

NATURAL HEALING FOR GOLFERS: BIOPUNCTURE

By Marla Cimini

Golfers who focus on a healthy lifestyle often work out regularly at the gym, eat well, and take great care to be as fit as possible. However, unexpected injuries can occur on or off the golf course. By its very nature, the game of golf involves specific repetitive bodily movements, such as bending and twisting, and players are often vulnerable to certain injuries -- even the most toned athletes. These injuries often include elbow pain, bursitis of the hips and shoulders, back pain, tendinitis, arthritis, as well as sprains.

Besides affecting a golfer's swing, sore muscles and joints can be debilitating, and turn a potentially enjoyable morning on the sun-drenched course into an uncomfortable experience, or often prevent an avid, enthusiastic player from simply practicing putting – or even leaving the house.

To treat various sports and golf-related injuries, a new, natural therapy is now available in the United States, and becoming more popular with athletes: a homeopathic treatment called biopuncture.

History of Biopuncture

Considered an alternative to steroids (a.k.a. cortisone shots), biopuncture supports a person's own natural healing process. Biopuncture was developed in the early 1990's by Jan Kersschot, a Belgian doctor who regarded as the leader in his field. He has authored a number of books on the topic of biopuncture, including how athletes can benefit from this unique treatment.

Successfully used to treat pain throughout Europe for a number of years, biopuncture has recently been introduced in the United States. At the forefront of this therapy in the U.S. are Doctors Polina Karmazin, M.D. and Robert Davis, D.O. of Integrated Family Medicine, located in Voorhees, New Jersey. They have received extensive training and education directly from Dr. Kersschot.

Depending on the condition, every biopuncture treatment is customized for each patient. Biopuncture features micro-doses of FDA-regulated natural substances. Most of the products are made in Germany and all have very strict quality control regulations.

Dr. Davis stated, "We highly recommend biopuncture to golfers and other athletes because it is a safe and gentle therapy that can benefit people of all ages. Individuals who suffer from chronic pain, arthritis and acute golf-related injuries are ideal candidates for this treatment."

He continued, "Some common ailments specific to golfers include golfer's elbow, and rotator cuff injuries, as well as lower back, ankle and knee pain. Biopuncture can help alleviate these painful issues, and help golfers heal and resume their normal lives – and get back to the green and enjoy the game."

What to expect during a biopuncture treatment?

Typically, a patient will undergo treatments that consist of injections of very




low doses of natural, FDA-regulated homeopathic products, such as plants and minerals that stimulate the immune system to promote and regulate natural healing. The needles used for biopuncture are very thin, and most patients feel minimal discomfort.

Dr. Karmazin explains, “Golfers can benefit from biopuncture because it stimulates and supports the person’s natural healing process. With this therapy, the healing effect comes from within your body, as opposed to some conventional drugs that tend to simply suppress the symptoms.”

She added, “For example, arthritis often results in painful swelling, inflammation and stiffness that can limit a golfer’s movement. Biopuncture offers a natural alternative to taking pain medications on a regular or long-term basis, like ibuprofen or other strong nonsteroidal anti-inflammatory drugs, often referred to as NSAIDS. These NSAIDS have been associated with a number of risks, such as stomach ulcers, stroke, and damage to the kidney and liver.”

In addition to treating pain, studies have found that biopuncture is also a natural way to prevent and treat colds, bronchitis, colds, flu and other medical problems. Side effects and drug interactions are extremely rare with this therapy.

Doctors Davis and Karmazin encourage all patients to do their homework, learn about biopuncture, and properly research the physicians who specialize in this therapy. An initial consultation is essential to effectively pinpoint the optimal avenue of treatment. They recommend that patients ask their doctor questions to ensure a clear understanding of how this medical treatment may affect them. 



Biopuncture can be used to treat many painful symptoms that may be caused by playing the game of golf, including:

Arthritis - Can cause knee pain as well as soreness in other joints throughout the body.

Sprains and strains - Acute injuries that usually result in pain, swelling, bruising, and loss of joint movement.

Back pain – Can be disc-related, arthritis-related the result of a stress fracture, among other causes, such as muscle or ligament strains.

Elbow pain - Commonly referred to as “tennis elbow” or “golfer’s elbow,” depending on the specific location of the soreness.

Carpal tunnel syndrome – A repetitive stress disorder occurring in the nerves of the hands.

Bursitis of the hips and shoulders – The inflammation and irritation of the sac, or bursa.

Tendinitis – The inflammation of a tendon that can cause significant pain.

About Integrated Family Medicine

Dr. Karmazin and Dr. Davis are Board Certified Family Physicians who utilize conventional and holistic approaches to encourage true, natural healing. In addition to traditional family medicine, their practice also features homeopathic medicines, acupuncture, as well as aesthetic treatments. Visit our website at, www.sjifm.com for more information.

Marla Cimini is a freelance writer covering diverse topics, including health, travel, food, wine and music. Her articles have appeared in many national publications, including Lodging, Uptown and The City Traveler. Her website is: www.marlacimini.com.