

WHAT IS BALANCE?

By Derek Conte, DC

Imagine a tall building with a narrow base, widening through the middle before re-narrowing sharply as it rises and suddenly, at the top, rests a giant globe of granite, twice as wide as the narrowest dimension. Can you see it? Can you hear it creaking in the wind? Not very stable, yet you see it hundreds or thousands of times a day in perfect balance. The structure you envisioned is the human body and to keep it upright requires 90% of your brain's energy and a balancing apparatus so sensitive, so rapid and so complex that man's science cannot reproduce it.

How is it we avoid falling down in a great crash? The body balances itself in three ways. First, our eyes are calibrated to stay level with the ground. This "righting reflex" is witnessed in infants trying to level their heads when their bodies are tilted.

Second, the inner ear canals and vestibules judge rotational, translational and static changes of position, like twirling on the dance floor, accelerating in a racecar and lying down on you side or back.

Finally, located in every muscle, joint, ligament and tendon are millions of sensors relaying changes in muscle length, joint angle, pressure, tension, and even the speed with which

these changes take place. Similar, is the way kinesiologists use sensors on athletes to assess performance.

The midbrain, cerebellum and cerebral cortex instantly interpret and, by firing muscles like stabilizer-jets, automatically correct any imbalances, no matter how subtle, all day, every day of our lives. Think about this when you watch a ballgame or a bird or child at play.

By adjustment of the spine, chiropractors help people maintain this perfection, because to lose it suggests lack of proper nerve flow and, therefore, impaired function of the whole person: muscle, organ and gland.

Dr. Derek Conte is a founding member of Marietta Chiropractic Specialists, 2483 Powder Springs Road, Suite C, Marietta. For more information call 404-784-6008.



DR. DEREK CONTE