

Mankato: Jessica Barnett Chiropractic & Acupuncture Clinic

"I was born and raised in Mankato, and went to Loyola High School," said 29-year-old Jessica Barnett in a *Connect Business Magazine* telephone interview. "Our family raised horses and at first I wanted to be a vet, then a medical doctor, and finally in college I became interested in natural healing. I have always been interested in the healthcare professions. I picked chiropractic because I think it's amazing what our bodies often can do without surgery and medicine." After receiving her doctorate and license, she opened her chiropractic and acupuncture business in Madison East Mall on January 1, 2010.

She said chiropractic and acupuncture used in combination can treat more than 2,000 conditions, including migraines, allergies, fibromyalgia, anxiety, depression, and joint pain. In short, chiropractic involves the nervous system, which controls everything in the body, while acupuncture balances the electricity running through the body, she said.

"I love this work because I get to help people every single day and see results," she said. "Even if unable to 'fix' a person 100 percent, we can at least in many cases provide relief that traditional medical treatment couldn't provide."

Recently, a female patient walked in with unexplained uterine bleeding. Her medical practitioner had been unable to find any cause. Rather than undergo exploratory surgery, the patient chose acupuncture and chiropractic treatment. The result? The

bleeding stopped the next day and as of this interview three months later, hadn't returned, she claimed.

Barnett has been active in Greater Mankato Growth Young Professionals, a group of about 200 business professionals meeting twice monthly to network, promote their businesses, and refer.

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