



Dr Natalie Cooper's Story

Hello everyone! Dr. Natalie here. I am a neurologically based pediatric and family chiropractic over at Two Rivers Chiropractic. My passion for working with children initiated when I first started coaching soccer in my first year of college. I received my bachelor's degree in Biology & Education from Hamline University in 2013. Since I loved coaching and working with kids, I decided to become a science teacher and started my teaching career in the Saint Paul School District in 2012. While I loved teaching, I always felt I had another calling to work in the medical field. While working as a teacher during the week, I started working as a EMT at night on the weekends. Needless to say, I started working crazy hours and pushing my body to the limit with not eating the healthiest, not sleeping, and having excessive amounts of coffee. As some point, the body hits a threshold where enough environmental stressors are going to lead to a crash in the system. In this case, the fall of 2012, I was diagnosed with an autoimmune arthritis known as psoriatic arthritis. I was getting a lot of pain, swelling and inflammation to my hands, feet and low back. I was put on an immunosuppressant drug, inhibiting my bodies ability to fight off bad bacteria/viruses which essentially created a cascade of other problems for me. I was getting sick all the time with multiple different infections, and had to slow down on the activities that I loved. By that point, I knew I needed to change gears and do something with more of a holistic approach to healthcare. Through chiropractic and dietary modifications, I was able to get off my medications and saw my quality of life drastically improve. It wasn't easy though. It took a lot of trial and error. After learning the power of nutrition and the influence chiropractic had on the nervous system, I went to chiropractic school. I graduated from Northwestern Health Sciences University with my Doctorate in Chiropractic and I am currently finishing my Master's in Applied Clinical Nutrition. To encompass all of my passions of working with children, and looking at the body as whole, I took additional training in prenatal and pediatric chiropractic care. I am currently listed as a Webster certified provider (a technique used for pregnancy) and I am a member of the International Chiropractic Pediatric Association (ICPA). I have a passion of working with children dealing with neurodevelopmental and behavioral disorders such as Autism, ADHD, OCD, ODD, Sensory Processing Disorders, amongst others. As a neurologically based chiropractor, I understand the importance of having your nervous system as you grow, and develop. I understand how important it is to make sure your nervous system has the ability to adapt to environmental stressors so you can take on the world!