

Chiropractic, Inside and Out

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By Dr. Derek Conte

Most people seek chiropractic care for pains in the muscles and joints. It is a logical idea, considering that chiropractors adjust the joints of the body to clear the irritated nerves that cause tightness and pain in the muscles or cause numbness and tingling in the skin. What people generally don't realize is the positive effect chiropractic has on their internal health.

Here's an example: a female patient of mine, late thirties and a mother of two, was getting very good results for her low back pain. After a year, the area just above became painful. We performed specific adjustments there and she felt much better. She was on a schedule of once per six weeks because she was doing very well. But the next time she came in for her adjustment, the same pain had returned. To be thorough, I palpated the area of the organs that related to the spinal nerves in question, in this case the reproductive system. What I found were painful nodules in the area upon deep palpation. I told the patient to schedule a visit with her OBGYN and to call me right after the exam there. When she called she told me the doctor found numerous uterine fibroids and ovarian cysts, which were promptly removed. The pain in the corresponding spinal area was completely relieved.

So, from this example we see that not only do problems with the spine cause symptoms in the muscles, organs and glands, but problems in the body can reflect back to the spine as an early warning signal by issuing pain. This is similar to the familiar warnings sometimes produced before a heart attack, such as shoulder, arm or jaw pain.

The brain regulates and communicates with the body via the spinal cord. At every level of the cord, between each vertebra, a pair of nerves emerge, right and left, and supply all parts of the body, and when emerge they split, one set going to the muscles, joints and skin and the other set remaining deep inside to control the organs and glands. When the vertebrae become misaligned the nerves are irritated at their source, altering function at their destinations, which can mean reduced blood flow or too much or too little activity in an organ. Given this anatomical reality, it is not hard to imagine how the chiropractic adjustment would favorably influence all functions of the body.

Regular chiropractic patients come to understand this and benefit from fewer headaches, sinus problems, allergic reactions, better digestion and regularity, better balance, sleep,

energy, fewer illnesses and lower blood pressure, among many other benefits. Though chiropractors don't treat medical conditions, per se, their focus on clearing the nervous system by reestablishing good spinal alignment has a stabilizing effect on bodily functions. This is the beauty of chiropractic: helping people realize the fullest potential designed into them at birth. Something everyone can cherish.

Dr. Conte is a founding member of Chiropractic Specialists on 1154 Concord Rd. in Smyrna. For questions or an appointment call 404-784-6008. And visit: drderekconte.com for more information.