



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

Effective Home Remedies that Doctor's Give Their Patients

What can you do at home with your children to help them avoid bracing or worse, surgery for their scoliosis?

There are actually several very simple yet effective home remedies that are certainly worth giving a try if your child has scoliosis. The first is to have them sit on a book. Sound silly? Well sitting on a book causes what I call induced side shift therapy. Side shift exercises have been shown to reduce spinal curvature in patients with scoliosis. * It's probably one of the simplest things you can do for your children. Another is to have him or her walk around the house with one shoe on and the other off. When done correctly this causes counter stressing in the spine and may help to reduce a scoliosis. Of course both of these methods need to be applied to the correct side. To make sure which side to apply

these counter stressing therapies, contact my office I'll be glad to train you on these wonderfully simple and effective home remedies for scoliosis. A little more complex, yet certainly worth a try is spinal weighting. It's another way to counter stress the curves in your child's spine. Check out the re-alignment these therapies can cause in a curved and scoliotic spine. Look at the images on page two.....



Dr. Kukurin gently re-aligns a patient's

This issue: Alternative Medicine Info to help kids suffering from Scoliosis

Scoliosis is a curvature of the spine that afflicts mainly children. The curve can be quite pronounced and can interfere with breathing and even compress the child's heart. Even in less severe cases, gross spinal deformity often causes psychological distress in kids with scoliosis. Early detection and intervention is important so the progression of the deformity may be halted or reversed. Curves greater than 30

degrees are often braced. This is a cumbersome contraption that the child may have to wear 23 hours a day. As unpleasant as the brace is, progressive curves are treated with surgery. Rods are inserted along the length of the spine. The spine is fused to so no further deformity can occur. So you can see that scoliosis is a serious condition that needs to be detected and treated as early as possible.

SCOLIOSIS



A newly developed chiropractic system may offer hope for patients with spinal curves, misalignments and scoliosis.

For over 100 years chiropractors have been developing new and better ways of adjusting or re-aligning their patients' spines. Recently a innovative systems of chiropractic treatment called Advanced Biostructural Correction (ABC) has been developed and is now available for patients with spinal curvatures.

In the photos on the right, note the dramatic change in posture in this women immediately after a treatment with the ABC method.

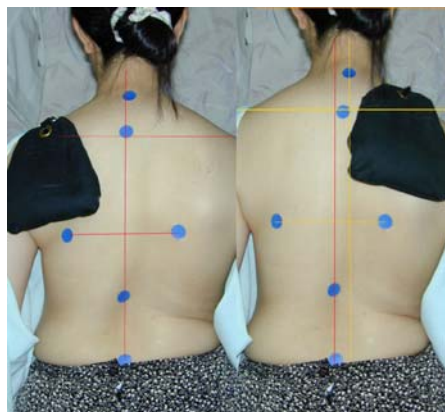
The ABC system shows great promise for producing rapid pain free changes in spinal distortion. The ABC method of spinal correction does not involve extended visits and is comparable to other chiropractic methods in price. Often with this remarkable system, changes in a patient's posture can be seen after a few visits. Since I switched and started using the ABC system, my results have been outstanding. It's the most remarkable advance in correcting spinal distortions I've seen in the last 20 years. My patients love it, often after one treatment they can feel and SEE the difference in their bodies. It's safe, effective and virtually painless. It certainly offers hope for parents with kids with scoliosis. When combined with the spinal weighting, and sitting

on a wedge as home therapy, avoiding spinal surgery becomes a real possibility. If you would like to learn more about this exciting new development in chiropractic therapy give me a call I'll be glad to discuss it with you. Dr. George W. Kukurin



Changes in posture following a treatment with the ABC

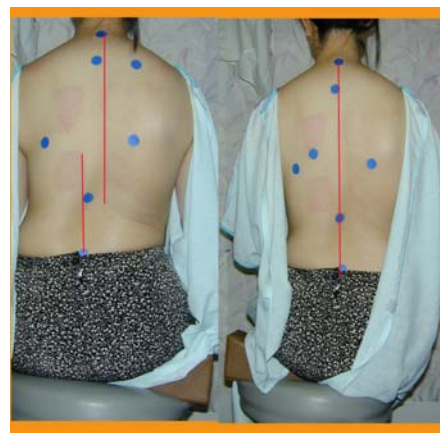
Home remedies for scoliosis continued from page one.



Left Note that with a weight applied to this patient's left shoulder the spine is re-aligned towards normal.

Right: See how the scoliosis is reduced in this women when she sits with a wedge under her left side. A book works just as well.

As you can see, placing a weight or wedge under the incorrect side causes the scoliosis to become worse, so consult a professional



"Bring your child to our office to have him/her screened for scoliosis: It's quick, easy, painless and can save your child agony"

Screening for scoliosis in your child is quick easy and painless. Catching spinal curves early is important. There is nothing more tragic than a child twisted and deformed from a preventable scoliosis. Particularly when screening for this heartbreaking condition is so simple. Concerned parents can schedule an appointment to have their children checked for scoliosis by calling our office Call now, we'll get them in right away Our website contains our newsletter archives an other important information that may benefit you and your family. To visit our website go to www.alt-compmed.com

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