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One Doctor's Journey A Conversation With Edward C. Corsello

Natural Awakenings recently discussed with Edward C. Corsello, DC, B CAO, a Stratford-based chiropractor, what led him to study the Atlas Orthogonal (AO) technique and advanced therapies to reshape the spine and heal spinal decay. Discovery of these techniques changed the course of his own life.



How does the health of your spine directly correlate to your overall health?

The brain has within it everything the body needs to be healthy; it speaks to the body through the spine. When the spine moves out of position, it causes blockages that prevent the brain from communicating to each cell, organ, tissue and system within the body. Where

the spine is being choked off, that part of the body will break down. In order for your body to express health, your spine must be healthy. By healing the spine, the nerves can flow at 100 percent, and restoration of health takes place.

What did the chiropractic specialist focus on?

He did a series of tests, including advanced bio-structural X-rays of my spine. He showed me that I had moderate to severe spinal decay in my neck and lower back that was blocking the nerves that run to my colon. By correcting my atlas—the first bone in my neck—through a technique called atlas orthogonal (AO) and repairing my neck and lower spine with advanced therapies, I became symptom free.

How has that experience changed your practice?

I was so impressed with the “miracles” I saw in his office that I decided to expand my practice to offer both AO and advanced therapies to heal the spine. Today, I am one of only two spinal correction specialists and only three AO doctors in the state of Connecticut; people from as far away as New York, Rhode Island, and Delaware come to see me.

I use these powerful techniques that changed my life to treat others who are suf-

fering from asthma and allergies, headaches, neck and back pain—often resulting from car accidents or athletic injuries—and sciatica. They also help with autism, scoliosis, multiple sclerosis, Parkinson's, trigeminal neuralgia, fibromyalgia and ADHD as well as with digestive diseases like Crohn's disease and colitis. Doing the AO correction in conjunction with advanced therapies to heal the spine, we are able to provide permanent relief to some of the most severe and chronic conditions.

Please share some of the feedback you have received.

A patient of mine for over two years who suffers from Parkinson's stated that the chiropractic treatments and maintaining a healthy lifestyle have helped her get off 11 medications. Another told me that she was diagnosed with narcolepsy with cataplexy in 2009. She said she has been off medication since two months into treatment with us and has no symptoms of narcolepsy with cataplexy any longer. There are many other stories.

So what do you actually do?

I don't heal anyone of anything. I perform specific, gentle techniques to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's as simple as that! Many people find they actually save money on their health care expenses by seeing me. An entire week of care in my office costs what you could pay for one visit elsewhere.

What about diet and supplements?

Of course, healthy nutrition is important. However, “life flow”—from the brain to the organs—must work in conjunction with lifestyle. Think of an automobile. If its structure is compromised, you can put the best fuel in it, but it will not run properly. The same is true of the body. Even the best food and vitamins will have only a limited benefit to a body that is breaking down due to a decaying spine.

Edward Corsello, DC, B CAO, is a board-certified Atlas Orthogonist with an office in Stratford. Connect at CorselloClinic.com and 203-381-1800. Mention this article for a complimentary consultation. See ad, page 7.

You were a chiropractor for over 12 years when something happened to you that changed you. Tell us your story.

I've suffered with ulcerative colitis since chiropractic school and was in and out of hospitals. I had tried both medical and alternative “cures” for my condition. I spent thousands of dollars “managing” my symptoms with not only medication but also vitamins, nutrition, acupuncture and traditional chiropractic. You name it, I tried it. I was at the point of hopelessness, ready to accept my doctors' explanation that my disease was “autoimmune”, my body was “attacking itself”, and it was just a case of “bad genes”.

How did you find your way out?

A colleague convinced me to try a chiropractic specialist in the Midwest. When I arrived, he put aside my voluminous medical file and asked me about my spine. I responded that I had no spinal pain, because at the time I thought that spinal “health” was all about “pain”. “I mean what is the condition of your spine?” he then said. I admitted that I didn't know as I hadn't had an X-ray in years. My last X-ray was when I was in a car accident and had pain. I didn't understand so I asked him what my spine has to do with my colitis. He answered, “Everything.”