



Inner Vitality Chiropractic in Fort Collins, CO Shares Insights on Holistic Healing Practices

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Inner Vitality Chiropractic, a Fort Collins chiropractor practice established in the community since 2007, continues to provide specialized chiropractic care focused on conditions such as peripheral neuropathy, auto injuries, and overall wellness through natural, non-invasive methods.

Dr. Jeremy Overholt, the lead practitioner at Inner Vitality Chiropractic, brings a distinctive background to his role that informs his patient-centered approach. Born in Spearfish, South Dakota, Overholt spent his early years in Germany before returning to the United States. He excelled as a runner during high school and at Carthage College in Kenosha, Wisconsin, where he competed in cross country and track, earning Academic All-American honors. His passion for health and athletic performance shaped his early career, including continued marathon training after entering the business technology field.

A significant Achilles tendon injury during a training run altered his path. The injury caused persistent pain and mobility challenges for nearly three years, with surgery and physical therapy providing limited relief. Overholt then explored naturopathy and acupuncture, which enabled him to walk without pain and resume running. Subsequently, following an auto accident, chiropractic care further supported his recovery,

enhancing his performance, eliminating allergies, and improving his overall health beyond previous levels. These experiences led him to pursue a doctorate in chiropractic at Logan College of Chiropractic in St. Louis, Missouri, where he graduated Cum Laude. He and his family have since made Fort Collins their home, where he enjoys trail running and family activities in Northern Colorado.

"Chiropractic care connected me to greater health in ways I had not anticipated, allowing me to recover from injuries and achieve better wellness than in my younger years," said Dr. Jeremy Overholt, chiropractor at Inner Vitality Chiropractic. "This personal journey drives my commitment to helping patients address the root causes of their conditions through individualized care plans."

Inner Vitality Chiropractic emphasizes a holistic approach that fosters a warm environment and employs established chiropractic techniques. The practice addresses a range of issues, including neuropathy, which involves nerve damage outside the central nervous system often linked to causes such as diabetes, infections, or trauma. Symptoms like numbness, tingling, burning sensations, and muscle weakness can affect mobility and daily activities. The clinic's methods aim to stimulate nerve function, improve blood flow, and create conditions for healing within the body.

Treatments for peripheral neuropathy may incorporate chiropractic adjustments to alleviate nerve compression, along with complementary therapies. These can include electrical stimulation distinct from standard units to help reactivate nerves, specific light therapies to support circulation and nutrient delivery, physical therapy for strength and balance, nutritional counseling, and lifestyle guidance. The goal is to manage symptoms effectively and enhance quality of life without relying solely on medications or invasive procedures.

For patients recovering from auto injuries, Inner Vitality Chiropractic provides comprehensive care focused on pain relief, restored mobility, and return to pre-accident function. Chiropractic adjustments and supportive therapies address soft tissue damage, spinal misalignments, and related issues common after vehicle accidents. The practice's experience in this area stems from both clinical work and Dr. Overholt's own recovery from an auto accident.

General chiropractic care at the clinic promotes holistic health by enhancing mobility, reducing pain, and supporting the body's natural healing processes. Services extend to areas such as sports chiropractic for athletic performance and injury prevention, prenatal and pediatric care, weight loss and nutrition support, shockwave therapy, red light therapy, and laser therapy. Each plan is tailored based on thorough consultations, examinations, and, when appropriate, diagnostic imaging.

"Every patient's situation is unique, and our evaluations focus on identifying underlying causes to determine the most appropriate path forward," Overholt added. "Through this process, we help individuals regain

function and vitality by working with the body's innate abilities."

Since opening in 2007, Inner Vitality Chiropractic has maintained a strong presence in Fort Collins, evidenced by consistent positive patient feedback. The practice prioritizes patient education during initial visits, which typically include detailed consultations about health history and goals, followed by postural assessments, range of motion testing, and orthopedic, chiropractic, and neurologic examinations. X-rays are utilized only when clinically necessary, with referrals for advanced imaging as needed.

Dr. Overholt's transition from a corporate role to chiropractic reflects a broader dedication to community health. His background in competitive athletics and personal recovery experiences contribute to an understanding of how targeted care can support active lifestyles and long-term wellness. The clinic serves residents seeking relief from chronic conditions and those recovering from injuries, emphasizing sustainable improvements through conservative methods.

The Fort Collins community benefits from this localized expertise, where access to such care supports individuals dealing with the effects of neuropathy, accident-related injuries, and other musculoskeletal concerns. Chiropractic principles focus on the relationship between the spine and nervous system, aiming to optimize function and promote overall well-being. Inner Vitality Chiropractic integrates this foundation with modern supportive therapies to meet diverse patient needs.

As awareness grows around non-pharmacological approaches to pain management and nerve health, practices like Inner Vitality Chiropractic provide valuable options. The clinic's methods align with principles of addressing root causes rather than isolated symptoms, consistent with Dr. Overholt's philosophy developed through his own health challenges and professional training.

Inner Vitality Chiropractic remains committed to serving the Fort Collins area with professional chiropractic services grounded in experience and patient-focused care. The practice continues to support community members in their pursuit of improved health and quality of life through established, individualized chiropractic strategies.

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Inner Vitality Chiropractic

From neuropathy to knees to back pain to auto accidents, Inner Vitality Chiropractic treats all types of conditions that require healing from within.

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