



Dr. Kukurin has studied at some of the world's finest institutions including Harvard, the Mayo Clinic and Johns Hopkins. He has applied his knowledge of acupuncture, chiropractic and rehabilitation to more than 10,000 patients over the past two decades. The unique methods he developed, along with his vast experience in patient care, allow him to treat even the most difficult cases quickly and effectively. The results our patients experience are exceptional. They have been featured on ABC, FOX and NBC news affiliates; have been published in the National Library of Medicine and even presented to other doctors at Johns Hopkins Medical School. Dr. Kukurin's reputation for providing world class patient care has been recognized by The Consumers Research Council of America, Who's Who in Medicine and Who's Who in Leading Professionals. Making Dr. Kukurin, one of the country's top chiropractic physicians.

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# Effective Home Remedies that Doctor's Give Their Patients

## Auto-immunes disease: When the body attacks itself.

There is a group of diseases collectively known as auto-immune disease, or connective tissues disease. These diseases are characterized by defects in the immune system, which cause the body's self defense systems to turn on healthy host tissue. The fundamental flaw is that the immune system can't distinguish between harmful invaders like bacteria and viruses, and normal tissues like cartilage, or a person's salivary gland. It also is what makes auto-immune disease so difficult to treat. We need our immune system to protect us from "bad" guys, but we don't want it to harm innocent civilians. The pro

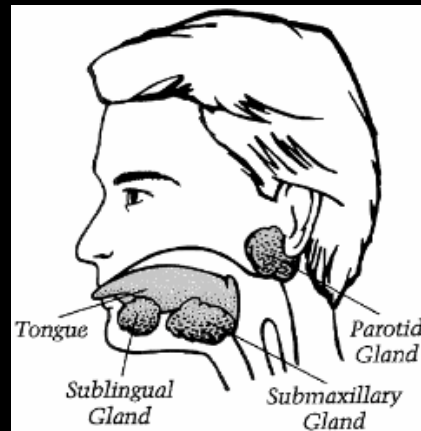


Figure One: Sjogren's Syndrome

cess by which the immune system protects our cells, while killing only harmful cells is incredibly complex. It involves multiple cascades of chemicals and pathways that interact with one another.

## This issue: *Alternative Medicine Info* to help with auto-immune disease.

When these pathways fail to interact in the way in which they were intended, our immune system which is supposed to be our guardian, becomes our enemy. When it turns on our own cells, it produces chaos. Not only does it destroy healthy tissue, but it produces secondary damage by activating many of the complex cascades, which promote inflammation. Depending on which of our cells the immune system attacks, a patient may have damage to their salivary glands and have Sjogren's Syndrome. If it attacks mainly the joints, a patient will have rheumatoid arthritis. If multiple tissues are affected, the diagnosis will be Lupus. While the exact mechanisms of tissue damages in these and other auto-immune conditions differ, they all can be traced back to a faulty immune response. Because they all are auto-immune conditions there is much overlap of the

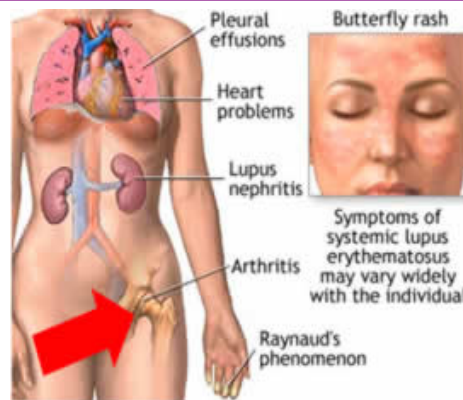


Figure Two: A common sites tissue damage from the effects of Lupus..

signs and symptoms of the various diseases. The goal of treatment of these diseases is to minimize the immune system's attack on friendly tissue, while not suppressing it so much that it can't defend us from invading bad guys.

# What can alternative medicine offer patients with auto-immune disease?



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Rheumatoid arthritis (above), affects joints on both sides of the body. This bilateral or symmetrical pattern of pain is an important clue that a patient has rheumatoid arthritis rather than simple wear and tear arthritis.

As we discussed previously, the immune response is incredibly complex. That makes treatment of auto-immune conditions challenging, but it also provides many potential therapeutic targets. For example concentrated green tea may help prevent damage of the salivary glands in Sjogren's Syndrome.(1,5) High Lignan flaxseed and several Chinese mushrooms appear to protect the kidneys in patients suffering from Lupus.(7-13) Extracts from the Green Lipped Mussel may reduce some of the pro-inflammatory chemicals that are elevated in patients suffering from rheumatoid arthritis.(14,15) These natural substances may help to correct some of the immune system abnormalities found in auto-immune diseases. Caution is advised however, before considering any of these natural remedies, consult with your pharmacist and have him or her check for potential interactions with your prescription medications. Not all "complimentary" herbal remedies are complimentary.

## Non-pharmacological treatments for auto-immune diseases.

There are some alternative medicine treatments that may offer significant benefit to Lupus and other auto-immune disease patients. Acupuncture may not only reduce pain and swelling, but may also help to modify the immune response.(16) Exercise, once thought to be forbidden for patients with auto-immune diseases, now appears to be quite beneficial. (18) Most auto-immune patients (really most people) know that reducing stress is important for health and longevity. We all talk about it, but few patients ever seek the help of professional counselors. Just having a chronic disease in-and-of-itself produces tremendous psychological distress. A randomized study found that stress reduction techniques produce significant improvement in patients' suffering from Lupus. Reducing pain levels and increasing physical functioning..(17)

**There is nothing covered, that shall not be revealed; and hid, that shall not be known. -- Bible, 'Matthew' 10:26.**

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