

CHIROPRACTIC AND WHAT CHIROPRACTORS DO?

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By Dr. Derek Conte

Chiropractic is the science, philosophy and art of healthcare that recognizes the body as a self-healing organism --- complete in every way and able to maintain itself against all health challenges. Every day over a trillion cells are organized to grow, repair and function automatically. Think about that for a minute. Healing a cut, regulating the heart rate, fighting a cold, flu or worse, and walking and talking are all done with ease.

What controls all this? Why, the brain, of course! The brain receives status updates from every cell in every tissue and organ and makes decisions every second to make the appropriate response to the same. Millions of nerve fibers are responsible for conveying all this information back and forth. What happens when this system is compromised in different places? Incoming information becomes distorted and correct responses are impossible. Local blood flow to tissues and organs is controlled by nerves. If blood flow is reduced to any tissue, that tissue is prone to malfunction and disease. A relaxed and harmonious system enjoys excellent blood flow and the body is responsive and thrives.

So, what is the Chiropractor's job? To remove interference so the nervous system can do its job. When the nervous system is healthy, your body can fight disease, make healthy cells, and do its job completely. It is that simple. No drugs, no surgery, just plain simple health. Are there times other kinds of help are required? Of course, and we make all appropriate medical referrals when necessary.

Remember our bodies are truly miracles of life and that is why we need to take care of it. We must maintain and support our body with good food, plenty of sleep, physical activity and periodic chiropractic adjustments to prevent it from breaking down, before there is a problem. In our office, we are committed to your total care and maintaining your body balance. In our office, we are committed to you! We invite you visit us for a brief tour. Just give us a call.

Dr. Derek Conte is co-founder of Chiropractic Specialists at 1154 Concord Road in Smyrna. For more info, call 404-784-6008, and visit drderekconte.com for photos and articles.