



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 and rehabilitation 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 treat even the most difficult cases quickly and effectively. The results our patients experience are exceptional. They have been featured on ABC, FOX and NBC news affiliates; have been published in the National Library of Medicine and even presented to other doctors at Johns Hopkins Medical School. Dr. Kukurin's reputation for providing world class patient care has been recognized by The Consumers Research Council of America, Who's Who in Medicine and Who's Who in Leading Professionals. Making Dr. Kukurin, one of the country's top chiropractic physicians.

**Journal of Rapid
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Effective Home Remedies that Doctor's Give Their Patients

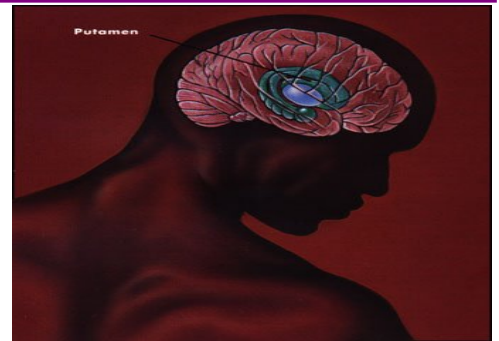
Movement disorders can be as subtle as a blink of an eye or as debilitating as Parkinson's Disease. There is a group of conditions collectively known as movement disorders. Movement disorders can be simple benign tremors of the hand, can be uncontrollable writhing of a region of the body or can effect the entire body as seen in conditions such as Parkinson's Disease. The underlying pathological mechanisms that produce movement disorders are not well understood. We do know that abnormal electrical activity in the nervous system produces unwanted and involuntary muscle contraction. This can be continuous contraction which produces abnormal postural alignment like torticollis or cervical dystonia or can be rhythmic contractions in alternative muscles producing tremor or tics. The abnormal activity and resulting effects on the patient can produce pain or can be painless. Movement disorders usually create much psychological distress in the patient.



Blepharospasms and hemi-facial spasms (seen above) are two of the more localized forms of movement disorders. They consist of uncontrollable blinking or distortion of facial expression due to involuntary muscle contraction. The women pictured above demonstrates these conditions, however they are hard to fully appreciate on a static image. They are better seen live or on video because they are *movement disorders*.

This issue: *Alternative Medicine Info* to help with movement disorders.

While we don't know exactly why movement disorders occur, we know that a region of the brain known as the basal ganglion is most often involved. The basal ganglion controls and fine tunes muscle contraction and allows (when it is working properly) skilled and purposeful movements of the body. When this part of the brain is not functioning properly, like when specific cells die (as occurs in Parkinson's Disease) controlled purposeful movement is replaced by abnormal involuntary tremors, tics or writhing. The extent of the abnormal movement, and its location in the body, depends on the extent of cell loss in the basal ganglion. Current medical treatment is aimed at reducing over activity in the muscles or trying to replace the neurotransmitters that are lost as a result of cell death in the basal ganglion. In extreme cases, stimulators are



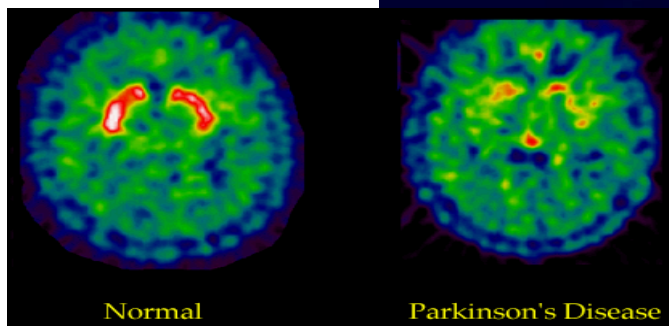
The extra pyramidal system (seen above) is a specific part of the brain that helps to control involuntary movements. Chiropractic, acupuncture and other physical treatment may help to re-program this system and help patients with movement disorders.

placed in the brain. These stimulators activate specific areas of the basal ganglion in hopes of suppressing the abnormal electrical activity that produces movement disorders.

Help for patients who have movement disorders.

The neurobiology of muscle control is very complex. Several neurotransmitters interact to control the normal fluid contraction of muscles. Among these are dopamine, GABA and serotonin. These neurotransmitters can be influenced by nutritional supplements.(1,2,7,8) So there is great potential to help patients with movement disorders through clinical nutrition and herbal remedies. There are a growing number of reports in the medical literature suggesting that specific chiropractic procedures may suppress abnormal movements in select patients. In our own practice, we have helped patients suffering from Parkinson's Disease, Blepharospasm, tics and cervical dystonia. One of our cervical dystonia cases has been published in a journal indexed in the National Library of Medicine. (4*) Most people think chiropractors work on bones, but the work we do, actually has profound effects on the nervous system. (13,14) Spinal manipulation can influence central motor conduction through the brain and spinal cord. (13,14) It is these reflex nervous system effects that may explain why some patients with movement disorders report improvement after chiropractic treatment. There are some interesting reports of movement disorders developing in patients who have had injuries to their neck and or spine. (3) These patient may be the best candidates for chiropractic treatment of their movement disorders.

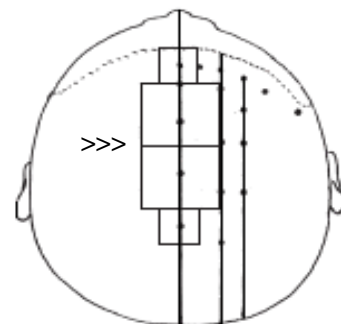
Tremor, or uncontrollable shaking of the hand, is often an early sign of Parkinson's disease. Not all tremors are caused by Parkinson's Disease however. Essential tremors are benign and harmless. (right)



(Above) PET-Scan showing abnormalities in the brain of a Parkinson's patient (right) compared with normal control (left).



Left The illustration to the left demonstrates needle placement for scalp acupuncture. Needles are placed over that portion of the brain that controls the body part being treated. It is believed that scalp acupuncture increases blood flow to that part of the brain under the scalp. **Right:** Stimulation of the scalp just in front of midline, is believed to help patients with uncontrollable involuntary movements. This is known as the chorea zone and tremor zone. Also known as the extra pyramidal part of the brain which suppresses involuntary movement. Electro-acupuncture applied to the scalp, may be beneficial for patients with movement disorders. (12)



Reverences

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