

# 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. 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

Neck pain is a common condition and often linked with headaches. Neck pain is one of the most frequent reasons patients present to our office for help. The neck is a very complex structure. It must support the weight of the head, which typically weighs 8-12 pounds on average (the same as a bowling ball). It must also be extremely flexible, allowing us to do important tasks like looking over our shoulders when changing lanes on the freeway. The neck is remarkably designed, but the physical and mechanical demands we place on it often exceed its wonderful design capabilities. The result is neck pain and/or headaches. So what exactly causes the pain in our necks and what can we do about it? Let's talk a little bit about posture and in particular two postures that are closely associated with neck pain. The first posture is how the head lines up with gravity when viewed from front to back. Remember the head weighs as much as a bowling ball, so if the center of gravity deviates left or right of center, the muscles have to start to work to hold your head up against gravity. Its pretty straight forward, the better the weight of the head is lined up over the spine, the less the muscles have to work to hold the weight of the

head up. The further the center of the head deviates from normal, the more muscle activity is required. These muscles start around the mid-back and attach in the base of the skull. So if you are feeling tightness in your neck, shoulder or even as far down as your mid-back, there is a good bet your head is not lined up well over your neck.

The second and more common misalignment that is associated with neck pain and headaches is known as head forward posture.

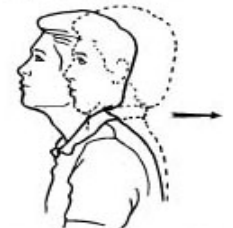


This places enormous mechanical strain on the neck muscles and also over time actually changes the ligaments and other tissues that support the spine. Researcher have also found a peculiar quality of the neck muscles as they relate to the neck pain. It seems that the further the head goes forward, the more the neck muscles must work , but at the same time the less mechanically efficient they become. [3]

### This issue: *Alternative Medicine Info* to help people suffering from **Neck Pain**

To the right is a simple exercise that may reduce neck pain, relieve pinched nerves in the neck and change posture to a more stable configuration. To do it, keep your eyes level with the horizon, push the back of your head backwards, as if you are trying to touch the back of your head against the wall behind you. Don't allow your shoulders to move. You want to move your head in relationship to your shoulders. Hold for a 5-10 count, then release. Repeat 10-20 times, 1-2 times per day.

CERVICAL SPINE - 25  
Flexibility: Neck Retraction



Pull head straight back keeping jaw and eyes level.



Specific chiropractic adjustments can relieve neck pain and restore normal alignment of the vertebrae and muscles. [1-2]

Chiropractic care can safely relieve pain in the neck and upper back, Neck adjustments are safer than aspirin and correct the cause of neck pain.

#### Special points of interest:

- Abnormal Posture will perpetuate neck pain
- Failure to correct neck misalignment may lead to arthritis
- The muscles supporting the neck need to be realigned for maximum benefit.

## You spend many hours sleeping. Is your neck supported at night?

Stated another way as the head misaligns, the neck muscles expend twice the amount of energy and can only perform ½ the work. It is any wonder that postural abnormalities produce tight and painful muscles? And if the cause of these tight muscles is not corrected (the abnormal posture), massage or Advil or even many types of chiropractic manipulation will not provide permanent relief. Improper postural alignment of the head and neck not only produces painful tight muscles and looks bad, but recent research confirms what chiropractors have believed to be true for many years. Spinal misalignment over time, produce arthritis and degeneration in the bones, muscles, disc and ligaments of the spine. [7,10]. In the neck this will lead to pinched nerves (spondylosis) or even pressure on the spinal cord itself. (A condition call myelopathy) (continued top right >>>>)



And while it is possible to sometimes treat myelopathy without surgery, it's much better to try and prevent the condition in the first place. Now we all know the value of keeping our cholesterol low, and visiting the dentist to prevent tooth decay. Keeping our weight down and limiting salt intake. *So what are you doing to prevent your spine from deteriorating?*

***Keeping your spine in alignment rather than just treating the symptoms is the way to prevent really bad tough problems later in life. It does require a little work on your part, just like watching your cholesterol. But it can be done and should be done, if you value your health. Call today to schedule your preventive maintenance care. ~Dr. Kukurin***

### ***Stress can increase the tightness of your muscles. Aggravating or even causing neck pain or headaches***

As we discussed above, prolonged misalignment of the head and neck can lead to arthritis and degeneration in the spine. As with all health problems, it's much better to correct and prevent deterioration before permanent tissue damage has occurred. But what can you do after degeneration and permanent changes have started? Well it is very important to keep good posture at work, play and even while sleeping. Once cartilage degeneration has started a good "joint food" like Uni-Joint is important to retard or arrest cartilage damage. Acupuncture and or massage can relieve painful tight neck muscles and abolish headaches.[8,9] Muscle alignment technique is a new method that produces outstanding results not only relieving pain, but also helping to correct the spine and restore spinal alignment.

You have to turn your head to breath when sleeping on your stomach. This places great stress on the spine and muscles of the neck. Causing neck pain and headaches. Sleep on your back or on your side in a neutral position to avoid placing stress on your spine. Consider a specially designed pillow.



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