

# Vital Wellness Center Highlights Prenatal Chiropractic Care in Kane County, IL Since 2002

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Vital Wellness Center has highlighted its neurologically focused prenatal chiropractic services in Kane County, IL, which Dr. David Foss has provided since establishing the practice in 2002. The center describes its prenatal care as centering on support for the nervous system during pregnancy for both mother and baby.

Dr. David Foss founded Vital Wellness Center in 2002 to offer pediatric, prenatal, and family chiropractic care. His interest in natural healing developed 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. A friend's recommendation led him to chiropractic care, which resolved the tendinitis along with long-standing allergies and focus difficulties. This personal experience 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 dedication to addressing complex chronic health issues, referred to by the center as "The Perfect Storm."

The prenatal chiropractic services page states that pregnancy involves profound neurological changes for both mother and baby. The nervous system guides hormonal balance, stress regulation, uterine function, and adaptation throughout pregnancy. As the body changes, neurological stress can accumulate. These descriptions reflect the practice's perspective on nervous system function during this period.

Gentle, neurologically focused chiropractic adjustments are presented as a method to support brain-body communication. A 2014 study published in the *Journal of Manipulative and Physiological Therapeutics* found that most pregnant patients undergoing chiropractic treatment reported clinically relevant improvement in symptoms. A 2007 narrative review in the *Journal of Chiropractic Medicine* indicated that chiropractic evaluation and treatment during pregnancy may be considered a safe and effective means of addressing common musculoskeletal symptoms.

The center notes that many expecting mothers seek care for challenges such as back or hip discomfort, sciatica, nausea, sleep disruption, anxiety, digestive stress, or concerns around baby positioning and labor. Adjustments at the center are individualized and gentle. Care begins with a thorough health history and neurological assessment. Plans are tailored to support safety and comfort throughout pregnancy.

The services page indicates that maintaining flexibility in the spine, hips, and pelvis is a goal of care. Postpartum care is also available, including assessments for mothers and newborns to support recovery and early nervous system evaluation.

As a provider of prenatal chiropractic care 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 aligns with the wellness principles emphasized at the practice. He engages in 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 chiropractic care. Care plans are developed individually in collaboration with families rather than through standardized protocols. The practice setting includes considerations for comfort during visits for expecting mothers and families. Dr. Foss holds licensure as a chiropractor in the state of Illinois.

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

Vital Wellness Center's work reflects a consistent dedication to the field of prenatal chiropractic. Through the application of the methods outlined on its services page, the practice has offered care to families seeking support for nervous system function during pregnancy. The model remains centered on the nervous system as the key system guiding adaptation, regulation, and overall function throughout this stage of life.

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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.*

Website: <https://vitalwellnesscenter.net>

Email: [drdave@vitalwellnesscenter.net](mailto:drdave@vitalwellnesscenter.net)

Phone: (630) 365-9887

