

Dr. Brian Lank

COASTAL INTEGRATIVE HEALTH
CHIROPRACTOR

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We don't often think

of a sports injury as a positive thing, but in the case of Dr. Brian Lank of Coastal Integrative Health, an injury led him to seek help with a chiropractor.

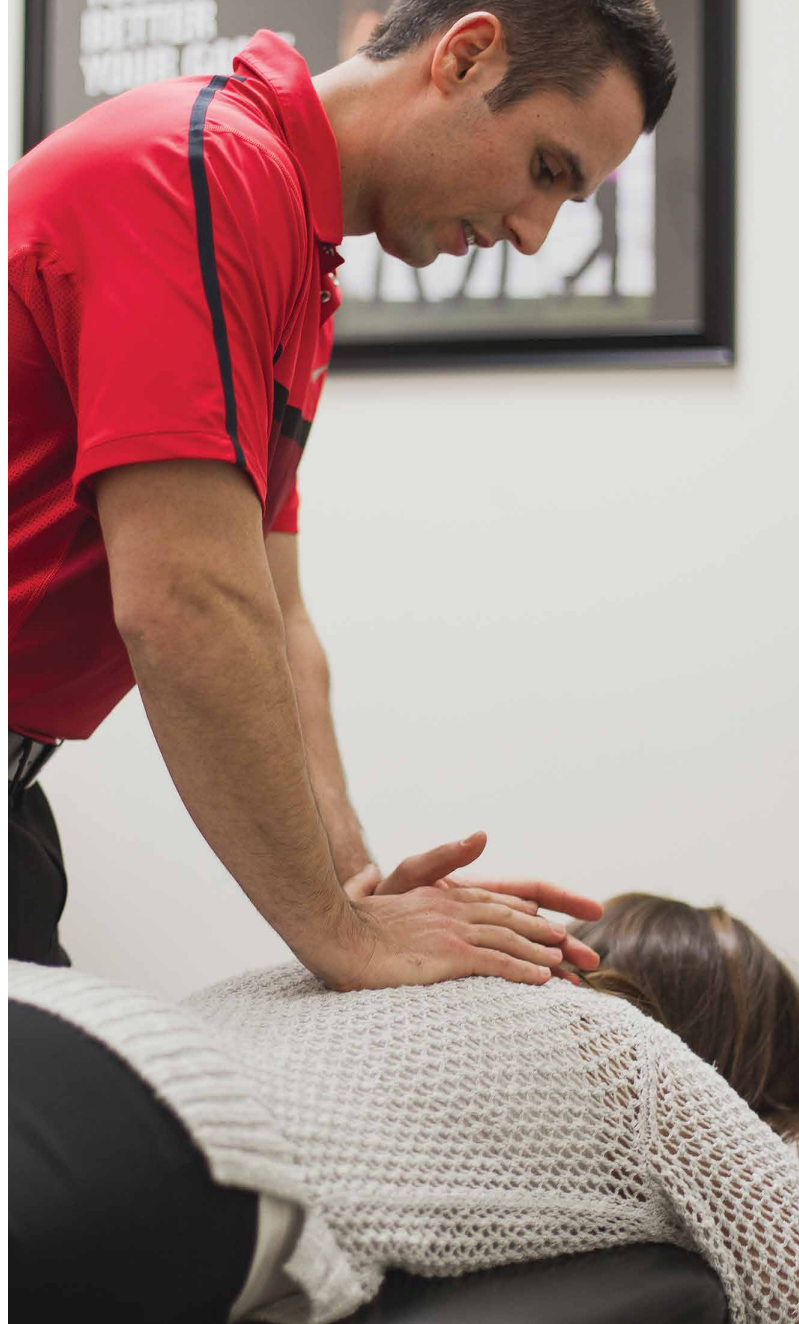
"Pain meds and muscle relaxants didn't do the trick," he recalls, "but the chiropractor had me fixed within a few visits and I loved the fact that all he needed were his hands, rehab exercises and knowledge."

A lifelong athlete, Lank was excited to see a profession that focused on taking care of your body and keeping performance at top levels with natural methods.

"Chiropractic gave me that ability and the education to help people without the use of drugs or surgery," Lank says.

When he's not at work, you'll find Lank with his family — he lives with his wife, three kids and a "shoe-chewing black lab," and his parents as well as his brother and his family live nearby. If he's not with them, though, he's on the golf course.

"My weekends are all about family, but when I get some 'me' time, I go for golf," he says.



Lank says being named one of the Future 10 is an honor as well as a challenge.

"There are a lot of young, successful people in our community, so being named as one of this year's Future 10 is humbling," he says. "With that being said, I see this as a challenge to surpass expectations and constantly innovate."

Lank has picked an ideal spot to constantly innovate. With a population that keeps growing, he is frequently presented with new challenges and opportunities to utilize new techniques. He sees the future of Brunswick County as a bright one and plans to serve the citizens as both a chiropractor and leader for some time.