

Effective Home Remedies that Doctors Give Their Patients



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. I welcome any feedback from you.

Journal of Rapid Pain Relief

What can you do to try to prevent breast and other cancers that effect women?

Breast cancer and ovarian cancer are two very scary things that unfortunately are effecting more and more women. I recently attended the American Cancer Society's Pink Ribbon Gala. The Pink Ribbon Gala honors cancer survivors and the good news was that breast cancer survivor rates had increased dramatically. The bad news is that more and more women are being diagnosed with breast cancer. *So what, if anything, can be done to decrease your risk?* There are several things that are showing promise in preventing breast cancer. They are available in most health food stores and are certainly worth discussing as possible preventatives. Have you heard of Calcium Glucurate, Curcumin, or Resveratrol? Probably not, but let's take a look at these and some other natural substances and see if you might want to

add them to your daily supplement routine. Curcumin is an herb commonly known as tumeric. The yellow powder can be found in most grocery store spice sections. There is growing evidence that this herb can help fight cancers including breast cancer. Resveratrol is a compound produced by grape plants (not to be confused with grape seed extract). Studies suggest that resveratrol may be beneficial in preventing or fighting both breast and ovarian cancers. There are other substances that show (cont below)



Dr. Kukurin gently re-aligns a patient's

This issue: *Alternative Medicine Info* to help women

promise as potential preventives for breast cancer. It appears that oriental women that consume large quantities of green tea, have less breast cancer. There are even some studies that show green tea may be a cancer treatment. And then there is Calcium Glucurate. A simple non-toxic substance that appears to

Warning: these substances show potential as preventive supplements, they are not meant to treat cancer or substitute for standard medical care. Consult with your oncologist, if you are currently treating for any form of cancer before considering these supplements.

cleanse breast tissue of cancer causing chemicals.

It's certainly an exciting nutrient with potential in the battle against breast cancer. Have you included some or all of these natural substances in your diet? Why not? If you would like the summaries of the studies I used in this news letter, simply send me an email. gkukurin@earthlink.net and I'll attach a file with the research abstracts. *These are things you can do right now.*



Kukurin Chiropractic

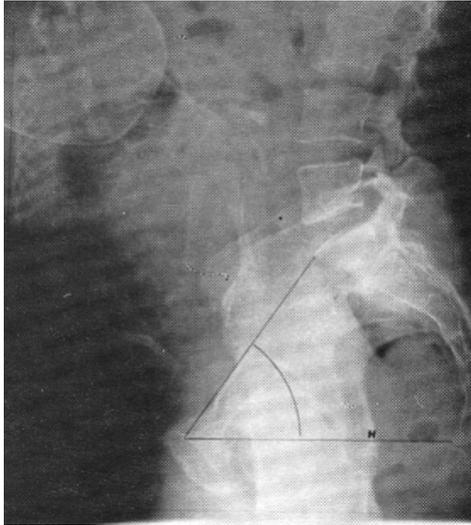
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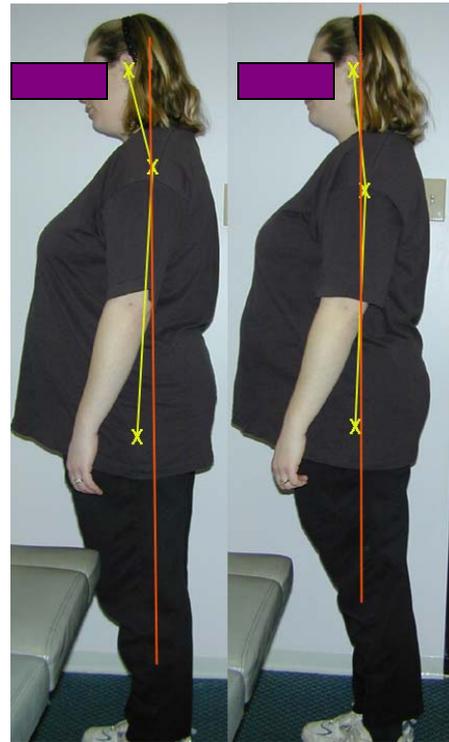
Back Pain in pregnancy.

Back pain associated with pregnancy can be a big problem for women. As the baby develops the center of gravity of a women's spine shifts forward and her posture breaks down. This strains muscles, ligaments and nerves and can produce not only back pain during pregnancy, but back pain that continues on after delivery. One study suggests that life-long back troubles can result from the mechanical changes that occur in the spine due to pregnancy.



(Above) The radiograph above was taken from a very old textbook. Back then, before ultrasound, pelvic x-rays were often taken. The angle of the pelvis (see the lines) is dramatically increased in pregnancy. This stretches the ligaments in the lower back and jams the joints. After the baby is delivered the spine seldom returns towards normal. That is why chiropractic care is so important AFTER the baby is born. (Right) The picture at the right is a patient of mine, note how we were able to improve her posture. The pictures were taken before an adjustment and immediately after a spinal adjustment.

Using the Advanced Bio-structural Correction system of chiropractic we can correct many of the postural distortions seen during pregnancy. Reducing stress and strain on the ligaments and relieving back pain safely and without drugs. Muscle Alignment Techniques are also effective in relieving the back pain of pregnancy. *Dr. George W. Kukurin*



If you or someone you care about is suffering from pregnancy related back pain call us right away before permanent changes occur in the ligaments of the spine. Dr. Kukurin

1: **FEBS Lett.** 2002 Feb 13;512(1-3):334-40.

Curcumin induces apoptosis in human breast cancer cells through p53-dependent Bax induction.

2. **Oncol Rep.** 2004 Feb;11(2):441-6.

Resveratrol inhibits cell proliferation and induces apoptosis of human breast carcinoma MCF-7 cells.

3. **Int J Oncol.** 2004 Mar;24(3):703-10. EGCG down-regulates telomerase in human breast carcinoma MCF-7 cells, leading to suppression of cell viability and induction of apoptosis.

4. **Integr Cancer Ther.** 2003 Jun;2(2):139-44.

Detoxifying cancer causing agents to prevent cancer.

5. **Isr J Med Sci.** 1995 Feb-Mar;31(2-3):101-5.

Calcium glucarate as a chemopreventive agent in breast cancer.

6. **Spine.** 2002 Dec 15;27(24):2831-4. Incidence of four syndromes of pregnancy-related pelvic joint pain.

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