

## A Day in the Life...

Brightside, October 2019

By Dr. Derek Conte

Over 14 years and 160 articles of writing for our community in our beloved Brightside News, I have never strayed into personal matters and that is appropriate. But this time, I would like to share with all of you what my job is like for me and the path that led me here.

When I made the decision to return to school in 1995 at the age of 38, I really thought the pursuit of chiropractic was purely rational, practical and unemotional. In college, I had majored in theatre and played some baseball for a large southern university in Florida. After graduation, I was an actor/director in New York City for 15 years with solid artistic success, but little financial success, so I paid the bills as a carpenter, waiting tables and driving a cab. When I left the theatre I was looking for stability and a new challenge. Becoming a doctor would allow me to put enough food on the table and finally to be in charge of my life.

It was a daunting thought; a long, 5-year road; and I wondered if I was up to the academic requirements demanded. Frankly, I was full of fear. I often thought to myself, "When I graduate I will be 43 years old! What madness is this?" I shared my fear with a friend and she quickly responded, "Well, in 5 years you are going to be 43 anyway, right?"

That brilliantly truthful comment instantly energized me and I never looked back after that. I completed my Pre-Med classes in half the time and then, in chiropractic school, I discovered what I had really entered into. It was much more than I had expected. Far beyond the natural and biological sciences I studied. It was a window into what really makes us tick as the living, dynamic, vulnerable, vibrant creatures of God that we all are. And I was taught to help this incredible life force within to manifest itself more strongly.

I wound up graduating from chiropractic school Summa Cum Laude and also Class Salutatorian. I taught National Board Review classes to chiropractors after that and joined up with classmates Dr. Jim and Dr. Tony Colina to establish Chiropractic Specialists in 2000. That union has been a continued blessing ever since. 20 years!

I discovered later in practice that with application of the knowledge I had been given and steady work, miraculous things could be achieved for patients. I further discovered that miraculous things could also be achieved by a single adjustment. This last point was most evident to me when I joined mission trips throughout the years around the world as some reading this may remember.

But the work I do does not only help the patient, it has rewarded me to an overwhelming degree. I never would have thought, as a younger man, that being in the service of others would so bless me in return. Like most of life's ironies and mysteries, they may only be glimpsed when we finally get there. So, as time passed, I realized that my choice of becoming a chiropractor was really God-led after all --- for no one can "plan" this kind of experience.

Finally, I want to thank you all so much for being there, reading the column, calling in with questions, for the many offerings of praise for the subject matter and the way it has been handled, and yes, even the criticisms! I want to thank all of you for making my life better, keeping me humble and giving me the gift of allowing me to help in my particular way. Because of you all, I know I am needed and useful... and what is more important in life than that?

*Dr. Derek Conte is co-founder of Chiropractic Specialists at 1154 Concord Road in Smyrna. For questions, call: 404-784-6008. For more articles, photos, info, got to: [drderekconte.com](http://drderekconte.com)*

