

A Patient's Chiropractic Testimony

Brightside, March, 2013

By Dr. Derek Conte

If you and your family have never experienced chiropractic care, you may not have been able to closely identify with some of the case histories I've shared over the years. So I thought it would be useful and more immediate to bring forth one patient's first-person account of how chiropractic has affected their life. I asked my patient, Holli, if she would agree to being interviewed for this purpose. What follows are her words, exactly as she spoke them.

DC: Holli, how did we meet and what happened first?

"I remember you came to our church at my mother's invitation for a Christmas pageant in which my son, Connor, was participating. After the show, he was laying down in one of the pews, hands over his eyes, with a bad migraine. Remember now, this was NORMAL for us --- he missed so much of school thru the 3rd grade." (Dr.'s note: Connor was born with hydrocephalus and later developed slit-ventricle syndrome from the tubes inserted to relieve the pressure on the brain. He suffered from daily debilitating migraines.) "You saw him laying there and said, 'I'd like to help him.'"

DC: I'll never forget the sight of him laying there in silent pain. What were Connor's major problems?

"Sensory and balance issues. Connor wasn't aware of his body position in time and space. His balance was very much skewed; he would always describe this 'inner jitteriness' to me. His migraines were persistent from age 5. MD's gave him very heavy meds which caused significant side-effects and risk of organ damage. You could say that the drugs put Connor in a checked-out stupor. "

DC: What moved you to bring Connor in for chiropractic care?

"My faith has always given me the belief that God made the body to heal itself. And after all the medical dead ends we encountered and the timing of our meeting, it seemed like the right thing. That's what drew me to you. Connor's complex issues were helped to a point with Physical Therapy and Occupational Therapy but their effectiveness tapered off. I felt we needed another point of view. Connor began care with you in May of 2008."

DC: What happened after starting chiropractic then?

"Well, after starting chiropractic and especially the CranioSacral therapy that you did on him, Connor's migraines quickly went from once a day to once a month and later to none at all. And he has NOT had to take any drugs! He is more balanced and coordinated now and even started riding a bike after a year, which was so hard for him; and he has opened up more, socially. Not only that, but he has been more well in general, getting sick much less frequently, and that is why I've been such a proponent of chiropractic maintenance care."

DC: Where do you go from here, Holli?

"For Me, ongoing chiropractic care minimizes joint pain, headaches, visual disturbances and chronic neck pain. I maintain free range of motion and sustained flexibility. I feel like my immune system is stronger and I'm just more well. And I've adopted a philosophy that chiropractic is effective in keeping my entire family well."

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