



Vital Wellness Center Highlights Cold Laser Therapy in Kane County, IL Since 2002

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Vital Wellness Center has highlighted its integration of Cold Laser Therapy, also known as Photobiomodulation, within its neurologically focused care model. Dr. David Foss has included this modality at the practice since its establishment in 2002 to complement nervous system support for patients of all ages.

Dr. David Foss founded Vital Wellness Center in 2002 with an emphasis on pediatric, prenatal, and family chiropractic care. His interest in natural healing originated in high school following 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 addressed the tendinitis along with long-standing allergies and focus difficulties. This personal experience influenced his professional direction.

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 center's Cold Laser Therapy page describes the modality as using specific wavelengths of light that penetrate the skin to reach deep into tissues. These light photons energize the mitochondria, the powerhouses of cells. According to the page, this process relates to cellular mechanisms including oxygen utilization and ATP production.

A 2020 review in the Journal of Clinical Medicine on photobiomodulation outlined underlying mechanisms and clinical applications, noting contributions to tissue repair processes. A 2025 systematic review and meta-analysis examining effects of photobiomodulation on multiple health outcomes reported moderate certainty of evidence for improvements in certain areas such as knee osteoarthritis disability and fibromyalgia fatigue.

The practice presents Cold Laser Therapy as supporting neurological aspects by addressing pathways in the nervous system. It is described in the context of healing from inflammation or tissue injury and supporting the nervous system's response to stress. The modality is characterized as non-invasive.

Photobiomodulation is noted as providing benefits that relate to the whole family. These include aspects of neurological regulation involving the autonomic nervous system, pain and inflammation contexts, tissue and nerve repair, circulation and oxygenation, cognitive and mood support, and cellular resilience through mitochondrial efficiency. These descriptions reflect the center's perspective as presented on its website.

When combined with chiropractic adjustments, Cold Laser Therapy is described as contributing to effects where adjustments address nervous system communication and the laser supports cellular processes. This pairing is presented as creating conditions for neurological health according to the practice.

As a provider offering Cold Laser Therapy 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 at Vital Wellness Center centers on optimizing nervous system function. Care plans are developed individually in collaboration with patients rather than through standardized protocols. The practice setting accommodates patients of varying ages and needs with considerations for comfort during visits.

Vital Wellness Center continues its operations based on the principles established in 2002. The center maintains its focus on neurologically focused care that incorporates modalities such as Cold Laser Therapy. This longstanding approach draws from the descriptions provided on the Cold Laser Therapy page of the practice website.

The center's model reflects dedication to integrating chiropractic care with supportive therapies. Through the application of these methods, the practice has offered options to families seeking support for nervous system function across pediatric, prenatal, and family contexts.

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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 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

Phone: (630) 365-9887

