

# Effective Home Remedies that Doctors Give Their Patients



Dr. Kukurin has studied at some of the world's finest institutions including Harvard, the Mayo Clinic and Johns Hopkins. He has applied his knowledge of acupuncture, chiropractic and rehabilitation to more than 10,000 patients over the past two decades. The unique methods he developed, along with his vast experience in patient care, allow him to treat even the most difficult cases quickly and effectively. The results our patients experience are exceptional. They have been featured on ABC, FOX and NBC news affiliates; have been published in the National Library of Medicine and even presented to other doctors at Johns Hopkins Medical School. Dr. Kukurin's reputation for providing world class patient care has been recognized by The Consumers Research Council of America, Who's Who in Medicine and Who's Who in Leading Professionals. Making Dr. Kukurin, one of the country's top chiropractic physicians.

**Journal of Rapid  
Pain Relief**

## New hope for painful peripheral neuropathy.

Researchers are beginning discover new nutrients and treatment that offer great promise to patients suffering from various types of peripheral neuropathy. Neuropathy comes from the Latin *neuro* (relating to the nerves) and *pathos* (or sickness). Thus neuropathy literally means sick nerves. The term peripheral neuropathy deals with sick nerves in the hands and/or feet, but can refer to any nerve outside the brain and spinal cord. There are a great many causes of neuropathy. A large number of patients have their neuropathy classified as idiopathic. This means that the exact cause of the condition is unknown. The most common known cause of neuropathy is complications from diabetes. Vitamin deficits, hormone irregularities, exposure to toxic chemicals and even prescribed medications can lead to neuropathy. While there are many known and unknown reasons why nerves get sick, there are only two basic ways a nerve can respond to insult or injury. See figure #2 below.

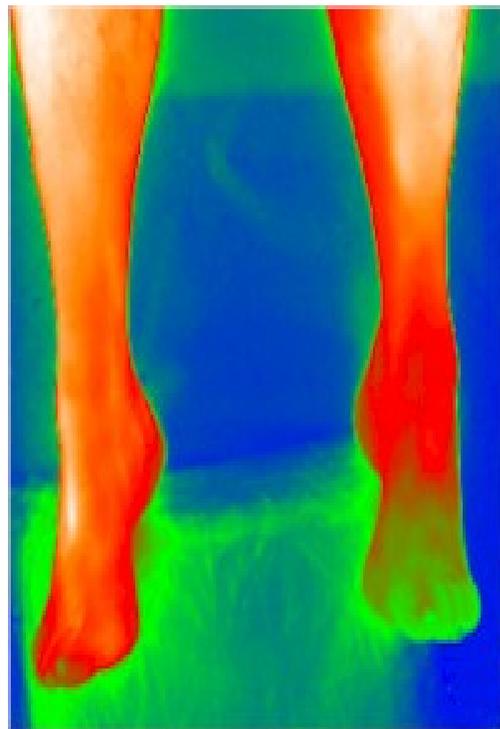
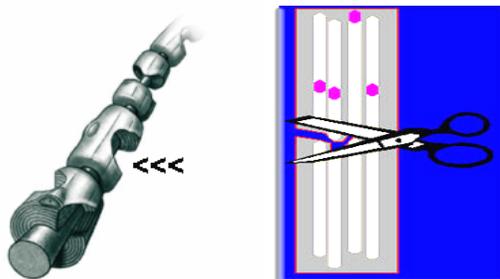


Figure 1: Thermogram of neuropathy.

## This issue: Breakthrough treatments for neuropathy



**Figure 2:** Above (on the left) is an illustration of the process of demyelization. Demyelization is when the insulation surrounding the nerve (much like the insulation on an electrical wire) becomes damaged. Note the arrows in the picture above left. Just like when insulation is damaged in an electrical wire, when a nerve loses its protective insulation, through the process of demyelization, a short-circuit occurs. This causes numbness, pain and other unpleasant sensations. A more severe reaction to nerve insult is denervation. This is where the nerve fibers actually break. This is shown in the illustration to the right above.

Loss of the ability to feel vibration is one of the earliest signs of neuropathy. This can be tested in a patient with a simple tuning fork like the one pictured to the right. The test provides valuable information and only takes a few seconds.



Testing Vibration

Whenever a nerve undergoes demyelization and/or denervation, normal nerve function is lost. This can produce pain, numbness or weakness in the affected body region. Pain and unpleasant sensation due to nerve damage is called neuropathic pain. Neuropathic pain is some of the hardest pain to treat. Even surgery often fails to completely eliminate the pain of nerve damage. Unconventional approaches like LASER, acupuncture and nerve stimulation techniques offer hope. Newly discovered nerve growth factors from herbs are extremely promising. To find out more call 412.381.4453

## Re-growing Nerves: Is it possible?

### Current medical management of neuropathy has been terribly inadequate!

Medical treatment of neuropathy consist of trying to control the nerve pain. Anyone who has suffered from neuropathy, will tell you this has been (for the most part) a dismal failure. Newer approaches have focused on trying to re-grow the damaged nerves rather than trying to suppress the symptoms caused by nerve damage. This approach is very promising! An amino acid, available in most health food stores is showing great potential in regenerating damaged nerves. This has resulted in improved nerve function and most importantly, reduced pain and numbness in patients. Natural substances used for centuries in Chinese medicine have recently been found to contain nerve grow factors; making them exciting new potential therapies for patients suffering from different types of neuropathy

### Acupuncture, low level laser therapy and electrical stimulation of acupuncture points; can they really help with neuropathy?

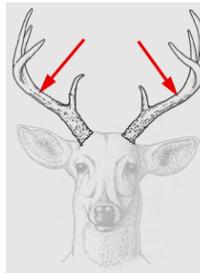
Recent research suggests that these non-traditional therapies can and do help patients suffering from neuropathy. Not only do they provide subjective relief of numbness and pain, but they actually restore nerve function as measured by electromyography and other sophisticated nerve tests.



Figure 3: Neuropathy in the feet can produce debilitating pain and numbness.

## What do deer antlers have to do with neuropathy?

Deer antler? Believe it or not, it's not a trick question. Antler velvet has been used in Chinese Medicine for centuries. The velvet from growing antlers contains large amounts of nerve growth factors that cause nerves to grow and regenerate at unbelievable rates. The herb centella asiatica also contains nerve growth factors. Combining antler velvet with centella in patients suffering with neuropathy may provide the stimulus they need to re-grow and or repair nerve fiber damage. The amino acid Acetyl-L-Carnitine (also known as LAC), has been shown in several studies to stimulate the regeneration of nerves damaged by neuropathy. LAC not only restored normal nerve function as measured by sophisticated neurophysiologic tests, but it eliminated or reduced much of the terrible painful burning and numbness experienced by patients suffering from various types of neuropathy. Supplementation with this nutrient reversed neuropathy in as little as six months. By combining acetyl-L-Carnitine with the nerve growth factors found in centella and antler velvet, the prospect of reducing or reversing neuropathy has never been better.



Deer antlers and the nerves within them grow and regenerative at an amazing rate. This is due to large amounts of nerve growth factors found in the velvet covering of deer antlers. Antler velvet has been used in Traditional Chinese Medicine as a nerve tonic for thousands of years. The velvet and the nerve growth factors in it is now available in pill form.

**Using modern technology like Laser Acupuncture, combining it with nutrients such as Acetyl-L-Carnitine and providing naturally occurring nerve growth factors found in centella and antler velvet, provides the first real hope in years for patient's suffering from various forms of neuropathy.**

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