

# Effective Home Remedies that Doctor's Give Their Patients



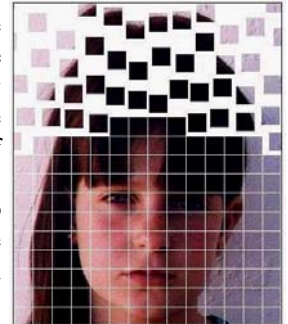
Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patients pay for in my office. So, I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for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

## Journal of Rapid Pain Relief

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.<sup>1,3</sup> 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.<sup>3,10</sup> 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.<sup>3,10</sup> 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.<sup>6,7</sup> 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.<sup>6,7</sup> Other research suggests that problems in

dopamine receptors in the brain may contribute to the symptoms of ADHD.<sup>1</sup> 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.<sup>4,8,9,10</sup> 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.<sup>12-15</sup>

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

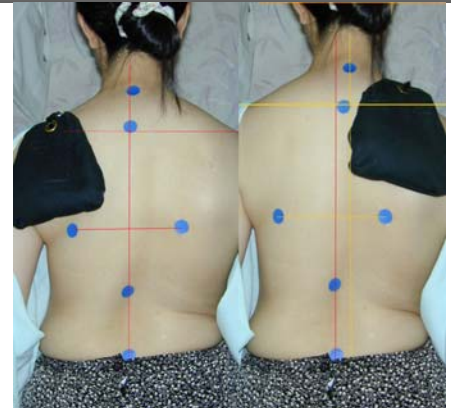


## Backpacks can either help or hurt children with scoliosis

*(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.

Bring your child in so we can check his/her spine and determine the best way for them to carry their backpack.



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