

GETTING OLDER AFFECTS ALL OF US

By Dr. Derek Conte

Allison is a 49 year-old art teacher and art therapist. She has always been extremely athletic with a buoyant personality, spontaneous and ready for adventure. But now, she says, lack of regular chiropractic care, lack of regular exercise and an addiction to breads, pasta and sugar are taking their toll. Allison is overweight and her beautiful face is puffy from a reaction to the foods she's been eating. She is often fatigued and her feet are going numb (medical tests showed no blood abnormalities or pathologies, except for a past bout of mononucleosis - which fit her profile). Now she's got a Dowager's hump in her upper back from poor posture and years of relative inactivity. Her cervical (neck) range of motion is significantly reduced and she feels stiffness, pain, burning and crepitus (noises in the joints) in her neck when she moves it. There were also problems like mood swings and hot flashes due to the hormonal changes that come with the change-of-life.

Usually, she would ignore things in the winter and wait until summertime to "get things together", but she asked herself, "why do I wait to make the changes I know will benefit me?" Time was running out and Allison knew she had to get a grip on things or face diabetes or worse down the road. She was still as vital as ever, but everything was harder and more painful than ever.

The problem with aging is that the body tends not to overcome the abuses inflicted upon it as easily as it did when we were

teenagers. This is the time when degeneration of the tissues occurs and deliberate, regular steps are not taken to resist it. I told Allison that staying healthy as we get older is like building a sand castle on the beach. It requires regular attention and energy to make it beautiful and to maintain its integrity. --- And it's a lot of fun for, once begun, the process is a pleasure to maintain and the old ways are just no longer appealing.

Thus enlightened, she began to get her chiropractic adjustments as she should and this removed most of the pain, dramatically increased her range of motion and began to reduce her Dowager's hump. Her energy increased and the crepitus went away. For the nutritional part, she eliminated all refined sugars and white flour. Her diet is primarily proteins, vegetables and fruit. In less than three days, the puffiness left her face, her energy spiked again and she was thinking more clearly. The weight was coming

off fast. Finally, I referred her to a good herbalist who recommended several supplements which revolutionized her attitude. Also, playing softball and regular classes in Bikram Yoga were added (yoga in a very hot room to promote sweating) which was a wonderful detoxification, taking the last bit of 'creakiness' away. Allison felt like "she was back!" and hasn't looked back since.

Dr. Derek Conte is co-founder of Chiropractic Specialists in Smyrna on Concord Rd. If you have any questions or would like a consultation or appointment, call: 404-784-6008.



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