

Audrey's Case

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By Dr. Derek Conte

Audrey, 36, was a passenger in a car in 2008, when it was hit hard from behind by a truck. The impact produced myriad symptoms including problems with vision, memory, concentration, bladder control, difficulty swallowing, gagging when eating, constant headaches, a dry, hard stool with constipation, a sense of airway constriction, and balance problems (especially when carrying things).

She also noted a high level of irritability to sounds, to being touched, and even to “enduring” long conversations, and of being intolerant when dealing with others, often cursing when frustrated. This was very out of character for her, she said. The entire left side of her body, from head to toe, felt heavy and weak with numbness and burning sensations.

As a result, she was using her left side much less in daily tasks and had developed a limp. On the left side, her scalp and skin became dry to the touch, and her hair became brittle and stopped growing. She acquired a lisp, had trouble tasting food and feeling her tongue, regularly biting it and her left cheek and lip when speaking. Not surprisingly, Audrey was miserable.

She had lived this way for 2 ½ years after the accident and was unable to find relief from the many doctors she had seen since. So, after a thorough analysis on the first visit we began her care by choosing three specific chiropractic adjustments. Two to the upper neck and one to the sacrum and sent her home.

By the second visit (two days later) the headaches had stopped and Audrey reported a “lighter” sense in the left side of her body. She was able to taste her food and was no longer biting her tongue when talking or eating and the lisp significantly improved. The gagging and swallowing problems when eating and drinking had ceased, and her airway was feeling more open. The sense that there was always “Something” in the back of her throat was also gone.

In the third visit (two days later) she showed more improvement and we continued with specific adjustments, this time adding the upper-back and mid-neck. In the fourth and fifth visits (five and twelve days later) we introduced the ten-step CST protocol (CranioSacral Therapy. See: upledger.com), after which Audrey said, “I can breathe better, now”.

By the seventh visit (3 weeks) Audrey was really hitting her stride and all of the aforementioned symptoms had resolved. She was walking normally, was using her left hand, and her usual, gentle temperament was back. We saw her twice more in the next five weeks and released her from care. Audrey's is a case that demonstrates the incredible self-healing power of the body and its drive to restore normalcy of function. She only needed a little bit of help to get the ball rolling. How many others out there are facing similar challenges? How many out there just need that little bit of help?

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