

Effective Home Remedies that Doctors Give Their Patients



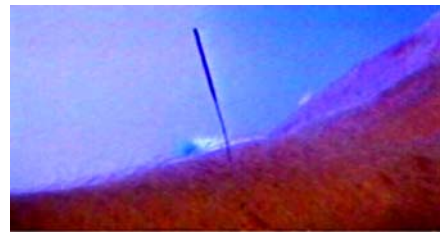
Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patient's pay for in my office So I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters just give me a call. ~ Dr. K

Now I don't recommend sticking needles in yourself. But some light pressure over an acupuncture point may give you some temporary relief.

Acupuncture is 2-3000 years old. In the ancient theory of acupuncture, channels called meridians, carried energy known as "Qi" or "Chi" throughout the body. Qi energy was believed to nourish and heal injured tissues. When the channels became blocked, Qi would be unable to reach damaged tissues and the tissues would become diseased. Almost like cutting off the water supply to a plant.

Acupuncture needles were used to open blocked channels and restore the normal flow of energy, Qi, throughout the body. With the flow of Qi restored, healing could take place. So acupuncture points on the channels were considered "valves"

that could open the channel and allow healing energy to flow through the tissues. The acupuncture masters, wrote of "Master Points" which opened the energy channels to specific areas of the body. By pressing firmly on these master points you can often relieve your symptoms. The Master Point for back pain is on the crease behind the knees. The Master Point for Headache is between the thumb and index finger on the back of the hand. The Master Point for spine pain is near the finger nail on the little finger. The Master point for the nervous system is near the Achilles tendon of the feet. Press firmly, these points are usually tender to pressure. Stimulation of them may help you out .



Acupuncture needle in Dr. Kukurin's forearm.

Journal of Rapid Pain Relief

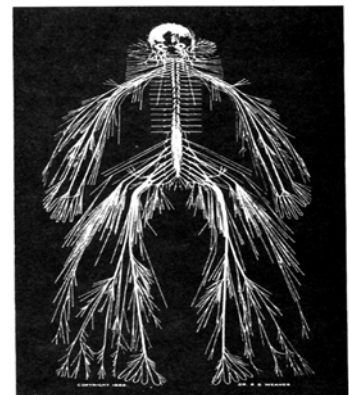
This issue: Acupuncture

In American acupuncture, points are selected for treatment based on the nervous system. Needles are inserted into the body to stimulate "switches" in the nervous system. One nerve is stimulated to turn another nerve off. Just like an old time telephone switch board routed signals, acupuncture is used to route messages throughout the nervous system.

The illustration below is what the human body looks like if every tissue except for the nervous system were removed. If you compare an acupuncture point chart with this picture of the nervous system, you quickly see that most acupuncture points are found associated with the nerves of the body.



Acupuncture works like a telephone switching station, routing signals in the nervous system.



The Science of Acupuncture: where East meets West.

Because the nervous system controls and coordinates *EVERY* function in the body, a therapy which allows you to fine tune the nervous system has great potential to promote normal function and healing. Most Western practitioners believe that acupuncture works through it's ability to alter the function of the nervous system. Stimulating nerves at the acupuncture points, changes the signals traveling in those nerves. Modern neurophysiologic research demonstrates that stimulation of acupuncture points on the surface of the body can actually change the chemistry of the nervous system deep within the body. The nervous system may actually permanently change it's structure in response to acupuncture stimulation. A process known as neural plasticity. So a course of acupuncture may not only temporarily reduce pain, but may also re-structure the nervous system and result in long term improvement.



The modern way of doing acupuncture doesn't involve needles at all. The picture to the left shows Laser Acupuncture. The Laser light penetrates the acupuncture point without using a needle. Research shows that Laser "lights up the brain."

The effectiveness of acupuncture is related to proper point selection. It doesn't matter how the point is stimulated. We use Laser and electrical point stimulation in our office. This is a safer and painless alternative to needles.



Acupuncture and the nervous system.

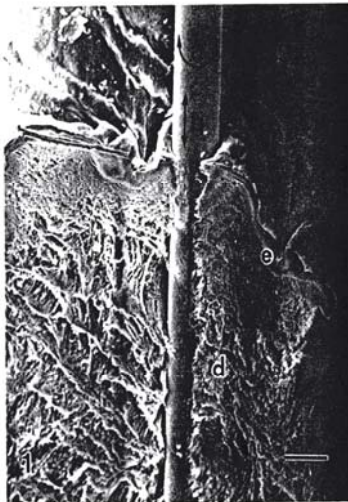
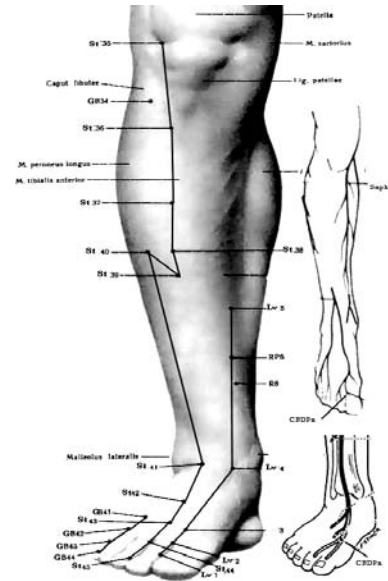


Fig. 1. Scanning electron micrograph of an acupuncture manipulated needle within the hairless rat skin. Arrows indicate the needling directions. Twisting-needling (a). Sparrow pecking-needling (b). Dermis (c). Epidermis (c). Bar=0.2mm X100

Left Electron micrograph of an acupuncture needle inserted into an acupuncture point.

Right: Note how a traditional Chinese Acupuncture Meridian corresponds closely with the main peripheral nerves of the lower extremity. The association of acupuncture meridians with peripheral nerve is well established.

If you would like a free consultation with Dr. Kukurin to discuss how acupuncture may help you with a specific health concern, call our office today. Dr. Kukurin will be glad to speak with you.



1. **Am J Chin Med 1992;20(1):25-35** Electron microscopical and immunohistochemical studies on the induction of "Qi" employing needling manipulation.
2. **Brain Res 1992 Apr 10;577(1):80-91** Electroacupuncture modifies the expression of c-fos in the spinal cord induced by noxious stimulation.
3. **Neuropeptides 1999 Jun;33(3):244-50** Sensory stimulation (acupuncture) increases the release of calcitonin gene-related peptide in the saliva of xerostomia sufferers.
4. **Chen Tzu Yen Chiu 1996;21(1):4-11** The modulation of cerebral cortex and subcortical nuclei on NRM and their role in acupuncture analgesia.

Kukurin Chiropractic ~ South Side

Dr. George W Kukurin

Board Certified in Neurology
Certified in Physiotherapy

2415 Sarah Street
Pittsburgh, PA 15203

412.381.4453
www.alt-compmed.com
gkukurin@yahoo.com