

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

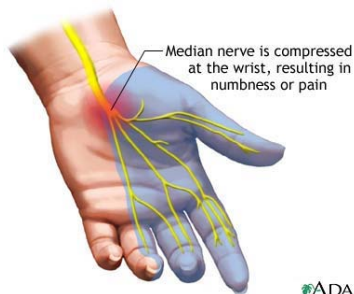
Carpal Tunnel Syndrome is a relatively common condition of the hand and wrist. One of the major nerves of the arm, the median nerve, runs through an anatomical tunnel where the hand joins the forearm at the wrist. It is this nerve, the median nerve, that causes the burning, pain and numbness associated 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.



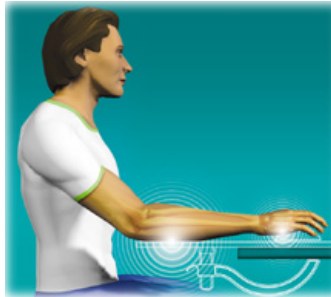
A simple wrist splint worn at night can help relieve the pressure on the nerve inside the carpal tunnel. (above)

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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