



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

Did you ever here someone say "This stress is killing me"?

Well some new research suggests that they may not be too far off base. See our cells have a biological clock that shortens each time our cells divide. It's contained in our DNA and is called a telomere. Some scientists even call the telomere our "death clock", because once the telomere shortens completely, we die. So what does all this have to do with stress? Well a recent scientific study demonstrated that life stress speeds up the shortening of our telomere clock. [1] Stated another way, stress directly accelerates cell aging and death. So the next time you hear someone say that stress is killing them, tell them that research shows they are absolutely right! Studies also show that stress can increase the risk of breast cancer. One study showed that stress can increase your risk of breast cancer by nearly 400% [2] Increased cortisol levels (hormones released when you are under stress) have been associated with a variety of age related disorders such as Alzheimer's

disease, depression, diabetes, metabolic syndrome, and hypertension. [3] Psychological stress is also associated with weight gain[4], headaches[6] and widespread musculoskeletal pain and sensitivity like the symptoms of fibromyalgia.[5] Massage, chiropractic care and acupuncture may reduce the levels of cortisol in patients who are under prolonged stress. [7],[8],[9]



Chiropractic adjustments help you to relax

This issue: *Alternative Medicine Info to help people suffering from Stress*

Many pharmaceutical prescriptions for stress relief can causes addiction. In extreme cases of stress they may be needed. However, wherever possible we recommend non-habit forming natural alternatives. There are several of them that seem to be viable alternatives. Kava is an herb that reduces stress. It must be taken with causation because it can place stress upon the liver. Valerian root is another herb that helps with sleep and helps keep you calm. Magnolia bark is a Chinese herbs that reduces stress. It works through the GABA system in the brain. Combining chiropractic, massage, herbs and other relaxation techniques can reduce cortisol levels and may diminish the damaging effects of stress on the body. Since stress can be overwhelming, a combination approach with professional guidance is recommended.

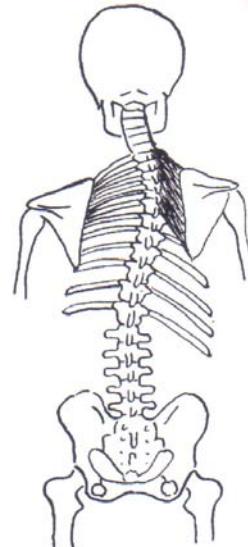


Acupressure can relieve emotional stress.[13] In a crossover study, the effect of pressure applied on the acupuncture point "extra 1" in healthy volunteers was studied. Acupressure applied for 10 min on the extra 1 point significantly reduced BIS values and verbal stress scores when compared with acupressure applied on a control point. BIS an index used to measure stress levels..

# What can a chiropractor do to relieve my stress?

Are you right handed or left handed? Did you know that your dominant side is 10-20% stronger than your non-dominant side? When you are under stress your nervous system is hyperactive and this puts your muscles into an increased state of contraction. Look at the illustration on the right. You may not have realized it, but many of your muscles attach to your spine. So if you are right handed, and when you are under stress, can you see how stress (through the muscles attached to your spine) can actually cause spinal misalignments? Normally the muscle that attach to the spine assist you in resisting gravity and contribute to your posture. Under times of stress, the muscles become hyper-tonic and pull on the vertebrae. Since your dominant side pulls 10-20% harder than your non-dominant side, stress can indirectly cause your spine to misalign. Massage and other types of muscle work are wonderful for reducing the tightness and hyperactivity in the muscles, but once the vertebrae become misaligned, a

chiropractic adjustment is needed. The more misaligned the spine becomes, the harder the muscles have to work to hold your body up against gravity. So during times of maximum stress good muscle work, chiropractic adjustments and proper nutritional supplements are essential for your health. Some chiropractors feel they can actually see the results of stress in their patient's body alignment.



~Dr. George Kukurin

## Modern Methods of an Ancient Chinese Wonder Experience the amazing healing powers of Acupuncture

In Chinese Medicine, the Heart Meridian is associated with the "Spirit" or emotion . Therefore people under severe and/or prolonged stress become dis-spirited. The Heart Meridian follows the course of the Ulnar nerve in the forearm. The Pericardium Meridian runs along side the heart meridian in the forearm, following the course of the Median Nerve. The Heart Meridian is associated with the element Fire in Chinese Medicine. Too much fire can be associated with anxiety and agitation. Sedating the Heart Meridian with acupuncture may relieve anxiety. Not enough energy in the Meridian may be

associated with depression. In these cases the Meridian must be tonified. Acupuncture can be a great adjunctive therapy for stress related disorders.

*Chiropractic care can reduce the  
stress hormone cortisol*



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