

Des Moines Register

“It’s a lot of **GOOD** news”

Chiropractic care changed her life

BY KELLY ROBERSON • SPECIAL TO THE REGISTER • APRIL 26, 2009

Few people would call a traumatic run-in with a pickup truck while on a bike ride a blessing in disguise. But a decade ago, when a doctor told then-Iowa State University student Heather Yost that a fractured pelvis and head injury guaranteed she would never run again and might never walk correctly, Yost got angry.

She turned to a chiropractor, who helped her move from crutches to a cane to walking, and finally back to running.

"Modern medicine saved my life, but chiropractic care gave me my quality of life," Yost said.

That experience led her to chiropractic school and to Urbandale, where she opened her own clinic, Yost Family Chiropractic. It also put her on a mission to change just one life at a time, just as her own chiropractor changed hers.

"So many of us look at our health from the outside in," Yost said. "We're inundated with information that there's a magic bullet out there. Health comes from the inside out. With your health, you get to make choices. I want to serve as many people as I can, to help them discover health and happiness within themselves."

That means helping people like Jan Isaacson, who battled arthritis and shoulder problems for years. While initially reluctant to seek care, Isaacson now believes it has improved how she feels and her everyday life.

It also means thanking her community: In 2009, Yost began an outreach program. She talks to leukemia patients and child care providers about peak energy and speaks to groups on ways to improve their lives.

Yost's sights are squarely on the future. With twin toddlers and a couple of half marathons under her belt and a staff that includes another doctor and two office managers, she hopes to one day expand her five-year-old practice into a bigger facility.

Yost has adjusted hour-old babies and 80-year-old tennis players, but her advice to everyone is the same: Life need not be lived with pain. What you do now determines the quality of your life in 10 years. Don't wait too long to fix things that are broken.

"I really want people to enjoy the journey to better health," she said.