

PATIENT GETS MORE THAN HOPED FOR

By Dr. Derek Conte

Lisette is a super-bright, energetic 39-year-old teacher and mother who, with her teenage daughter, sought care for injuries suffered in a November, 2009 auto accident. She had typical complaints for being hit in the rear of her car while waiting for a light: whiplash, headache, nausea, neck pain, shoulder pain, hip pain, ankle and heel pain. Also noted were a dry, persistent cough, digestive gaseousness, earache, jaw pain and heart palpitations since the accident. Her history included that she was a Type II diabetic and took medication daily for this ailment as well as an inhaler for asthma.

We set to work removing the significant spinal misalignments (subluxations) and postural distortion that resulted from the trauma of the accident. As chiropractors, we do not treat specific conditions but rather identify these spinal subluxations based on the nerve supply from specific spinal levels and their neurological connection to all parts of the body, be it skin, muscle, organ



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or gland.

By the second visit, Lisette's cough was reduced by 65%; by the third visit, 90%; by the fourth the cough was 99% gone, according to Lisette. During this time, the muscle and joint stiffness was subsiding as well. By the fifth visit the palpitations had been reduced from 8X per day to 2X per day. By the sixth visit the inhaler Lisette was using for her asthma 7-10X per day was now only necessary 2X per week. She had also been using enzymes to promote regularity, and reduce upset stomach and heartburn. Now, these symptoms had also been resolved.

After four weeks and her eighth visit the earaches had cleared up, she hadn't used her inhaler for three weeks and the heart palpitations completely ceased. Additionally, she reported that her medical doctor found it necessary to reduce her diabetes medication during the same period from 6 pills a day to 1 per day, her blood sugar readings improving from 150-380 to 97-115 mg/dl.

Over the next visits we continued to reduce the effects of the musculoskeletal injuries, stabilize the posture and increase the ease of joint motion. After two months and a total of 18 visits, Lisette was ready to be released from care. Lisette sought no other treatment during the span of her chiropractic care.

Eight months later (Oct. 2010), I got a call from Lisette, who requested a tune-up visit and, as we were working on her she told me that she hadn't refilled her asthma prescription since last December and there had been no recurrence of the palpitations. Also, her fasting blood sugar (FBS) was 70, and after meals her blood sugar was 92 mg/dl. She is no longer on the diabetes medication, the file closed. She said her MD thought it was miraculous. So do I. But this is not an unusual chiropractic case.

Chiropractors are taught to respect the body and its ability to heal itself. The chiropractor's job is to facilitate this innate healing power through the safe, specific adjustment of the spine. Perhaps you can benefit too by having your spine checked. See a chiropractor near you today.

Dr. Derek Conte is co-founder of Chiropractic Specialists on Concord Rd. in Smyrna and is available to speak to your group. For questions call: 404-784-6008.

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