

Introducing Kaleb Valdez, DC: Renowned Chiropractor, International Speaker, Birth Advocate & Best-Selling Author

Redefining Chiropractic Care with Compassion and Expertise at Form Fitness and Chiropractic



Pleasant Grove, Utah Oct 29, 2025 ([Issuewire.com](https://www.Issuewire.com)) - Kaleb Valdez, DC, a distinguished chiropractic

physician and co-founder of Form Fitness and Chiropractic, is making significant strides in modern healthcare by offering a revolutionary approach to chiropractic care. Located in Pleasant Grove, Utah, the clinic is built on the pillars of precision, compassion, and teamwork. Together with his business partner, Dr. Bridger Cutler, Dr. Valdez is redefining what it means to provide holistic healthcare, focusing on clinical excellence, personal integrity, and authentic human connection.

Specializing in pregnancy, postpartum, and pediatric care, Dr. Valdez leverages his extensive expertise to support infants born prematurely and children facing complex genetic or neurological challenges. His journey into chiropractic medicine was deeply influenced by personal experience when a family member was diagnosed with Prader-Willi Syndrome. This pivotal moment inspired him to pivot from a path in archaeology and international affairs towards a fulfilling career dedicated to healing through the nervous system.

A graduate of Parker University, Dr. Valdez honed his skills under the mentorship of renowned clinician Dr. Mark Charette, mastering the Charrette Technique. He combines this with spinal decompression therapy, corrective rehabilitation, and detailed postural analysis to restore balance and mobility for patients across all age groups. Since becoming a licensed chiropractor in 2018, Dr. Valdez has demonstrated a profound commitment to birth, brain-based healing, and patient-centered care, blending clinical insight with a compassionate advocacy approach.

Fluent in Spanish and with experience serving diverse populations in Arizona, Texas, and Utah, Dr. Valdez has demonstrated his ability to connect with patients from all backgrounds. During the pandemic, he led a multi-disciplinary clinic, coordinating efforts among chiropractors, nurses, and functional medicine providers to ensure comprehensive care for patients during a challenging time.

In addition to his clinical work, Dr. Valdez is a best-selling author, recognized for his impactful book, *Starving Babies*, which addresses issues of birth trauma and infant health. His commitment to maternal and pediatric health extends globally through educational initiatives, podcasts, and outreach. As a fluent speaker of six languages, he shares his expertise internationally, lecturing on topics of pediatric wellness, maternal care, and holistic family health.

Dr. Valdez is also a published researcher and theorist in evolutionary biology, with his paper, *Cephalization First: A Neuromorphological Catalyst for the Cambrian Explosion* (2025), proposing a groundbreaking perspective on the drivers of evolutionary complexity. His research emphasizes the role of nervous system centralization in morphological innovation, challenging existing paradigms and positioning cephalization as a fundamental architect of complexity.

Acknowledging the profound impact of his niece's diagnosis on his career, Dr. Valdez expresses gratitude to Dr. Mark Charette for his mentorship and to Dr. Cutler for their shared vision in elevating the chiropractic profession. Together, they strive to empower families and remind patients that true healing arises from an understanding of the body's innate self-healing and self-regulating capabilities. As Dr. Valdez aptly states, "Nature needs no help—simply no interference."

Beyond his clinical practice, Dr. Valdez engages in philanthropic endeavors, including The Tuvalu Coastal Adaptation Project, which fosters economic and educational sustainability in the South Pacific, and Bridle Up Hope - The Rachel Covey Foundation, a foundation that empowers young women through life skills and equine-assisted therapy. He also supports Reach Out Cambodia, providing housing and education for vulnerable youth and single mothers in Phnom Penh.

With plans for expansion on the horizon, Dr. Valdez and Dr. Cutler are committed to their mission of

transforming the chiropractic landscape. When not at the clinic, Dr. Valdez enjoys hiking, writing, and performing with the world-renowned Tabernacle Choir at Temple Square. His diverse interests include playing the piano, practicing mixed martial arts, and vacationing in the serene beauty of Tuvalu.

Learn More about Dr. Kaleb Valdez:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82064626-Kaleb-Valdez-Chiropractor> or through Form Fitness and Chiropractic, <https://www.formfitchiro.com/ourteam>

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Source : Dr. Kaleb Valdez

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