

Dr. I. Keith Lavender is the founder and clinical director of Foresight Wellness Center in Gilbert, Arizona, and one of the longest-practicing Atlas Orthogonal upper cervical chiropractic specialists in the southwestern United States. Over 25 years of clinical work, Dr. Lavender has treated patients of all types, from professional athletes from the NFL, and NBA to working parents, chronic-pain patients, and caregivers carrying years of unaddressed nervous system load.

His clinical approach treats the nervous system as the operating system of long-term health. Atlas Orthogonal upper cervical correction addresses structural interference at the brain-body interface; Advanced Muscle Integration Technique addresses neuromuscular dysfunction; and a suite of clinical modalities (BEMER pulsed electromagnetic field therapy, BrainTap brainwave entrainment, low-level laser therapy (LLLT), and intense PEMF) actively support the shift from sympathetic dominance into parasympathetic recovery.

Dr. Lavender founded Foresight Wellness Center to integrate these modalities into a single coherent protocol rather than offering them as fragmented services. The practice operates on a cash basis, accepts HSA/FSA, and emphasizes patient education in the underlying physiology of dysregulation.

In May 2026, Dr. Lavender launched The Mom Reset, an inaugural community initiative providing six months of free clinical nervous system care to ten community-nominated East Valley mothers, explicitly framed around Maternal Mental Health Awareness Week as a substantive response to the chronic nervous system load mothers carry.

Dr. Lavender lives and practices in Gilbert, Arizona. He sees patients at Foresight Wellness Center alongside Dr. Rachel Howard.

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