

By Dr. Derek Conte

Donna, 64, had been reading my column in the Brightside for some time and was moved to make an appointment. When she entered the office she was a fright; terribly stooped over. Her head, far ahead of her body, was pointed at the floor, her eyes forced down as if the hump on her back locked her in that position. Her skin had a sickly pallor. She moved about by shuffling her feet in short, staccato steps. Her balance and physical confidence were so poor that when she turned, she could not pivot on one foot, but rather had to lift her feet, one at a time, in order to rotate her body in stages. She was very smart but her voice was weak and hoarse, her speech was sluggish. Her hair covered only 10 percent of her head and was so grey, sparse and stringy that it looked as if someone had pulled it out in huge clumps. It looked like a fright wig. This was an athletic woman who'd snow skied, played tennis and worked in her garden all the time, but there was just no energy now to do so --- she couldn't even cook or chop food. It was just too much of an effort.

What had happened to her? Donna said she had a bad fall on a ski slope 20 years before, but her physical decline began 6 years ago, during the time she was primary caretaker to her terminally-ill sister, the stress of which could have ignited the decline. She said she had pain all over and she thought I could help. We set to work, doing a close medical history and examination. X-rays showed no significant degeneration. We began adjusting her 2-3 times per week. She improved; there was less pain. Her balance, range of motion and sleep were getting better. We gave her exercises to strengthen her neck muscles. The situation was promising. I gave her a recipe for a highly nutritious blender drink to fortify her body and this impacted her energy and mental focus very favorably.

Still, I was concerned about the dry, brittleness of her hair and I suspected a significant hormonal imbalance. She had been to medical doctors before, but I sent her to Dr. Tina Jones at the Emory Adventist campus with a note to check cortisol levels and anything else she felt was necessary. As it turned out, Donna was very deficient in thyroid hormone and was placed on a low-dose medication. Chiropractic care continued, once per week.

Then things really changed for her. After two weeks my notes read: "Donna looking physically more youthful in body movements, energy and aura". After three weeks: "There is such a transformation that I literally did not recognize Donna for a moment when she walked in". After four weeks: "Donna's general appearance is so dramatically improved, that I am amazed. Head is up; voice is clear and crisp; eyes bright. Her hair is starting to grow back in, not grey, but in a thick, rich, soft brown. Not a blade of grey! Her head is coming up on top of her body now; her eyes bright, skin glowing".

Donna's balance and gait became smoother and she could now pivot gracefully, proudly performing a nimble "about-face" for me. Her hearing also improved. A voice major in college, Donna had begun to sing again. Her friends at the Botanical Society, of which she is a member, didn't even recognize her at a fundraiser. She shared with me that "my friends are starting rumors that I'm getting cosmetic surgery and skin peels, I'm looking so good!" Donna's husband was so happy, his Christmas present to her was labeled, "Conte Cash", enough for all of her 2015 care.

It is exciting to see such results in a patient, and gratifying to know that others contributed to this success.

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