



## **Vital Wellness Center Highlights Neurologically Focused Pediatric Chiropractic Care in Kane County, IL Since 2002**

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Vital Wellness Center has highlighted its neurologically focused pediatric chiropractic services, which Dr. David Foss has provided since establishing the practice in 2002. The center describes its pediatric care as centering on the nervous system, which according to the website controls regulation, development, immunity, and stress response in children.

Dr. David Foss founded Vital Wellness Center in 2002 to offer pediatric, prenatal, and family chiropractic care. His interest in natural healing began in high school after recovery from a hamstring injury through physical therapy. In college, severe tendinitis in his throwing arm ended his university baseball participation. Chiropractic care resolved the tendinitis along with long-standing allergies and focus difficulties. This personal outcome influenced his career path.

Dr. David Foss, founder of Vital Wellness Center, stated, "My initial reaction was a mix of surprise and regret:

Why hadn't I known about chiropractic care sooner? It could have spared me from frequent illnesses, allergies, sinus problems, and focus issues throughout my youth.?

He added, "Everyone deserves to know about this!?"

Family experience also shaped his perspective. His oldest brother Troy was born with congenital rubella syndrome, resulting in vision and hearing impairments and neurological effects associated with autism spectrum disorder. This background contributed to Dr. Foss's focus on addressing complex chronic health issues, referred to by the center as "The Perfect Storm."

The pediatric chiropractic services page states that birth processes and early life events, such as falls, sports injuries, and daily overwhelm, can lead to nervous system stress. The page describes this stress as resulting in overstimulation or a state of "high alert," which may appear as frequent illness, sleep struggles, sensory challenges, or behavioral and focus issues. These descriptions reflect the practice's perspective on nervous system function.

Gentle, neurologically focused chiropractic adjustments are presented as a method to reduce stress on the nervous system and support improved brain-body communication. For infants, the adjustments involve light pressure rather than forceful manipulation. The center states that the aim is to allow the nervous system to shift toward a more balanced state.

The services page notes that this approach supports neurological regulation for families navigating sensory processing challenges, attention deficit hyperactivity disorder, or autism spectrum concerns. The page further indicates that the care is intended to support neurological development early, building resilience for long-term health. These statements represent the center's described philosophy rather than clinically substantiated outcomes across broader populations.

A 2024 review published in *Clinical Pediatrics* examined evidence for chiropractic care in children and noted limited quality evidence for many non-musculoskeletal applications, while calling for additional research. A 2012 literature review in the *Journal of Chiropractic Medicine* that analyzed 49 studies on spinal manipulative therapy for otitis media concluded there is not enough evidence to recommend chiropractic care for this condition. These references provide context on the current state of scientific literature regarding pediatric chiropractic applications.

As a pediatric chiropractor in Kane County, IL, Dr. Foss has served families in the local area and surrounding communities for more than two decades. His professional affiliations include the International Chiropractor's Association, the International Chiropractic Pediatric Association, the Illinois Prairie State Chiropractor's Association, service as a clinic abroad doctor in Brazil, and contributions to the scientific advisory committee

and as expert editor for Generational Rescue associated with the Jenny McCarthy Autism Foundation.

Dr. Foss maintains an active lifestyle that includes continuous learning, sports, and physical activity. He resides with his wife Jaime and their sons Mason, Hayden, and Gabriel.

The philosophy described on the center's website involves optimizing nervous system function through the reduction of spinal subluxations to promote clearer brain-body communication. Care plans are developed individually in collaboration with families rather than through standardized protocols. The practice setting includes considerations for pediatric comfort during visits.

Vital Wellness Center continues its operations based on the principles established in 2002. The center maintains its focus on neurologically focused pediatric chiropractic care as one component of its model that also includes prenatal and family services. This longstanding approach draws from the descriptions provided on the pediatric chiropractic services page of the practice website.

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For more information about Vital Wellness Center, contact the company here: Vital Wellness Center Dr. David Foss (630) 365-9887 [drdave@vitalwellnesscenter.net](mailto:drdave@vitalwellnesscenter.net) 880 North Main Street Elburn, IL 60119

## **Vital Wellness Center**

*Established in 2002 by Dr. Foss, our practice was built to provide exceptional pediatric, prenatal, and family chiropractic care in Elburn, with a focus on tackling the toughest cases.*

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