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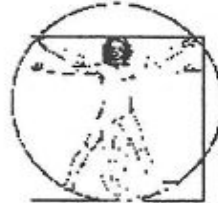


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Advanced Biostructural Correction *A Chiropractic Technique that Benefits MS Patients*

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When Larry Conaway had his first taste of Advanced Biostructural Correction (ABC) he could no longer lift his left leg. Larry was diagnosed with Primary Progressive MS in 1996 at the age of 50. He had been seeing Dr. Cheri Markos for chiropractic care for two years with a fair amount of success, but the progression of his disease was slowly stealing that success away. Dr. Markos, finding that her current techniques were not sufficient, decided to try a form of chiropractic called Advanced Biostructural Correction on Larry. After learning how to use ABC, she and Larry had their first session with the new technique.

"The first appointment was like a miracle to me", Larry stated, "After my very first session I could stand up straight and walk with more stability, bend over from the waist and pick up objects off the floor. I could walk downstairs without worrying about my left knee giving out, and I had no back pain for the first time in three years."

Larry and Dr. Markos continued working with the ABC technique for the next year. Both were thrilled at the progress Larry made. "He has continued to improve and has not lost the use of his hip flexor again", stated Dr. Markos. "He now leaves his wheelchair on the landing outside the clinic door."

Encouraged by her success with Larry, Dr. Markos began using the technique on several other MS patients. "I have treated over a twenty people that suffer from multiple sclerosis over the past year", she says. "I have seen a difference in every one of these

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people, even after being adjusted only a few times. Some of the changes have been dramatic while others have been subtle.”

So what is ABC and how is it different from other chiropractic techniques? To answer that, says Dr. Markos, one must first understand how chiropractic works. Chiropractors use the technique of “an adjustment” to eliminate the small misalignments of the vertebrae that cause the nerves housed within to become irritated. In turn, the nerves are then free to send all of the information from the brain down the cleared pathway to its end destination. People that suffer from MS have other complications that cause the body to send inappropriate information down these same pathways. While chiropractors do not treat the plaques (or scarring) that MS creates on the nerves, they can remove the small misalignments (or subluxations), from the spine giving the nerves a clear path along which to carry their information.

“Chiropractors do not treat disease conditions – therefore we do not treat multiple sclerosis”, explains Dr. Markos. “What chiropractors treat are the misalignments of the spine that can magnify the symptoms of the disease.”

“Every chiropractor is an artist”, she explained, “choosing different pieces of over 160 techniques to create his or her personal style of chiropractic adjusting.” In order to understand how ABC differs from other chiropractic techniques, and why it can be especially useful for patients with MS, a quick look at the evolution of ABC is necessary.

The theory behind Advance Biostructural Correction is based on the research of Dr. Alf Breig, a neurosurgeon who conducted 20 years of research related to the effects of stress placed on the covering of the spinal cord (dura) and the related soft tissue structures. Dr. Breig found that in his subjects with MS, the spinal cord was pulled over the inside of the spinal canal, resulting in the cord rubbing against the bones. As a result, the meningeal covering of the spinal cord was being tensioned, irritated and rubbed inside the canal. Dr. Breig developed an invasive surgery technique to correct the improper posture. Only 3 of Dr. Breig’s patients had MS and the surgery done on these patients (in the late 60’s and early 70’s) to correct the spinal cord and alleviate their symptoms met with nominal success.

Years later, in the 1980’s, Dr. Jesse Jutkowitz, a chiropractor, read the research conducted by Dr. Breig and decided that correction of

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the spinal cord and meningeal covering surrounding the spinal cord could be better addressed through chiropractic than through surgery. He developed his own chiropractic technique, which focused on releasing the stress in the meningeal soft tissue structures and spine, and called it Advanced Biostructural Therapy (later changed to Advanced Biostructural Correction).

Unfortunately, Dr. Jutkowitz also insisted that MS and other similar degenerative neurological diseases were *caused* by biomechanical problems, and attributed to Dr. Breig's research findings much more than the original author intended. The medical community felt that Dr. Jutkowitz had fundamentally misrepresented Dr. Breig's work. Because of this, Dr. Jutkowitz's ABC technique received scant attention or interest in the medical world.

The ABC technique refused to die, however, and slowly acquired more adherents over the next decade. Chiropractors and patients were skeptical about this new treatment and wary of trying what seemed to be one more crackpot theory in a world full of "miracle cures". But those who did begin to work with it were pleasantly surprised at the results. In the past few years its promotion and acceptance have slowly grown. The chiropractors using it are focusing on the technique and its results, rather than the controversy surrounding its creator and his statements.

"Every person with MS who has come here has been skeptical that chiropractic could help their symptoms", says Dr. Markos, "but the results won them over. All chiropractic techniques work to some degree", she adds, "but I have had more success with MS patients with this technique than any other."

When asked about the cost of treatment and what is covered by insurance Dr. Markos replied, "Most insurance currently pays for chiropractic only when the patient has acute pain that can be associated with the spine. They don't cover chiropractic for chronic diseases. This means that most patients with MS must either pay for chiropractic care out of pocket, receive care for acute pain that can be associated to the spine, or have insurance that covers a larger scope than stated above. Every patient must understand the specific coverage of the insurance policy that they have chosen." Dr. Markos works with her patients whose insurance coverage falls short to negotiate fees and payment plans. "I know a lot of people who just kept paying for it out of pocket after the insurance lapsed" says Larry Conaway. "They just felt it was worth it."

Dr. Markos is one of four chiropractors in the Seattle area currently using ABC, and the only one of the four with extensive experience working on MS clients. She feels that the level of results is greatly influenced by the number, location, and size of plaques in the patient. She also finds that those patients who come in to be treated on a regular basis (once or twice a week) show more improvement than those who do not.

"This isn't a miracle cure", she points out. "It is designed to be a process. Losses (in MS) come on over a period of time. The gains (of this treatment) also need time."

For most of her MS clients there is no question about the gains. One woman with MS, who had fairly obvious gait and balance problems, tired easily from walking and suffered from a multitude of other symptoms, saw immediate results in her posture, gait and balance. Dr. Markos remembers asking her how she was doing when she came in for her second adjustment. "Look at me", her patient replied, and began walking back and forth in the waiting room. Then she stood on one leg exclaiming "I have MS!".

Cheri Markos is a licensed Doctor of Chiropractic (DC). She also has training and experience in physical education, trauma, massage, physical therapy and rehabilitation. Dr. Markos works out of her office in Shoreline (North Seattle).

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For any other information on other practitioner's in the U.S. or additional information on Advanced Biostructural Correction go to Dr Jutkowitz's website at:

www.ABCMiracles.com

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