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Area chiropractor encourages a 'spring cleaning'

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NORWALK — Susan Lake suffered from instant congestion and frequent sinus infections for 10 years before she discovered the culprit — a wheat allergy was wreaking havoc on her system.

Discovering the allergy opened new doors for Lake, giving her a greater understanding of health and alternative medicine.

"That was a huge revelation to me," she said.

Lake's interest in dietary health drew her to the First Presbyterian Church on Bedford Street last Tuesday, where she attended chiropractor Brian Yomtov's educational lecture called Spring Clean and Revitalize Your Body.

"I have a lot of food allergies and I just thought it would be a good refresher course," said Lake, a Norwalk resident. "I'm always looking for things that will help with my health and my diet."

Yomtov, a chiropractic physician, applied kinesiologist and clinical acupuncturist, moved the seminar from his intimate two-room Oak Street office to the church because of the high demand — 40 patients and members of the public had confirmed attendance by Tuesday afternoon.

He said he hoped the lecture would help educate people about ways to cleanse their bodies, and improve their daily lives.

"It's not okay to feel bad," said Yomtov, who runs Advanced Chiropractic & Wellness, LLC. "You should be feeling well every time you wake up in the morning."

Yomtov also has an office on East Avenue in Norwalk.

The lecture focused on freeing the body of toxins many people might not even know they are ingesting, Yomtov said.

"Everybody usually thinks detox is for someone who does drugs or alcohol ... it's not just alcohol or drugs that bombard your system, it's everything in our environment," he said, adding that pollutants include everything from the air we breathe, to car exhaust to spinach.

For Michael Burke, a Stamford resident who attended Tuesday's lecture, the realization made him want to switch to a whol-



Hour photo/ALEX VON KLEYDORFF

Chiropractor Brian Yomtov of Advanced Chiropractic & Wellness works on a patient at his Stamford office. He also has an office in Norwalk.

ly-organic diet, he said.

"I've learned that a lot of food we eat has a high level of pesticides," Burke said. "I was blown away by strawberries; they have a very high level of toxicity."

People with high toxicity often experience headaches, fatigue and unexplained pains, Yomtov said.

Perceived realities of life can actually be caused by chemical imbalances within the body, Yomtov said — a chocolate craving could be the result of a magnesium deficiency, a hankering for salt the result of stress.

In his year-old city practice, which sees about 50 patients a week, Yomtov helps people from 3 months to 92 years old address diet and life changes, he said.

"Everyone is an individual and they all have their own needs ... it's really a cus-

tomized program," said Yomtov, who is also a certified personal trainer.

In addition to crafting patient diets, Yomtov uses applied kinesiology, acupuncture and exercise to treat patients. He also teaches massage therapy.

Yomtov said he works to educate people about detoxifying their bodies so that, while they may still need to visit him for treatment, they can address some of their problems on their own.

"In order for them to get better, they need to understand how to create their own health," he said.

Yomtov encourages people to drink more water — many of his clients are dehydrated — and devote 10 percent of their days toward health living, freeing up time for yoga, exercise or relaxation.

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