



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

## Effective Home Remedies that Doctors Give Their Patients

As a doctor, I really feel for my patients with recurrent migraines and other headaches. I've suffered from back pain most of my life, but luckily I rarely get headaches. It amazes me that people who suffer from frequent headaches can function at all. I know I'd be in big trouble if I got regular headaches. In the last 10 years hundreds of patients suffering from migraine, tension and all sorts of headaches have come to me for treatment. And I can say we have had really good success helping them to diminish both the frequency and intensity of the headache attacks. Many times headaches were completely eliminated. Because so many people have come to depend on me for relief of their headaches, I've searched the files of the National Library of Medicine to find safe effective answers for people suffering from different types of head pain. I'm going to share with you, what I've found to be effective for patients that

came to me for relief. Two really important things I've learned while helping people with their headaches are 1. Each patients is different and what works for one might not work on another patient. And 2. If you keep looking for a solution to a patient's headaches you're eventually likely find one.



**Spinal correction methods in our office are safe and effective. No amount of medication can restore the spine to it's normal alignment. (above)**

### This issue: *Alternative Medicine Info* to help people suffering from **Headaches & Migraines**

Although this finding is not universally accepted, some studies suggest and my experience in treating hundreds of headache patient confirms the existence of what I call headache postures. The most well documented headache posture is known as the head forward misalignment. See *the illustration 1 below*. A less well known headache posture is also

illustrated. The so called cocked head posture *Illustrated in figure 2*. Patients suffering from headaches will usually have one or both of these spinal distortions. And correcting these abnormal postures frequently reduces or even eliminates various types of headaches. Specific chiropractic adjustments can reverse these abnormal postures and provide excellent relief of headaches.



1. Head forward posture

Patients with headaches often have these two abnormal resting postures.

**Head forward Misalignment**

and/or

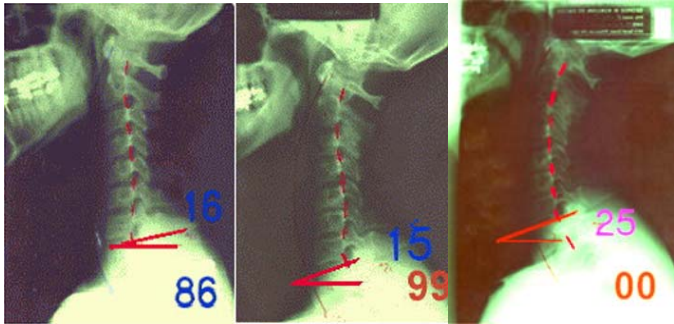
**Cocked Head Misalignment**



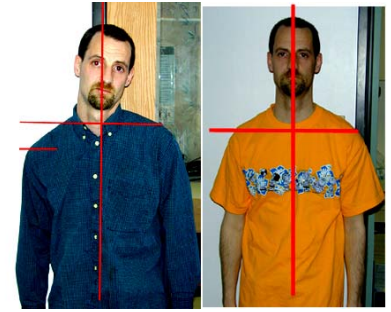
2. Head Cocked Posture

## Since we know that certain postures can be associated with headaches, the next question becomes, what can we do about it?

When we see abnormal postures in pictures of our patients, what we are really visualizing is the external representation of internal spinal dysfunction and poor alignment. Below are a series of radiographs. The radiographs below are the same women. The one on the left was taken in 1986, the one in the middle was taken in 1999. During that time period, the women was taking all sorts of medications for headaches. As you can see the abnormal curvature in her neck remained



virtually unchanged over 13 years. The third radiograph shows the same woman with improved neck alignment, in early 2000. After only a few months of spinal corrective care in our office. The correction of the spinal misalignment reduced the frequency and intensity of her headaches. This case demonstrates that years or drug therapy can not restore the spine to its normal correct alignment.



Above is a case from our files. This gentleman had suffered from headaches for months. The medications he was taking could not restore his spinal alignment, merely mask his symptoms. Both his abnormal alignment and his headaches were restored to normal in a matter of a few weeks.

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

Everyone thinks acupuncture requires needles. Traditional acupuncture uses needles, but alternative methods can also be effective. Deep pressure, like deep massage is effective in treating trigger-points. Also electrical stimulation, like a TENS unit, can also be effective. Acupuncture works by stimulating nerves. So any form of stimulation has the potential to stimulate an acupuncture point. Acupuncture treatments have been shown to be effective in the treatment of chronic headaches. The acupuncture points can be measured with an electrical meter. The patient to the right is receiving

an electronic acupuncture treatment.

*Acupuncture can be done with needles, electrical stimulation or deep pressure over the points.*



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