

Kukurin Chiropractic-South Side

2415 Sarah Street Pittsburgh Pa 15203
412.381.4453 www.alt-compmed.com

You should choose your doctor like your health depends upon it!

Why choose Dr. Kukurin?



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, rehabilitation and other forms of complimentary medicine 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 quickly determine the best, most effective treatments for his patients. Patients can expect to benefit from Dr. Kukurin's reputation as a specialist in treating difficult and complex cases, through shorter treatment times and quick relief from pain. This saves his patients money, time and the frustration of going from doctor-to-doctor in search of answers to their health care concerns. By combining various forms of complimentary medicine under one roof, visits with Dr. Kukurin are convenient, safe and effective.

The amazing results of his exceptional commitment to world class patient care, have been featured on ABC, FOX and NBC affiliate newscasts. Dr. Kukurin's work has been published in scientific journals indexed in the National Library of Medicine and presented at Johns Hopkins Medical School.

Guarantee

- 100 % Satisfaction
- Accurate insurance quotes
- Vitamins

** Note terms of this guarantee later in this newsletter. **



Hi, I'm Dr. George Kukurin and I've been practicing various forms of complimentary medicine for more than two decades. I know that Chiropractic, Acupuncture and Ayurveda can help restore patients to health when all other forms of medical care have failed. I've seen it happen in my practice time-and-time again. But I knew these alternative types of medicine could help things that don't respond to traditional drugs and surgery long before I studied them. See back when I was a kid, in high school, I hurt my back severely. I was supposed to have back surgery. Much to my delight and I'll admit much to my surprise, a chiropractic doctor saved me from back surgery. I just can't imagine the terrible shape I'd be in today, if I had back surgery way back when I was a teenager. Chiropractic, acupuncture and other forms of natural therapy literally have been a Godsend.

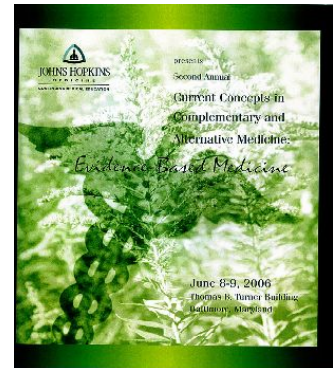
**Chiropractic
Acupuncture
Ayurvedic Medicine
Laser Therapy
Applied Neurology**

I have more than 10,000 patient files in my offices, but it amazes me that only about 10-15% of Americans have ever seen a chiropractic physician. Daily I help people suffering from whiplash, fibromyalgia, slipped discs, headaches, sciatica, carpal tunnel syndrome and all sorts of severe and painful conditions.



Most, if not all, of these patients have tried other forms of medical management. They are taking pills, have had injections, many even have had surgery without benefit. When I ask them why they didn't try something safe and simple like chiropractic, most just shrug and say they never knew chiropractic could solve their particular problem. Its funny, because of my back injury and the help I received through chiropractic care, I just assumed that everyone knows about the benefits of chiropractic therapy. The sad truth is most people have no idea what chiropractic is and what it might do for them and the people they care about. That's why I created this brochure, to introduce you to my profession and hopefully change your life for the better, like my chiropractor changed mine. ~ Dr. George W. Kukurin

We conduct our practice based on one core principle, that it is an honor and privilege to provide health care to our friends and neighbors.



Our dedication to world class patient care has translated into remarkable results for our patients. We have presented the results our patients have obtained at Johns Hopkins Medical School (twice)!

What we do daily in my office is an outstanding compliment to standard medical care. Many people have found that chiropractic, acupuncture, muscle therapy and nutrition can correct problems that just don't respond well to standard drugs, injections or even surgery. I know because I'm one of them. I was able to avoid back surgery through chiropractic care. Since I personally discovered that many forms of alternative medicine can be a safe and effective compliment to standard medical care, I've been on a mission to seek out and incorporate the best, most effective methods of chiropractic, acupuncture and muscle therapy, combine them in my own unique special way and use them to improve the health and well being of my patients. We conduct our practice based on one core principal, that it is an honor and privilege to provide health services care to our friends and neighbors.

You should choose your doctor like your health depends upon it!

They have strange sounding names, like Advanced Biostructural Therapy, Spinal Tetrahedron, Atlas Coccyxgeal Technique and Logan Basic. Why does it matter? In a word, not all techniques for treating the spine are created equal. Some require a huge commitment in time, money and energy. Some require a rigorous exercise program following initial care to maintain their effectiveness. Some are nothing more than pain relief without correction of the underlying problem (like a glorified aspirin). Others are aggressive and can make you feel worse before you feel better. Our patients can expect to feel and see visible results from our care within 4-6 visits. That's why we have a 4 visit diagnostic and treatment care plan. Our specialized methods typically produce measurable results in about one week. After this initial short care path we can formulate individualized follow-up recommendations that offer you the best possibility for long term correction of your problem. *The first principal of patient care in our office is to provide measurable improvement in our patients' condition as quickly as possible.* That is why we are constantly up-dating our methods. To provide better, faster and more effective treatments, that produce long lasting results. Healthcare knowledge is constantly evolving and our methods are evolving with it. We believe our patients deserve the most effective treatments available, and we work hard to provide it.



Muscle alignment technique is just one of the methods I use (pictured to the left) to produce dramatic correction of the spine (below). These spinal changes occur consistently and predictably.



Sign-up for our free eNewsletter to find out more 412.381.4453

Harvard Medical School: What can be said about reputation of Harvard? It just may be the finest school in the world. That's why when Harvard offered post graduate education and training in low back pain treatment, I just had to travel to Boston to learn the best most effective techniques in managing back pain. The information I obtained from this class has guided my management of thousands of patients with back pain. I received post graduate education in acupuncture, herbs and other forms of alternative medicine through Harvard. My education at Harvard also included the study of electromyography. This is the use of sophisticated tests of the nervous system. These tests help me to identify the source and cause of many painful conditions. Once the cause of pain is located, effective treatment is possible. This training has helped me help hundreds of patients with difficult and complex cases over the years. **But I'm sure you are thinking, great he has helped thousands of other patients, can he help me with my problems?** That is why I created my "Ask-the-doctor" program. I provide no-cost, no obligation phone consultations to discuss your health and how we might be able to help you with your problems. Just call my office at 412.381.4453 and we'll arrange a time to chat about your health. It's completely free. When was the last time a doctor offered his time to you at no charge? So take advantage of it.

Johns Hopkins Medical School in Baltimore has some the best and brightest minds in the world. Medical breakthroughs are routinely developed at this world class medical center. If you want cutting edge health care information, Johns Hopkins is the place to find it. That's why, when I wanted to offer nutritional counseling to my patients, I traveled to Baltimore to receive post graduate education in nutrition at Johns Hopkins. The training and information I received there helped me to develop my own nutritional supplements that produce some amazing results. We have been able to create these specialized formulas, combine them into *dose packs* that are more effective, more convenient and less expensive than other nutritional supplements available without a prescription. After attending many classes at Johns Hopkins, I was asked to present the results of some of my own methods to a group of other doctors at Johns Hopkins in Baltimore.

Now my job as a chiropractic physician is to help my patients recover from pain without surgery. To do this we combine such modern techniques as axial spinal decompression therapy, with Laser Acupuncture and flexion distraction therapy. There are many ways to decompress the spine, one we have found to be highly effective is the Vertetrac Spinal Decompression Belt™. This belt uses a hydraulic mechanism to separate the vertebrae, shrinking disc herniations, reducing stenosis and taking the pressure off the sciatic nerve. It is a simple yet effective therapy to decompress nerves in the lower back without injections, drugs or surgery. Since we try to prevent surgery, you may wonder why I attended classes on the latest techniques in back surgery at **The Mayo Clinic**. Well the answer is simple, I treat complex and difficult back cases. And while we have had great success in helping our patients avoid surgery, there are patients (in spite of our efforts) who need it. By understanding the many surgical techniques available, we are able to advise our patients about the different types of back surgery. Since I have no vested interest in the surgery, (only a vested interest in helping you avoid surgery) I can give an unbiased honest opinion of what I would do, if I needed surgery. If you'd like to discuss your situation, use our *Ask-the-Doctor* program. Call me today at 412.381.4453

The Vertetrac™ lumbar decompression belt, used for discs, stenosis and sciatica. (right)

If you have been told you need back surgery, I urge you to use our "Ask-the-doctor" program to discuss possible alternatives to surgery with me. If you have already had surgery and are still in pain, call me and I'll tell you our approach to failed back surgery syndrome. The call is free, the information may be priceless. ~ *Dr. George W. Kukurin*



Russia and Mexico: The Russians have led the world in the development and application of laser therapy in treating the human body. I traveled to the People's Friendship Medical School in Moscow several times to study these remarkable techniques. I was awarded a Clinical Ordinatura, by the University. Combining Russian concepts of Sports Medicine with Russian techniques of Laser Acupuncture has helped my patients recovery from illness and injury more quickly. I also traveled to Guadalajara Mexico to study techniques in nerve regeneration under professor Antonio Magana, at the **UNICO Medical School**. Dr. Magana, has pioneered techniques in nerve stimulation that restore function in patients with spinal cord injuries. The results I observed in Dr. Magana's patients were "jaw dropping". By combining techniques from the best schools in America, Mexico and Russia, we are able to offer unique treatment programs that are not available in any other health care facility. **Subscribe to our free eNewsletter to learn more about these techniques.**

You should choose your doctor like your health depends upon it!

The four pillars of health

- Good conservative medical care
- Proper Nutrition
- Consistent Exercise
- Maintenance of your frame/spinal structure

You should want to not only live a long life, but a healthy, productive long life. We believe that the key to achieving a long, fulfilling, happy and productive life is through great attention to the **Four Pillars of Health**. You probably have heard the term alternative medicine. Chiropractic, Acupuncture, Ayurveda and some of other forms of treatment fall under the classification of *alternative medical practices*. Well frankly, I don't believe in the term "alternative medicine". You see, all the things we do for our patients, while often producing results that medical doctors envy, do not and can not serve as an alternative to good conservative medical care. I prefer to think of the things that we do as important, safe and effective compliments to your medical care. So who should use complimentary care? Anyone who wants to avoid taking unnecessary medications, having painful injections or undergoing surgery, that's who?

The next pillar of health is **Diet and Nutrition**. *There is no greater truth than: you are what you eat*. Unfortunately, what we eat in the typical American diet is too high in fats, too high in sugar and other carbohydrates, too low in fiber and too low in vitamins, minerals and other essential nutrients. The leading killer diseases in American are linked to poor food choices. Cancer, heart disease, diabetes; is your diet killing you? You can't live long or healthy if you ignore your diet. That's why we include nutritional counseling as an important part of what we do.

So who should use complimentary care?

Anyone who wants to avoid taking medications, having injections or undergoing surgery! That's who.



You maintain your teeth, your eyes, your blood pressure, your cholesterol even your car, why would you neglect your spine and let it deteriorate?

Exercise. There is no question that regular exercise helps you live longer and have a better quality of life. You don't have to run marathons or swim the English channel. Simply walking and maybe a little light resistance training, will work wonders for you. We will help you start a safe, simple and effective exercise program that is custom designed for your needs. One that you can do at home without expensive equipment. One that works with your body, to build it up. One that won't do more harm than good.

Pillar Four: Your Frame. Most people don't realize that nearly 3/4ths of their body consists of muscles, bones and nerves. The most neglected pillar of health is your frame. Simply put, you can not enjoy life with a painful, degenerating, twisted, broken-down structure. If you don't maintain your structure you can't exercise. If you are forced to eat pain pills, it hurts your nutrition. At the core of your structure is your spine. Unlike teeth, knees and hips, you can't have a spine replacement. Neglect it and you will pay the price later in life. When was the last time you had your spine checked? Remember, you only get one!

One system of the body that has always fascinated me is the nervous system. The nervous system is the brain, spinal cord and all the other nerves that run through the body. What makes the nervous system so fascinating to me is the fact that it continually monitors and makes corrections in virtually every tissue and organ in the body. It is more complex than even the most advanced super computer. Since it is the control and command center of the body, when things go wrong in the nervous system, far reaching problems can occur in almost any other part of the body. Since I've always been interested in the nervous system, when a post-graduate program was developed within the chiropractic profession, I jumped at the chance to learn more. I was in the charter class of **board certified chiropractic neurologists**, my certificate is #25. I guess because I am so interested in the subject, I did exceptionally well on my board certification exams. I scored the highest score in the country. Understanding the nervous system has helped me to help patients with headaches, fibromyalgia, bad discs, stenosis and all sorts of painful conditions. If a doctor understands how to control the function of the nervous system, he can help many patients with all sorts of complex problems. My application of chiropractic, acupuncture, exercise and even nutrition are all influenced by my training and education in neurology. It has allowed me to apply common methods of pain relieve, in a different and unique way. If you have had ongoing health care concerns, schedule a complimentary phone consultation with me. I just might be able to offer you a fresh new perspective and treatment approach. You can find out with a simple phone call!

Acupuncture and Red Needle Acupuncture: I've studied traditional acupuncture and also Western acupuncture. The Western approach is based entirely upon the nervous system. Combining traditional and Western theories of acupuncture with my extensive background in neurology, has allowed me to develop some of my own theories in the application of acupuncture. I was asked to present some of my results at a conference at Johns Hopkins Medical School. When I studied in Russia, I learned quite a bit about the use of Lasers to treat painful conditions. Lasers have unique properties and produce effects in the body that are unlike any other therapy. Combining Laser therapy with acupuncture (by beaming the Laser directly on the acupuncture points) is what I call **Red Needle Acupuncture**. It seems to magnify the therapeutic benefits of the two individual treatments. I also combine ultrasound therapy with acupuncture theory. These combined therapies appear to *super-charge* the body's respond to treatment. Providing faster, more complete recovery than single treatments given alone.



Red Needle Acupuncture above. A low level laser light is applied over and around the traditional acupuncture points. The technique is safe, painless and is producing amazing results. Laser acupuncture is an exciting alternative to traditional needle acupuncture.

I have been personally treated with classical acupuncture and I have often treat myself with laser acupuncture. From my own personal experience, I can tell you that I think the results of laser acupuncture can be truly amazing. It often helps people with problems that do not respond to any other medical therapy. When you shine a laser over an acupuncture point, you combine two of the most amazing therapies available. One from 2000 B.C. the other from the 21st century. *Call and ask me about it, or subscribe to our free newsletter. 412.381.4453*

You should choose your doctor like your health depends upon it!

It seems so straight forward, *choosing your doctor like your health depends on it*. But so few people consider that the success or failure of their treatment depends on the education and knowledge of their doctor. Furthermore, having knowledge without also having a wide range of equipment to provide the best treatment available for each patient leads to poor results. We are dedicated to constantly up-date and improve our education, training, methods and techniques, so you, our patients, will have the best possible response in the shortest possible treatment time. We furthermore want to assure you that you will be treated with respect, kindness and compassion. We are so dedicated to offering a memorable healing experience that **we guarantee your complete satisfaction.**** Finally, we are well aware of the fact that maintaining your health while worth it, can be expensive. That is why we participate in virtually all insurance plans. If you have health insurance, yes, we will accept it. If you don't currently have health insurance, we don't want you to suffer and be forced to choose between your health and your wallet. We have all sorts of budget plans for our friends that lack insurance. We offer generous discounts to families and senior citizens. We encourage you to sign-up for our free newsletter. It contains valuable health promoting information. Home remedies that we use to help our patients avoid doctor visits. Tips and tricks to keep you and your family healthy and happy. It is our pleasure to provide these newsletters to our friends and neighbors free of charge. Just call us to sign up, its completely free. 412-381-4453

Special Programs Available at Kukurin Chiropractic

Pain Relief: You will not find a greater array of pain relieving techniques under the same roof anywhere. We blend Chiropractic, with Acupuncture, Physiotherapy, Ayurveda with Laser and herbal/nutritional therapies. If you are in pain, call us right now!

Spinal correction: We use the most advanced techniques in spinal correction combined with muscle alignment techniques to produce visible changes in alignment of the spine in patients with scoliosis and abnormal posture.

Fibromyalgia: We developed our own blend of herbs that when combined with our other forms of therapy, routinely produce 50-70 point improvements in our patients with fibromyalgia. There is hope in our office!

Perimenopause: With growing questions about the safety of hormone replacement therapy, ask us about our nutritional non-hormonal therapies for hot flashes and other hormone related conditions.

Spinal Decompression: Please don't have surgery on your back before you talk with us about non-surgical spinal decompression options. We have had very few of our patients require surgery over the past 20 years. If you have had surgery and still have pain, we may be able to help you. Call us!

If you need immediate help, we can see you today. If you have questions about how we would correct your particular condition, use our *Ask-the-Doctor* program and receive a complimentary consultation with me. There is never a charge or any obligation to proceed with the treatment we recommend. If you would like more information simply sign-up for our office email newsletter. We never release your email address to a third party. There is no charge for our value-packed newsletter. Call us today, a friendly person will be glad to assist you. ~ *Dr. George W. Kukurin*



We would like to guarantee every patient will obtain complete recovery from their condition. However, no matter how hard we try to be the absolute best health care facility you have ever visited, ***we can not guarantee a cure.*** We are, after all, only human. But there are things we can guarantee you. First, that you will be welcomed to our practice and treated with complete respect and dignity. Our staff are all professionals. We will check your insurance coverage and provide a written determination of your financial responsibilities. If we mess up, you will never be charged more than the amount we originally quoted to you. We have formulated our own special combinations of nutritional supplements. We stand behind them. If you for any reason are not completely satisfied with your nutritional supplements, simply return the unused portion for a full and prompt refund. We are committed to making your visit with us a pleasant and memorable experience.

You have my word on it! ~ *Dr. George W. Kukurin*

Contact our office • ph: (412)381-4453 • web: www.alt-compmed.com • eMail : gkukurin@earthlink.net