



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 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](http://www.alt-compmed.com) or call 412-381-4453

## **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>

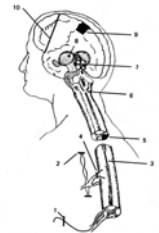
## Modern Methods from Ancient China

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).



## References Used in This Newsletter

- 1. Clinical implications of matrix metalloproteinases.** Mol Cell Biochem. 2003 Oct;252(1-2):305-29.
- 2. Chemokines and matrix metalloproteinase-9 in leukocyte recruitment to the central nervous system.** Brain Res Bull. 2003 Aug 15;61(3):347-55.
- 3. Matrix metalloproteinase inhibitors.** Angiogenesis. 1998;1(2):142-54.
- 4. Matrix metalloprotease inhibitors: design from structure.** Biochem Soc Trans. 2004 Feb;32(Pt 1):17-20.
- 5. A double-blind controlled trial of long chain n-3 polyunsaturated fatty acids in the treatment of multiple sclerosis.** J Neurol Neurosurg Psychiatry. 1989 Jan;52(1):18-22.
- 6. The use of complementary and alternative therapies by people with multiple sclerosis.** Chronic Dis Can. 2003 Spring-Summer;24(2-3):75-9.
- 7. Current Complementary and Alternative Therapies for Multiple Sclerosis.** Curr Treat Options Neurol. 2003 Jan;5(1):55-68.
- 8. Predictors of alternative medicine use by multiple sclerosis patients.** Mult Scler. 2003 Oct;9(5):461-6.
- 9. Anticancer potential of curcumin: preclinical and clinical studies.** Anticancer Res. 2003 Jan-Feb;23(1A):363-98.

Kukurin Chiropractic, Acupuncture and Nutrition  
2415 Sarah St. Pittsburgh, PA 15203 ~ 412-381-4453 ~ 412-481-3420(fax)  
kcann.pgh@gmail.com ~ [www.alt-compmed.com](http://www.alt-compmed.com) ~ [www.kcpgn.com](http://www.kcpgn.com)



George W. Kukurin DC DACAN



Jason S. Franchi DC

- 10. Reflexology treatment relieves symptoms of multiple sclerosis: a randomized controlled study.** Mult Scler. 2003 Aug;9(4):356-61.
- 11. Neural therapy in the treatment of multiple sclerosis.** J Altern Complement Med. 1999(6):543-52.