Alternative Medicine Info* to help people suffering from Arthritis

If osteoarthritis is wear and tear arthritis, do your 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).



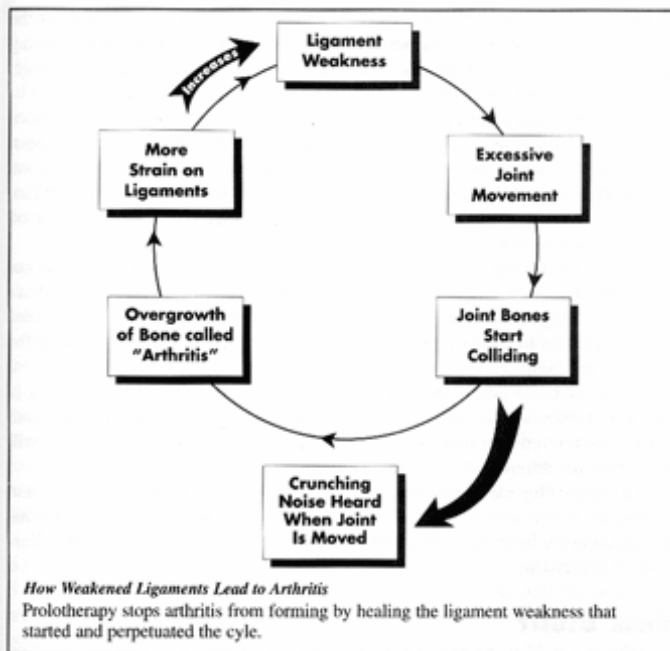
The Effect of Osteoarthritis



1. Efficacy and tolerability of oral enzyme therapy as compared to diclofenac in active osteoarthritis of knee joint: an open randomized controlled clinical trial. **J Assoc Physicians India. 2001 Jun;49:617-21.**
2. Manual and manipulation techniques for rheumatic disease. **Med Clin North Am. 2002 Jan;86(1):91-103.**

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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