

# The Virgin Islands Consortium

## Locals On The Rise: Young Crucian Doctor Making Big Moves In Georgia

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"I used to struggle with social anxiety. There is a spiritual side to it but on the natural side of things, being a chiropractor helped me overcome that struggle."

Those were the words of Brittany M. Valmond, a St. Croix native now residing in Marietta, Georgia, who was interviewed on Sunday by The Consortium as part of the publication's Locals on the Rise series. Ms. Valmond's journey appeared to be one of destiny, where an internal struggle is to be won by one's passion and calling.

The Brittany that spoke to The Consortium yesterday was oozing with confidence. Her poise, the way the young leader relayed information and her determination to succeed

was evident for the duration of the talk. But back to her success. A story she admits is in its fledgling stages, and one that has been a learning process to this day.

The 27-year-old graduated from the St. Croix Educational Complex in 2006. She then moved to the University of the Virgin Islands in St. Thomas for two years of undergrad studies in biology. Ms. Valmond then moved to Marietta's Life University, which is known for its 4-year chiropractic program until



Brittany Valmond doing chiropractic work on a

mission trip to Haiti.

The Virgin Islander, who sees herself owning her practice in the future, now works as an independent contractor at a small establishment in Smyrna, Georgia, dubbed Chiropractic Specialist. The firm, in existence for about 10-15 years, includes other independent contractors like herself who specialize in various chiropractic disciplines.

As a chiropractor, Ms. Valmond said she's a nervous system doctor with a focus on the structure and the function of the nervous system through the spine. This entails making adjustments to the spine to allow the body to self-heal.

"I never thought that I would start out here because I wasn't confident in my self to be building up my cliental right out of school," Ms. Valmond said. "After graduating in June, 2014, I felt pretty much lost in the middle of the desert, in the middle of nowhere."

She continued: "I was thinking of being an associate, working for another chiropractic, but nothing came through. Then I got an opportunity at the place I'm at right now, where I was once a patient."

Ms. Valmond said she was first skeptical about being hired at the facility, however the founder "saw my integrity and work ethic, and after some thought, prayer and encouragement from family, I took a leap of faith and I'm doing it one day at a time, by the help and grace of God."

And there are best practices to running a chiropractic business that Ms. Valmond is still in the process of understanding. But she said guidance from her more experienced colleagues have shielded the professional from making glaring mistakes.



and referrals," Ms. Valmond revealed. "I am on the business side of the practice." But her business is not all it could be, she said.

Chiropractor Ms. Brittany Valmond.

Ms. Valmond, who made known that she's built more relationships in Georgia than she's had on St. Croix, said a location for her practice has not been decided. So, what about St. Croix? "Hey, anything is possible," she mused.

Her ultimate goal, though, is to serve "as many people as I can, not only with my hands but with my heart and my voice."

She went on: "I think right now, this is like the beginning phase for me. I'm learning to build my business, and I'm comfortable where I'm at because there is purpose in everything and I've been learning from the chiropractors at the place that I work."

To close, Ms. Valmond, a born-again Christian, thanked her God who she credited for taking her the distance.

"Without God I would not be here. I would not be alive. I have grown so much more in Him compared to many years and still have more learning and growing to do like all of us. The prayers of family and friends also helped me because there's been plenty of times where I wanted to give up," she said, bringing her story full circle in relation to her past social struggle.

"God allowed me to go through the struggle of social anxiety so that I could humble myself and find myself in him," Ms. Valmond admitted. "And I thank God for that experience and taking me through and just keeping me.

"All the glory belongs to Jesus."