



An "Hour With" Chiropractor Dr. Brian Yomtov in his Norwalk office



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Chiropractor Dr. Brian Yomtov works on muscle testing with patient Maria Sikes recently in his Norwalk office. *Hour photo/ALEX VON KLEYDORFF*

Answering the call to relieve pain



**BRIAN YOMTOV,
CHIROPRACTOR**

BUSINESS

The **Sunday Hour**

NORWALK

By **JOHN H. PALMER**
Hour Correspondent

Brian Yomtov won't hurt you. He promises.

If his words don't convince you, his baby face or his friendly demeanor that reminds you of your best friend probably will.

For about six years, the 35-year-old Yomtov has worked in Norwalk as a chiropractor, helping people by relieving their aches and pains. While some medical doctors prescribe medicine to help take away pain, Yomtov's profession is based on the manipulation of a person's spine and skeleton to naturally soothe what ails them.

For those new to chiropractic, it can be a new experience to have your neck or back "cracked," but it feels really good. The sound, which is known as "cavitation," is actually the sound of gases escaping from joints when bones are realigned, and Yomtov assures you that it's completely safe.

"It freaks them out because it's closer to your ears so it sounds loud, but it's really the same process as cracking your toes or fingers," he said.

Still, he takes it personally when he sees billboards or advertisements on buses saying that chiropractic is dangerous or causes strokes.

"You don't know until you experience it," he said. "The Hippocratic Oath is to do no harm, so why would we hurt people?"

Lucky for Yomtov, a growing awareness and acceptance of alternative therapies in the Western world has made for a thriving practice. He started his practice, called Advanced Chiropractic and Wellness, in Stamford in 2005 and since 2006 has operated a satellite office on Eversley Avenue, a stone's throw from Norwalk City Hall.

Ever since he broke his back while slide tackling an opponent in a high school soccer game, Yomtov said he has been



interested in how to help people heal.

"I just wanted to help people after going through what I went through," he said.

Yomtov was born on Christmas Day in 1975, and grew up in Brooklyn, NY, the son of two teachers. At age 4, the family moved to Long Island and he graduated from Oceanside High School in 1993.

A fateful visit to the office of a local gym manager sealed his fate as a chiropractor. He said the man, who many locals looked up to as a role model, made him realize what he wanted to do with his life.

Yomtov graduated from the University of Rhode Island in 1997 with a degree in exercise science, and in 2002 earned his chiropractic degree from the National University of Health Science in Illinois.

He stayed in the Chicago area for a year, working in a friend's practice, but it was a year later when he realized he missed his friends and family that brought him back to the East Coast.

In 2004, he found himself in Norwalk working as an associate in the office of Dr. Wendy Coren, a well-known chiropractor on Isaacs Street. He gained experience and a clientele there, and when she opened up a satellite office at Velocity Sports in Trumbull, he was asked to run the office there. He jumped at the opportunity, where he found himself treating pre-NFL

draft picks and other athletes.

"I decided it was time for me to move on and start my own practice," he said. "It gave me the confidence I needed to realize I could run a practice myself."

He found an office in Stamford and in 2005, started his practice and quickly expanded a year later to Norwalk. He said he stresses treatment for "the individual," not just the condition, and many times he will try to teach his patients what they can do to help their individual condition.

"I help people help themselves," he said. "I am doing the same thing my parents are doing — as an educator — just in a very different way."

Yomtov said he specializes not only in chiropractic, but also in acupuncture, applied kinesiology, and also in nutrition. Just recently, he earned a degree in pediatric chiropractic, and has patients as young as newborn babies.

"You don't treat babies the same way you treat adults," he said, adding that much of treating an infant includes massage that can improve circulation, and relieve conditions such as colic and constipation.

When he's not working, Yomtov likes to spend time with his two daughter, Rowan, 2, and Jordana, 1. He is an avid fly fisherman and a runner. About a month ago, he completed his first marathon in Fairfield and also likes to mountain bike.