

**Dr. Mark Saracino**  
Board Certified  
Chiropractic Neurologist

1150 First Avenue, Suite 120  
King of Prussia PA 19406-1341  
610 337 3335 voice  
610 337 4858 fax  
[Mark.Saracino1@juno.com](mailto:Mark.Saracino1@juno.com)  
[DrSaracino.com](http://DrSaracino.com)

## **Why the Pain May Go Away and the Problem Remains**

Here's your chance to be a magician! All that is required is a friend, a penny and a watch!

Ask a friend to sit comfortably in a chair with his forearm exposed and resting in a horizontal position. Request that he close his eyes and concentrate on the *weight* of the penny that you are about to place on his forearm. At ten second intervals, simply ask if he feels the *weight* of the coin. You may be surprised to hear after 20-30 seconds the penny feels as though it has been lifted from his skin.

Your friend's nervous system transmitted impulses which were created by the penny (weight, temperature, and size) to the brain for interpretation. The weight sensations gradually diminished because they were weak and not threatening to his well being.

Pain is an important warning signal that activates protective mechanisms which alert us of impending danger. Weak pain impulses can diminish just like the weight sensation of the penny. Without the ability to feel pain, minor symptoms when left unchecked can develop into significant diseases. Therefore, no matter how insignificant a symptom may appear, it should be reported to your doctor. Chiropractic has always valued the importance of good doctor-patient dialogue.

In Health,

Mark Saracino, DC, DACAN  
Diplomat American Chiropractic Academy of Neurology