

THE TRAINABLE NERVOUS SYSTEM

By Dr. Derek Conte

A child swings and misses badly the first time his dad lobs an easy underhand pitch to him. He misses over and over again. For days and weeks this goes on until suddenly the bat meets the ball with a 'THUNK' and a soft line drive dies at daddy's feet. Soon, after a thousand more swings, all you can hear are 'thunks'. The child is a boy and he now rarely misses the ball in practice and this brings him great joy so he practices, practices, practices. The 'thunk' sound eventually become a loud 'CRACK' and one day this young man may play in the majors.

A woman trips and falls on the stairs hurting her tailbone. She goes to the doctor where x-rays show a fracture. The doctor says it will take weeks to months to heal. At first the pain is immense. But after months and even years the pain is still there and it is so maddening it forces the use of pain medications which no longer seem to work. The woman is desperate and her friends and family are saddened at the personality changes they see in her. She feels hopeless.

How are these two situations, one joyful and one desperate, exactly the same? The human nervous system (which controls



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all other bodily systems) provides, among many other things, the ability to learn coordinated movements as well as send pain signals to the brain. When anything we do or feel is repeated often enough and long enough, the nervous system prioritizes this information to move along newly-formed nerves and connections for easier, more rapid transmission. It matters not if it is a "good" or a "bad" thing. The pathway is simply made *more efficient*. Consult a professional for advice on the management of chronic pain.

Dr. Derek Conte is co-founder of the new Chiropractic Specialists of Smyrna on Concord rd. For a consultation or a tour of the facility please call: 404-784-6008.

DIABETES 101

A Diabetes 101 seminar will be held at Emory-Adventist Hospital Sept. 24 at 7-p.m.

This free seminar will cover the basics of diabetes, including symptoms and treatment. You will also learn how nutrition and exercise help with prevention and risk reduction. Seminar will be held in the Emory-Adventist Hospital cafeteria. Call 770-436-3162, ext. 2104# for reservations.