



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. I welcome any feedback from you.

# Journal of Rapid Pain Relief

## Effective Home Remedies that Doctors Give Their Patients

From the moment of conception, the body undergoes many chemical changes in the preparation for the nurturing and ultimate delivery of the baby. Unfortunately these hormonal changes often produce unpleasant symptoms in the mother and make the pregnancy long and difficult. Morning sickness is a common symptom in pregnancy and because the baby is developing, great care must be taken in the type and kind of treatment given to relieve nausea and other symptoms associated with pregnancy. Several recent studies suggest the safety and effectiveness of alternative remedies for morning sickness. The herbs ginger & raspberry are safe and effective. Acupuncture and acupressure on specific points on the wrist can also relieve the nausea of pregnancy.



**Mother Carrying Baby on the Hip**

Carrying a weight on the hip, such as a baby, causes stress to the sacroiliac joint which can lead to lower back pain and sciatica.

The adverse mechanical stresses on a women's spine do not stop after delivery. Proper body mechanics are difficult to maintain due to the demands of caring for the newborn. The graphic above illustrates this point.



*Herbs like ginger and raspberry leaf can relieve nausea of pregnancy safely and effectively according to recently published studies.*

### This issue: *Alternative Medicine Info* to help people suffering from **Pregnancy Related Symptoms**

There is growing evidence of the seriousness of back pain during pregnancy. There is also growing evidence that manual therapies like chiropractic care offer a safe drug-free method to help women suffering from back pain during pregnancy. Chiropractic care can help to minimize the abnormal stresses placed on the lower back, the sacro-iliac joints and the pubic synthesis. Follow-up radiography demonstrates that many of the

spinal abnormalities associated with pregnancy do not necessarily revert to normal post partum. Chiropractic care may restore the spine towards normal alignment. Chiropractic techniques especially designed to treat back pain during pregnancy are now available.

To find out more call Dr. Kukurin



As the pregnancy progresses, the added weight shifts the center of gravity forward. This causes anterior pelvic rotation and hyper extension of the spine as a compensatory mechanism. This places great stress on the lower back, sacro-iliac joints and the pubic synthesis articulations. Back pain during pregnancy is a risk factor for back pain in future pregnancies as well as a risk factor for lifelong post-partum back pain. Quality of life measures are seriously degraded in women who suffer pregnancy related back pain. A growing number of studies demonstrated that spinal manipulation as practiced by chiropractors is a very effective non-drug treatment for the back pain of pregnancy. Specialized chiropractic techniques allow for gentle and safe treatment.

## *The adverse mechanical changes that occur with pregnancy may last a lifetime producing ongoing back pain*

The radiographs to the right demonstrate ongoing adverse spinal mechanics at the L3 spinal level, which continued after delivery of the baby (left most radiograph). Note the angle of L3 compared to the horizon (black lines). The radiograph on the right is after a course of post partum chiropractic manipulation. See how chiropractic care has re-aligned the 3rd lumbar vertebrae with the horizon (line). Also the angle of pelvic rotation is improved following chiropractic adjustment of the spine. Reversal of these abnormal spinal mechanics associated with pregnancy may prevent ongoing lower back problems in women following delivery. The problem of abnormal spinal mechanics is compounded by the fluctuation in levels of the hormone relaxin. Relaxin makes ligaments and muscles more elastic which helps in delivery of the baby, but increases the likelihood of spinal and pelvic misalignment. It is important to re-align the spine, before relaxin levels return to pre-pregnancy levels. Otherwise permanent mis-alignment of the spine may occur. Additionally, a specialized chiropractic technique, called the Webster Technique, is available that seems to help turn breach presentations. Along with acupuncture these non-drug treatments may reduce the need for caesarian sections because of breach presentations.

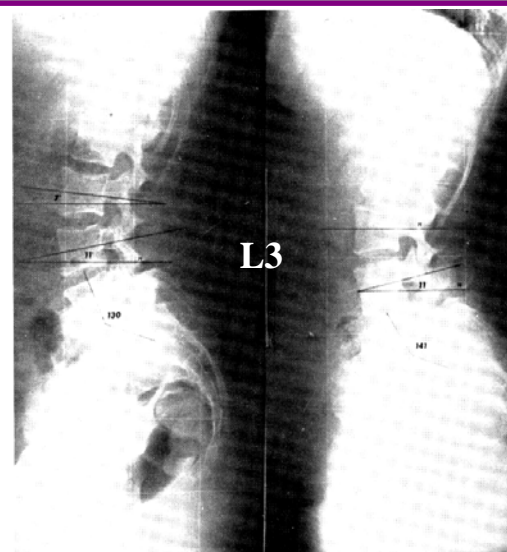


Figure 8

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

Acupuncture may help to turn breach presentations, may relieve nausea of pregnancy, relieve back pain and may even reduce labor pain for women. Acupuncture may also help to relieve depression in pregnant women without drugs that may otherwise harm the developing child. For women who are opposed to the acupuncture needles, TENS units may produce comparable results.

So in women suffering from morning sickness, back pain during pregnancy, depression and back pain following pregnancy, there are many safe and effective alternative medicine treatments. The key is to find an obstetrician or midwife willing to consider the published studies of alternative medicine.

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*TENS and acupuncture may have a prominent role in treating the problems associated with pregnancy and can do so without drugs that may be harmful to the developing child*

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