

Debra Salter, MD, ABOM, Board Certified Obesity Medicine Specialist and Owner of Why Weight Wellness, LLC

Optimizing Health and Wellness through Personalized Weight-Loss Programs



New York City, New York Jul 23, 2024 ([IssueWire.com](https://www.issuewire.com)) - With a remarkable career spanning over 30 years in family practice and boasting board certification in obesity medicine, Dr. Debra Salter is a beacon of expertise and compassion for her patients at Why Weight Wellness, LLC in Littleton, Colorado.

Dr. Salter's commitment to providing individualized care sets her apart as she offers a range of services including physical guided weight loss, food sensitivity and genetic testing, as well as hormone evaluation with bioidentical replacement. Her holistic approach encompasses the entire body, ensuring that each patient achieves optimal health and wellness, leading to a more vibrant, energized, and empowered self.

A proud native of Albuquerque, Dr. Salter pursued her Bachelor's Degree at the University of Colorado Boulder before obtaining her Medical Degree from the University at Buffalo School of Medicine and Biomedical Sciences in 1985. Following this, she completed her residency in family medicine at the University at Buffalo from 1985 to 1988.

Drawing upon her extensive experience in female and male hormone replacement, diabetes management, thyroid disease, and weight loss techniques, Dr. Salter empowers her patients with the knowledge and tools they need to achieve their health and wellness goals. By guiding, treating, and educating individuals on nutrition and weight loss strategies, she ensures that her patients experience transformative results, fulfilling their desire for positive change.

Dr. Salter's dedication to her patients extends beyond the clinic, as she enjoys various hobbies such as hiking, skiing, playing the flute and singing in a rock band, writing medical fiction, quilting/cross-stitch, as well as spending quality time with Wallace, her husband of 40 years, her children, and grandchildren.

Patients at Why Weight Wellness, LLC in Littleton, Colorado, can trust in Dr. Debra Salter's expertise and compassionate guidance as they embark on their journey towards improved health and a more fulfilling life.

Learn More about Dr. Debra Salter:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2585421-Debra-Salter-Family-Practitioner> or through Why Weight Wellness, LLC, <https://www.whyweightcolorado.com/our-providers/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Debra Salter, MD, ABOM

[See on IssueWire](#)