

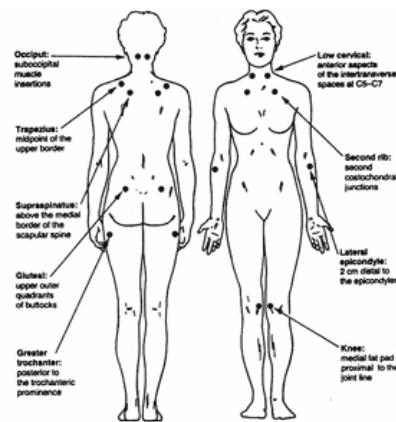


.Hi, I'm Dr. Kukurin and you are receiving this newsletters as a free gift from my office. We spend a lot of time working on this publication. I'm sure you will enjoy it. It contains much of the same information my patients pay \$57 for in consultation at my office. So please if you can't use it pass it on to someone who can.

Journal of Rapid Pain Relief

Effective Home Remedies that Doctor's Give Their Patients

Fibromyalgia is a condition of wide spread muscle pain of unknown origin. Because there are no good tests to diagnose this condition, many doctors felt patients with fibromyalgia merely had some type of emotional disorder. Even though the exact cause of fibromyalgia is unknown, the condition is very real. Currently we diagnose fibromyalgia by first ruling out other know conditions that could explain the patient's pain. And then by testing the sensitivity of very specific points on the patients body. The diagram to the right shows specific points that are unusually tender in fibromyalgia patients. This pattern of increased sensitivity at specific points is so well established that it forms the basis for diagnosis of the condition. Until very recently most doctors did not believe that fibromyalgia was a real disease. Then many adopted the concept of fibromyalgia as a muscles disease. The latest theory on fibromyalgia suggests that it is a neurological disease associated with abnormal serotonin receptors. 1-3



Fibromyalgia Tender Points
General locations of the 18 tender points that make up the criteria for identifying fibromyalgia.

Fibromyalgia can be a devastating disease and can rob patients of their quality of life. It is important to find a doctor that 1. recognizes fibromyalgia as a serious health care problem and 2. understands that fibromyalgia effects the nervous system. With a caring compassionate doctor the condition can usually be managed successfully and quality of life improved. ~ Dr. Kukurin

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

Recent research suggests that fibromyalgia patients have imbalances in the serotonin portion of their nervous system. Serotonin is sometimes abbreviated as 5HT. The imbalance of the 5HT system is associated with pain, depression and sleep disturbances. Selectively turning some serotonin pathways on, while turning other serotonin pathways off, seems to be the best approach to treating the imbalances seen in fibromyalgia patients. The common herbs ginger, feverfew and St. John's Wort seem to offer natural substances that are perfect to counteract the serotonin imbalances seen in fibromyalgia patients. We have developed a proprietary blend of these and several other herbs that seem to relieve many of the symptoms associated with fibromyalgia. We combine these nutrients with postural correction and acupuncture-like therapy. This



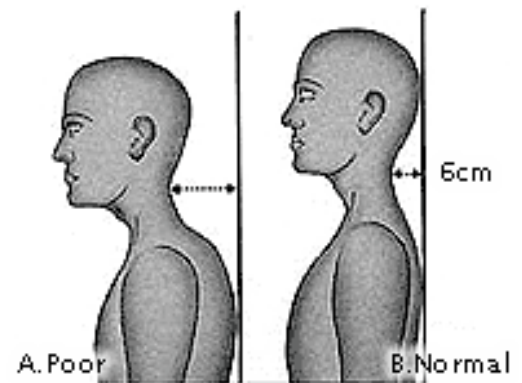
With the help of Douglas Labs in Pittsburgh we have developed herbal packets that seem to balance abnormal serotonin metabolism in patients diagnosed with fibromyalgia. (above)

approach typically improves symptoms scores by 50-70 points on the standard fibromyalgia impact questionnaire. The fibromyalgia impact questionnaire is a valid tool that can measure the seriousness of fibromyalgia and it's response to treatment.

Research shows that Many People Develop Fibromyalgia after a trauma or accident. Head forward posture may aggravate fibromyalgia

Research shows that chiropractic care causes the release of natural pain killing substances in the nervous system. This makes chiropractic care an ideal therapy for patients suffering from fibromyalgia syndrome. Since fibromyalgia patients have increased sensitivity in their bodies, it is best to start with a chiropractic approach that is lower force. Then progress to more traditional chiropractic techniques as the patient's tolerance increases. Also not all chiropractic techniques have the ability to change posture. Since it appears that certain abnormal postures are associated with fibromyalgia, choosing a technique that restores normal posture is important. Applied Bio-structural Therapy, Stressology, Chiro-Physics, Pettibon, Toftness, Logan Basic and Chiropractic Biophysics are good choices of methods to correct the abnormal spinal alignment.

There is evidence that head forward posture is associated with either the development or perpetuation of fibromyalgia syndrome. Specific chiropractic adjustments of the 1st rib and muscle alignment techniques of the upper back and neck are effective at reducing this postural distortion and helping patients with fibromyalgia. (right)



A new system of muscle balancing called Muscle Alignment Technique has proven very promising for realigning the spine and reducing head forward posture. Most patients can see and feel a change in their body after the first several visits. The combination of chiropractic, Muscle Alignment Technique, herbal remedies and different forms of acupuncture offers hope in Fibromyalgia.

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

Acupuncture works by stimulating the nervous system. Since there is much evidence to suggest that fibromyalgia is a disorder in the nervous system, acupuncture is an ideal therapy for treatment of fibromyalgia syndrome. However sometimes the needles cause increased pain in patients with fibromyalgia. In those cases that can not tolerate needles, mild electrical stimulation of the acupuncture points is a better option. Stimulation of ST-36, Sp-6, Li-4 and Lu-11 are good choices for initial acupuncture treatment. A skilled practitioner of acupuncture will develop a specific prescription of points for each fibromyalgia patient. ~ **Dr. George Kukurin**

Acupuncture stimulates nerve endings and nerve receptors to balance the nervous system.

An acupuncture needle inserted into the point viewed under electron microscope.

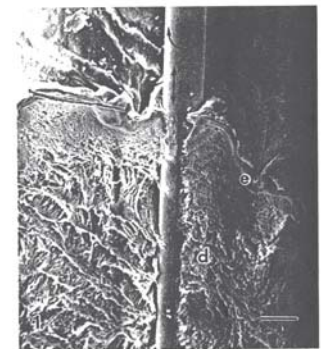


Fig. 1. Scanning electron micrograph of an acupuncture needle inserted into the forearm of a patient. Arrows indicate the needle sheath. T=needle, W=needle, S=needle, P=needle, D=needle.

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