

IS BODY MEMORY REAL?

By Dr. Derek Conte

If you've ever had your finger slammed in a door, you will be cautious when closing doors in the future. If someone touches that finger, you might return to the moment when you hurt your finger. There may even be times when the memory returns merely upon seeing a door. Why? It is well established that we store physical and emotional traumas in the deepest emotional center of the brain (the limbic system) as a survival mechanism. Thus, we learn to avoid similar circumstances in the future. But can these memories also be stored in the body tissues themselves? This notion has been called, 'Body Memory', and though we've all heard of such things, it has not yet been scientifically proven yet. But that doesn't mean they won't be someday. I submit to you the experience of one patient.

Joe is 45 years old, 6'4" and is a sculpted 250 LBS. He is an experienced EMT and avid weight-lifter who can bench-press over 500 LBS. He is a solemnly religious man and observes the Sabbath. He does not drink, smoke or do drugs. On January 30th, 2002, Joe was moving a heavy credenza down a flight of stairs with another man when it got loose and sent him flying backward down the stairs, crushing him underneath, shattering both bones in his right leg and resting immovably on his chest, stealing his breath away, his eyes bulging, his head and upper body were blue. He was helpless to move the heavy object. He was dying. After the accident, things changed for Joe. His heart rate and blood pressure ran abnormally high, his blood



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sugar reached diabetic (190-400) levels, he urinated much more frequently and developed bladder control problems. Joe became fearful and superstitious, taking no risks in daily life. Joe was isolated and felt he would die before his time. He would later say, "I felt disabled inside."

Later that year, Joe became a patient. Along with the other problems, he had neck and low back pain, very poor cervical range of motion, numbness and tingling down his right arm and hand and down his right leg and foot. He had significant postural distortion and carried an incredible 154 lbs on his left leg and 97 lbs on his right when standing on bilateral scales. His towering countenance was betrayed by a stiffness of body and tenseness of manner. Joe was very concerned about his health and meticulously followed any instructions I gave him and he quickly improved. By the 3rd visit, Joe's weight shifted

back to 123 lbs right and 123 lbs left and by the 4th visit, the blood pressure and heart rate normalized and the numbness and tingling in the right arm and leg disappeared. Later, by adjusting the T6, 7 (digestive/pancreatic) areas, his blood sugar returned to normal levels. He was now physically stable.

Over the next 8 years, I've adjusted Joe every 4-8 weeks and he's had very few problems. But on January 15th of this year something striking happened after I adjusted the T6, 7 areas. Joe became breathless, sat up, confused, and began to cry. He said he felt like he had the credenza on him again and was reliving the pain and panic of the event before my eyes. I led him to a quiet room where he wrote for 2 hours about all the feelings rushing out of him. By doing this, he began the process of unburdening himself not only of the awful trauma he endured, but of other painful events in his life he'd entirely forgotten. Joe recently told me he's changed profoundly since that day and was excited to share the good news. This story is not isolated and raises many questions about the notion of 'Body Memory'.

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