

Theresa R. Peter, DC, MS, CFMP, a Functional Medicine Chiropractor with Health Up Institute

Get to know this unique Chiropractor, Dr. Theresa R. Peter, who serves patients in Sarasota, Florida.



New York City, New York Oct 14, 2023 ([IssueWire.com](https://www.IssueWire.com)) - A licensed chiropractor, Dr. Peter, better known as Dr. Theresa, is the Owner and Director of Health Up Institute in Sarasota, Florida. She specializes in Functional Medicine which means finding the root cause of an illness by viewing the body as a whole unit and doing specialized testing, lifestyle modifications, and working to rebalance the

body's natural biochemistry. She works with a wide range of internal disorders including but not limited to thyroid disorders, breast health issues, hormone disorders (such as PCOS, fibrocystic breast disease, fibroids, ovarian cysts, fertility, menopause, and adrenal fatigue), as well as autoimmune disorders (including Hashimoto's disease, ulcerative colitis, Crohn's disease, SLE, and MS). She has been a leading practitioner of Iodine Therapy since 2011.

Her life's calling revolves around helping individuals comprehend the reasons behind their body's malfunctions and providing tailored, effective natural remedies, which may include herbs, vitamins, minerals, neurotransmitters, bio-identical hormones, chelators, binders, phytonutrients, and other options, depending on research findings. This approach aims to restore cellular physiology and energy, promoting healing and repair rather than deterioration.

Academically, Dr. Theresa earned a Bachelor of Science Degree in Chemistry from Central Michigan University and a Master of Science Degree in Environmental and Occupational Health from the University of Michigan - Rackham Graduate School. After many years in the private sector and healing her own autoimmune condition, she decided to switch careers and obtain a Doctor of Chiropractic Degree from the National University of Health Sciences in order to help others achieve their optimal health as naturally and completely as possible.

Her prior role as a research scientist at a pharmaceutical company, healing her own substantial health issues, and consistent desire to help and educate others, fueled her passion to specialize in functional medicine which is a 200 hour plus certification beyond her doctorate of chiropractic education. Her unique patient cases and continued success ensure the learning never stops!

By utilizing a functional medicine perspective to identify underlying causes and concurrent health disruptions, Dr. Theresa formulates comprehensive, achievable, results-oriented treatment plans. Collaborating closely with each patient, she forms a strong partnership to guide them in making effective choices and lifestyle changes, ultimately helping them achieve their unique, optimal health goals.

Chiropractic is a form of alternative medicine that is most known for working with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. However, some chiropractors like Dr. Theresa chooses to use the chiropractic philosophy of the body being able to heal itself to another level and strives to find the best medical balance of internal healing with the patients needs, scientific research, and creating a high functioning internal biochemistry. As a research scientist, she does believe that at times, a collaboration with additional medical doctors may be needed to bridge one's ability to be at their best health.

Learn More about Dr. Theresa R. Peter, DC, MS, CFMP:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85019970-Theresa-Peter-Chiropractor> or through Health Up Institute, <https://www.healthupinstitute.com/about>

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