

# Effective Home Remedies that Doctors Give Their Patients

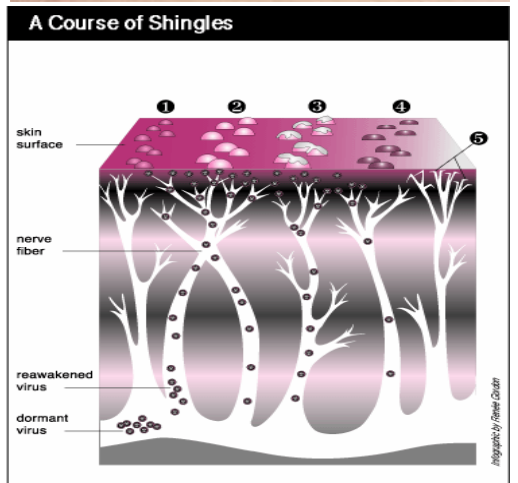
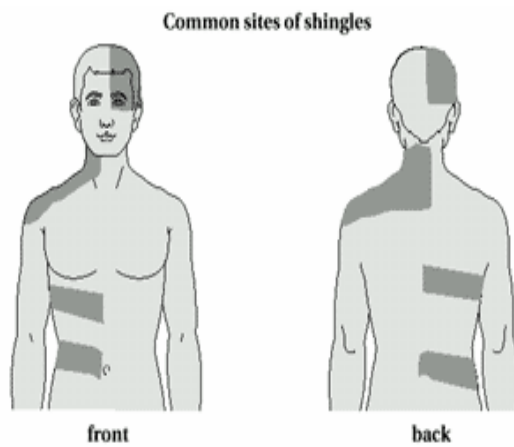


Dr. Kukurin has studied at some of the world's finest institutions including Harvard, the Mayo Clinic and Johns Hopkins. He has applied his knowledge of acupuncture, chiropractic and rehabilitation to more than 10,000 patients over the past two decades. The unique methods he developed, along with his 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**

## Do you have shingles or post herpetic neuralgia?

When a patient asks me if I can help them with shingles, my first question is, "do you have active viral disease or post herpetic neuralgia?" The active viral disease (pictured to the right) is actually easier to treat than the aftermath of the outbreak (post herpetic neuralgia).



## This issue: Breakthrough treatments for shingles

In Italy, shingles also is called St. Anthony's fire, a fitting name for a disease that has bedeviled saints and sinners throughout the ages. Caused by the same varicella-zoster virus that causes chickenpox, shingles (also called herpes zoster) most commonly occurs in older people. After an attack of chickenpox, the varicella-zoster virus retreats to nerve cells in the body, where it may lie dormant for decades. But under certain conditions, usually related to aging or disease, the virus can reactivate and begin to reproduce. Once activated, the virus travels along the path of a nerve fibers to the skin's surface, where it causes the typical fiery red rash known as shingles. Shingles symptoms may be vague and nonspecific at first. People with shingles may experience numbness, tingling, itching, or pain before the classic rash appears. In the pre-eruption stage, diagnosis may be difficult, and the pain can be so severe that it may be mistaken for pleurisy, kidney stones, gallstones, appendicitis, or even a heart attack, depending on the location of the affected nerve. **The Outbreak** Pain may come first, but when the migrating virus finally reaches the skin--usually the second to the fifth day after the first symptoms--the rash tells all. The virus infects the skin cells and creates a painful, red rash that resembles chickenpox. (see the illustration above.) Medical professionals usually prescribe anti-viral medications to try to control the acute phase of shingles. There are several natural substance that seem to be very effective in the control of the viral outbreak. Oral Lysine, zinc and copper seem to be very effective agents that help inhibit the reproduction of the virus. (1-3) They can be taken along with most prescribed medications. Limiting the viral outbreak is extremely important because it is the viral outbreak that ultimately causes the nerve damage which leads to post herpetic neuralgia. Post herpetic neuralgia is much more difficult to treat than the initial viral outbreak. Unfortunately we see most patients in our office *after* the damage is done. To find out what can be done to relieve the pain turn to page 2.

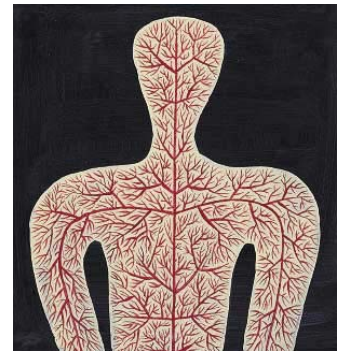
## Re-growing Nerves: Is it possible?

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

Medical treatment of neuralgia consist of trying to control the nerve pain. Anyone who has suffered from neuralgia, will tell you this has been (for the most part) a dismal failure. Drugs that promote the activity of a specific chemicals known as GABA, Norepinephrine and Serotonin are the mainstay of medical management of neuralgia.(15) It appears that for tough neuropathic conditions like shingles, manipulation of all three of these neurotransmitters is the best bet for relief of pain. (8,16) It is possible to raise these same neurotransmitters with several proprietary nutritional supplements including GABA-VAL,(14,15) produced by Progressive Labs and Norival made by Cardio-Vascular Research 5HT a serotonin precursor is widely available.

**Acupuncture, low level laser therapy and electrical stimulation of acupuncture points and ultrasound; can they really help with neuralgia?(10-13)**

Recent research suggests that these non-traditional therapies can and do help patients suffering from neuralgia. Patients treated in our office have had such dramatic relief form various forms of neuralgia, including post herpetic neuralgia that they results have been presented at Johns



*Figure 3: any nerve in the body can be damaged by shingles.*

## Shingles/post-herpetic neuralgia. Medical challenge

### Post herpetic Neuralgia: Dragon's Blood to the rescue.

There is an herb with legendary wound healing properties, known as Dragon's Blood. Recent search suggests that a chemical within this herb, called loureirin B, may block the transmission of nerve signals in that part of the spinal nerve known as the dorsal root ganglion. This offers great potential in patients suffering from shingles, because the dorsal root ganglion is very often infected by the virus that causes shingles. The dorsal root ganglion works like a mini-relay station for pain signals traveling from the periphery to the brain. Dragon's Blood has the potential for specifically blocking this relay center. (18,19)



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Post Herpetic Neuralgia requires a broad spectrum of treatments including modulation of neurotransmitters, and modulating the nerve directly through ultrasound, laser or other stimulation.

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