Centennial Spotlight

CHRISTINE FOSS, D.C. '94

If you ask Christine Foss, D.C. '94, patients are better educated than ever before: "They ask tough questions and are really taking command of their health," she said. "These informed people are those who will seek out holistic and alternative healthcare."

Dr. Foss welcomes these knowledgeable patients with open arms and takes a special interest in treating people who have found little success with conventional care. Embracing a philosophy of guiding patients to optimal health by creating a strong mind, body and spirit connection, Foss empowers her clients to adopt a healthy lifestyle while on the road to healing from sickness and injury.

SERVING HER LOCAL COMMUNITY

Foss has a master's degree in sports medicine from Old Dominion University and, after attending NYCC and opening her own chiropractic clinic, she went back to school to earn her M.D. During rotations while completing her residency in med school, Foss had her epiphany: in the end, what she most wanted was to be at her chiropractic office, working with and treating the patients who had grown to be like family.

Choosing the path of natural healthcare, Foss has never regretted the decision to become a chiropractor. "It is the greatest job on the planet," she said. "We take the time to really listen and nail down the diagnosis. Taking that extra time needed to determine the root of the problem is often missing in the medical model. Our patients need us both physically and mentally."

SERVING HER WORLD COMMUNITY

When she's not treating and working with patients at her New Jersey Advanced Sports Medicine & Physical Therapy Center and Kid's Therapy Center, Foss travels the world treating elite athletes. This summer she was with Team USA Track and Field in Mexico and previously worked in the Sports Medicine Department at the University of Notre Dame and the Olympic Training Camp in Colorado Springs. Foss has also lectured in Sweden and provided chiropractic care to athletes at the World Games.

A LOVE OF NYCC

Foss has more than a soft spot in her heart for NYCC. Not only did it provide her with the tools to become a successful chiropractor, she also met her husband, Glenn Foss, D.C. '94, and was able to pursue her own health goals at the College. She has fond memories of jogging on Lower Lake Road and is proud to have started a wellness program at the College, teaching aerobics and step classes at the Standard Process Health and Fitness Center. Today, their eldest daughter teaches yoga at the same health center and also met her husband at the College. Once they graduate, the couple plans to practice at the Foss centers.