

Introductory Issue

Special Edition

Meet Dr. Kukurin



Hi, I'm Dr. Kukurin and somehow you got on our mailing list to receive our e-Zine newsletter. Certainly if you don't want it, we don't want to spam you. To be removed from our e-Zine list, just send me an email at gkukurin@yahoo.com and I'll personally take you off our recipient list. Before you make up your mind about this newsletter let me tell you a little bit about what we put in it, why you should trust the information and how it can benefit you, your family and your friends.. *So please read on and I'm sure you will enjoy future issues of our e-Zine* ~ Dr. K

Journal of Rapid Pain Relief

Effective Alternative Remedies that We Give Our Patients

"Why do so many doctors forget what it's like to be a patient?"

It takes me on average 12 hours to research, write and produce each 2 page newsletter we send out to the community. Currently we have 23 newsletters ready for distribution to our friends and neighbors, free of charge. Each newsletter we produce was created in an attempt to find answers for patients treated in our office. In fact most of the images used in our newsletters are actual patients from our office. Of course we use their images with their permission. My point is that each newsletter represents real problems that we had to solve for real patients who came to us looking for solutions. As new patients present with new problems we will create new newsletters as we develop unique solutions for our patients. So why do we do it? The answer is simple: I never forgot what its like to be a patient. I've been a doctor for over two decades, but I've been a patient a lot longer than that. I hope I never forget what it feels like to be sick. How vulnerable you feel when you know you need help, but you're not sure exactly what's wrong with you or what to do about it. Let me tell you about the first time in my life that I *really* needed a doctor. It was way back when I was in high school. See I was a promising young football star with a chance at a scholarship. But during a game, I was hit and fell awkwardly on my spine. The pain in my back and down my legs was so severe that it paralyzed me. I could barely stand yet alone walk. One minute I was thinking about playing college football, the next I thought I'd never be able to walk again. I spent months on medications, weeks doing physical therapy, seeing doctor- after-doctor. All the while my back pain just wasn't getting any better. I figured my football days were over and I began to get depressed. Heck I thought my life as I knew it was over. You see, even though I was getting the best medical care available, my back hurt so badly

that my mother still had to help me tie my shoes. I was beginning to believe that I would never be able to do all the things I loved again. I started to accept the fact that I would never be the same. I was bitter one minute, felt hopeless the next and I was angry at the world. I just couldn't believe this was happening to me. Well, if you have ever felt like sickness or injury has taken away your life, read on, because my story takes a happy twist. After months of pills that were making me sick, impossible exercises that made my back hurt worse and shots in my spine that made me break down and cry, my family doctor scheduled me to see a surgeon. Now spine surgery has improved a lot since I was in high school, but it still is something I feel you should avoid, if at all possible. And the truth is, there was nothing in my spine that a surgeon could remove that would make me better. The doctor that fixed my back was a chiropractor. Now my family knew nothing about chiropractic medicine back then and frankly we just didn't believe in it. My family doctor not only didn't believe in chiropractic. In fact, he was dead set against it! But I was desperate, it was either the surgeon or the chiropractor. *What happened next changed my life forever!* Even though I didn't know what to expect, I chose the chiropractor. I was only a kid in high school at the time, but I figured anything that could help me avoid a back operation was worth a try. But I also was still really nervous. Everything the medical doctors did really hurt, would the chiropractic treatment hurt? Could he even find out what was wrong with me? After all none of the other doctors knew what was wrong or how to fix it. My chiropractor told me not to worry...that the spine wanted to re-align and the *adjustment he was about to give me wouldn't hurt at all*. **Boy was he right.** He slowly

Lack of knowledge prevents sick patients from getting well

positioned me on his table and I heard a little pop. I immediately felt relief of my back pain. In fact the improvement was so dramatic that from that very moment, I knew that one-day I was going to be a doctor of chiropractic. Forget scoring touchdowns, I wanted to help people the way my chiropractor helped me. I needed a few more adjustments, but after months of suffering I was back to normal within several weeks of chiropractic care. without drugs or surgery! It's strange how life is, because if I never hurt my back, I probably would have never learned just how amazing chiropractic treatment can be. Now because of my injury, way back in high school, people come to *me* for relief from *their* lower back pain. I also help patients with headaches, migraines, fibromyalgia, chronic pain, neck pain, shoulder and arm pain, whiplash/car accidents, back-aches, asthma, allergies, numbness, of course sports injuries and even stomach problems, just to name a few. Because of my personal experience, I often feel that I was born to be a doctor. To me it's not a job, but rather a calling. See I believe it was no accident that I hurt my back. This belief has led me to study new and better ways to help sick people get well. So after I graduated from chiropractic college, I started to search for methods that were even more gentle and soothing than the ones my chiropractor used on me. Methods that worked even faster so that my patients could save time and money. Natural treatments, that don't rely on dangerous drugs, painful shots or surgery. I'd been through all that and it's no fun!. In my mind, I always figured that if I was meant to help sick people get well. And if sick people were depending on me, it was my duty to study the best methods available at the finest schools. And that's what I've done for the last 20 years. Don't think I'm bragging, because, I didn't go to these schools for me, I went to them to learn how to better help my patients. I wanted the best for my patients so I started taking classes at schools like **Harvard, Johns Hopkins and the Mayo Clinic.** After using what I learned on 1000s of patients, it became clear to me that the best way to quickly help large numbers of people, with all sorts of challenging conditions, was to combine chiropractic, acupuncture and nutrition. This combination of therapy allowed me to offer hope to patients with even the most complex and difficult conditions. I developed a

reputation for helping patients the MDs gave up on. Just how effective is this combination of care? Well, many of the results we obtained with our patients were so remarkable, they were featured on the local FOX, ABC and NBC evening news. Recently two cases that responded to our care, when all else failed, were published in a journal indexed in the National Library of Medicine. After years of helping thousands of people with all sorts of difficult conditions, Who's Who in Medicine ranked us as one of the countries Top Ten chiropractors. The Consumer Research Council of America rated us among the Top Chiropractors in America. All the latest knowledge and sophisticated treatment plans doesn't mean very much if you don't feel comfortable with your doctor. That's why I'll never forget what's it like to be a patient. That's why I freely share the techniques I've developed with the community. That's why I take the time to create and distribute my newsletter.

I've seen too many people suffering needlessly, because they just don't know that there are viable alternative treatments for their condition. That's why we create and distribute our newsletters: to empower people with information. ~ Dr. K



So if you have immediate health care concerns, give us a call. I provide free phone consultations to patients. If you know someone who might benefit from our newsletter. Send us their email address. Taking a few seconds to pass along our newsletter might just change someone's life for the better. Care enough to share this info. Helping people is what motivates me to research, write and publish this newsletter.

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PS: This is the only newsletter that talks about me. All other newsletters contain remedies, methods and techniques to help sick people get well. ~Dr. K