



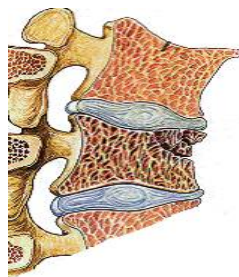
Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from my office. We spend a lot of time working on this publication. It contains much of the same information my patients pay \$57 for in consultation at my office. Over the years I've seen too many women suffering from the effects of osteoporosis. This doesn't have to happen. It can be prevented. Please share this valuable info with someone you care about.

Journal of Rapid Pain Relief

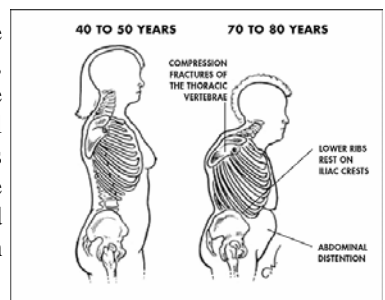
Effective Home Remedies that Doctor's Give Their Patients

Recent research suggests that inhibitory effect of osteoclast-mediated osteoporosis not only leads to poor bone resorption, **leading to increased bone mass**. Treatment of postmenopausal osteoporosis with strontium ranelate (2gms/day) leads to early and sustained reductions in the risk of vertebral fractures. This was accompanied by decreased back pain and body height loss in the strontium ranelate treated women compared with women in a placebo group. As strontium ranelate appears to improve clinical signs and is, furthermore, well tolerated especially in the upper gastrointestinal region, this treatment is expected to result in an improved health-related quality of life (HRQoL) of women at high risk for osteoporosis and related fractures. Strontium ranelate thus offers significant clinical benefits in terms of efficacy, tolerability, and ease of administration in the treatment of postmenopausal women. (6-9) The nutrient is an exciting addition in the battle against osteoporosis.

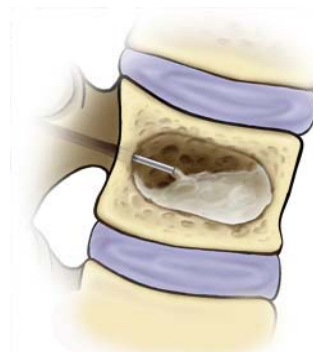
This issue: *Alternative Medicine Info* to help people suffering from **Osteoporosis Results**



Vertebral compression fractures like the one seen in the illustration to the left, cause spinal deformity. Although the exact relationship between spinal deformity and pre-mature death remains unknown, more and more studies are linking spinal deformity with increased risk of sickness and even increased death rates. (1-4)



Vertebroplasty is a surgical procedure wherein a hole is drilled into the collapsed vertebral body. Bone cement is pumped into the vertebrae in an attempt to "inflate" the flattened vertebrae. This helps to restore posture. Compare the collapsed vertebrae pictured above, with the re-inflated vertebrae to the right. It is always better to try to prevent bone softening and work to maintain good posture. Avoiding vertebroplasty and other types of back surgery when possible. ~ Dr. Kukurin



Natural supplements that can help you avoid bone loss. Calcium citrate, Hydroxyapatite, strontium and soy isoflavonoids are a good place to start your bone saving posture sparing routine.

Changes in posture due to osteoporosis effect more than your looks

What you can do to prevent osteoporotic hump!

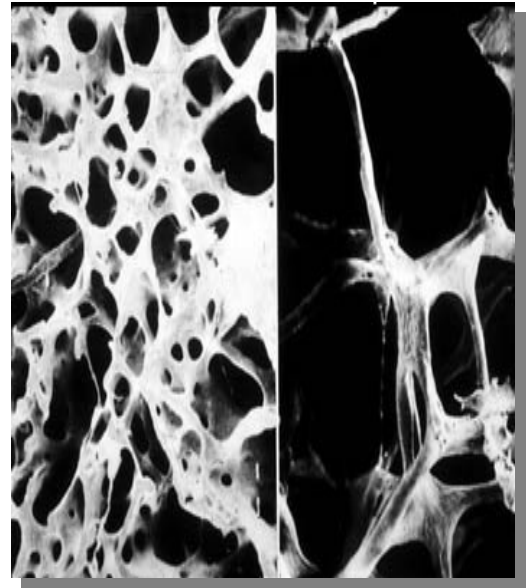
We have been combining Advanced Bio-structural Therapy with Muscle Alignment Technique with some outstanding results. We now can help reduce head forward posture which contributes to the development of the osteoporotic hump so often seen in patients as they age.

The patient seen in the before and after photos to the right had her posture corrected in just six visits.



ABC & MAT correct posture

The illustrations to the right, show normal bone (near image) compared with bone that is osteoporotic (far image). This dramatic bone loss creates “brittle bones” that fracture very easily. Recent research suggests that advanced osteoporosis causes bones to fracture and this leads to loss of quality of life and even premature death. (1-4) Good spinal alignment, proper nutrition and exercise can help prevent spinal deformity.



Normal Bone (left) vs. Osteoporotic Bone (right)

Restoring Posture Using Advanced Bio-structural Correction (ABC)

Quick long lasting spinal correction with ABC & MAT



The patient above attained good spinal correction in only 11 visits, notice the change between the left and middle photos. A follow-up visit 4 months later revealed that the postural correction was maintained at long term check-up. (right)

Compare pretreatment (left) with post treatment (middle), with long term follow-up (right). Preventing the osteoporotic hump with chiropractic corrective care, proper nutrition and exercise has never been easier or more effective. Mat & ABC techniques cause quick long lasting changes to the spine. Call today to find out more information about how these methods can help you.

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