

“BRAIN FOG”

FOR THOSE WHO EXPECT CHIROPRACTIC TO BE ABOUT MERELY BAD BACKS AND NECKS, this can be confusing. So, *please*, let me unconfuse you, from the start.

Chiropractic is NOT the treatment of back and neck pain. It is NOT the treatment of anything. That's right, as a (real) chiropractor, I do not treat anything, including bad backs and necks. I do not treat heart and/or circulatory conditions, but people can get well, here, anyway.

So... if Chiropractic is not a treatment, *what is it?* It is the PURSUIT OF HEALTH, through the correction of interference to the brain and nervous system, what we call Vertebral Subluxation Complex (VSC), by chiropractic adjustments, by hand, to the spine, **allowing the body and mind to heal, to function at a higher level.**

A lot of people get problems with their mental clarity, memory, concentration, even “brain fog.” Very common. And some have them for decades, long enough to assume that *“that’s the way I am.”* Your (medical) doctor probably agrees. If it’s bad enough, you have a specialist, who surely agrees.

What DO these medical geniuses do? First, your primary doctor will throw one or two or three drugs at you. If one doesn’t work, they’ll “try” another. (*This is science?*) If you, or the doctor become too frustrated, off to the neurologist. He or she will put you through a bunch of tests, and come up with a diagnosis. A diagnosis is just a name, but you are made to believe that that diagnosis explains everything (it does not), and is the ultimate answer to your suffering. You’re put on some drug to manage your symptoms, but you’re still sick. When the side effects of that drug become too much, you’re switched to another drug. And you’re still sick.

So far, no one has wondered WHY you are sick and suffering. (*Part of your mental clarity problems may. Very well, be coming from your prescribed medication. Hmmm.*) No one had even given a thought to CAUSE, to why you have cognitive issues. **No one has, as yet, even realized that your head is attached to your neck!** No one has ever even considered how you can get well.

Here’s some basic biology that evades your primary doc and your specialist... Your brain and nervous system controls and coordinates itself, as well as the rest of the body. **(AND, your head is attached to your neck!)** If there is interference to that control, one or more parts of your nervous system, including the brain, may not function properly (*too much or too little*), which is a state that we, in Chiropractic, refer to as “dis-ease,” which leads to disease. Why not correct the interference, allowing the body to heal itself, naturally?

I was rear ended on 2/25/19. I ended up with a severe concussion— and still dealing with severe post-concussion syndrome. I went to a chiropractor I knew and thought could help... I was mistaken. He would adjust me... but wouldn't address my skull or neck issues and wouldn't look past my torso...I was recommended to Dr. Harte, as it was now ~3 months that I'd had a massive headache and couldn't walk much without being exhausted. My brain hurt. Literally. I was getting really depressed and feeling like maybe I wouldn't get better... then I started with Dr. H. With one adjustment... I felt half my brain fog leave. I could breathe better... didn't even know that had been an issue. I am amazed how such concentrated soft touch really adjusts what is needed. Dr. Harte sincerely cares about each individual patient... passionately... it shows in his work. He listens to you when you talk. Other chiros have told me what I need rather than listen to what I'm dealing with....and responding... I am grateful for his work and insight to the whole body.. not just the anatomy of the spine. It is all interconnected. I highly recommend his work. This guy knows his stuff and can help you." - Anne-Marie Soltero, Richmond

"My sense of emotional and intellectual focus has improved greatly. Physically, I find that I have discovered the Fountain of Youth. Without VSC my spine feels so flexible, and I feel the energy going through my body." - Lauren Battaglia, San Anselmo

"Brain fog diminished. Ability to concentrate and be productive has improved tremendously. I have been able to work again!" – Danielle Grabham, Sausalito

"Clearer thinking, more energy." - Ellen Spaethling, Larkspur

"Cognitive fatigue and memory problems from the brain injury seriously affected my life. Now, I'm on the road to recovery!" - Gerry Zalkovsky, Mill Valley

"Improved energy and mental clarity has made me able to take on a writing project. First time I have been able to work in years!" - Arleta Quesada, San Rafael

"Less pain. Generally, less tired. More alert. Better memory."
– Mariel Claxton, San Rafael

"I notice that I have more energy, and that I think more clearly." - Andrew Schilling, San Rafael

"My fingers are better, my concentration has improved, my memory is clearer." – Bryan Fisher, Petaluma

"Hands down the best chiropractor that I have received treatment from. And probably the most interesting man of all time (not even kidding). I came to him because I am experiencing a lot of unpleasant symptoms due to a sport injury that I received late April of 2016 and because the previous chiropractor that I was seeing was not as knowledgeable or experienced and therefore altered my existing condition.

I was elbowed to the head while playing soccer. The impact caused my neck to whiplash. The hit was so strong that it gave me a concussion. Due to the concussion, I experienced disorientation, confusion, headaches and much more. I also experienced numbness/tingling/needle like sensations on my face. Although my mental state was severely altered at the time from the brain, I knew that these symptoms (the fascial numbness) were not from my concussion, but kaiser kept trying to force me to believe that they were. Weeks later, they were monitoring my sugar, thinking that I probably high sugar levels. They ran a whole bunch of tests, but never once thought about checking my neck, even after I had told them what happened the day of the accident. They soon came to the conclusion that I was either suffering from anxiety or that ADHD was responsible for the numbness on my face. After they came to that conclusion that I couldn't get them to do any more tests. They only kept referring me to psychiatry. How insulting!

Anyways, after paying attention to my own body and came to my own conclusion that there was something wrong in my neck because of the tremendous discomfort that I was experiencing, I went to an upper cervical specialist. I was diagnosed with a C1 subluxation. Meaning that my C1 or otherwise known as Atlas bone was out of its position. His adjustments were kind of helping, the face numbness was slowly disappearing, everything was going okay, until one day he pressed extremely hard on my neck during one of the adjustments. After that adjustment I had problems with my vision for several days and for several nights I couldn't go to sleep because of a severe pressure that developed in my head. I also developed tingling and numbness in my limbs after that adjustment. I might be wrong, but my gut (the gut is always right) tells me that this guys pressed so hard that my vertebrae might have pressed on my brain stem evoking all of these horrible symptoms. I stopped going after that.

After developing such symptoms from chiropractic treatment anyone would have lost complete faith and trust in chiropractic treatment. Although I was very unhappy with what was done to me, I couldn't give up on myself, I knew that chiropractic treatment would help, but just not that guy. Just because someone isn't putting in the sufficient effort to help you or doesn't have the experience or adequate knowledge to help, doesn't mean that there isn't someone out there that has all of those qualities. In search for a good and well qualified chiropractor I found Dr. Harte.



He listens well, does appropriate assessments, works his magic and then let's your body heal itself. For that's what it should do.

The numbness in my limbs and pressure in my head is slowly decreasing. Which I am highly thankful for. I know that if continue his treatment it will all be gone soon. I still have discomfort in my neck, but it's not as bad as it used to be. Did I mention that I can sleep better! I also had a problem with my knee and he took care of it during my first session. Before that I couldn't barely to kneel without feeling terrible pain. Now I can fully kneel and feel absolutely no pain. It's only been about 8 sessions and I'm slowly getting better! I highly recommend this guy to anyone out there who is losing hope on their illness, who is trying to get rid of bodily injuries, or who is simply trying to live well or live better. Thanks Dr. For all that you've done so far. –Jesus Cervantes, Richmond

"I am able to move without pain, work and enjoy my life with a better sense of wellbeing. My mind is clearer and I have so much more energy." – Thelma Clark, Inverness

"Thinking more clearly, strength and stamina improved." -Martha Skiles

Fine, you've read this report. **Now you have a clear choice.** You can continue to do what you're doing, or you can not only change the direction of your problems with mental clarity, memory, concentration, etc., but you can change the entire course of your health, your life! How? Through (real) chiropractic care, I liberate your nervous system, *allowing* your body to heal itself, from the Inside-out, through gentle, specific, scientific chiropractic adjustments.

How do you start? How do you find out about your specific situation? We begin with an extensive history, an examination like you've never had before, three neurological scans, and digital spinal X-rays. Then, I spend a great deal of time analyzing your individual situation, and we sit down to discuss findings, and how you can get well.

All this... the history, the examination, the nerve scans, the X-rays and the Report of Findings, is normally \$1075, which is a gift right there. But, because you've taken the time to read this special report, and because you were referred by a Member of this practice, you save \$905. All this will cost you *only \$170*. Call me now, to set up a convenient time for your first visit. 415/460-6527. *"I will help you."* – Dr. D. Harte (D.C.)