

Delilah Renegar, DC, MSACP, DACBN, DABCI Redefining Integrative Healthcare Through Education, Leadership, and Prevention

Clinical Leader in Functional Medicine, Hormone Health, and Clinical Nutrition



Chicago, Illinois Feb 13, 2026 ([Issuewire.com](https://www.issuewire.com)) - Delilah Renegar, DC, MSACP, DACBN, DABCI, is the Medical Director of Functional Medicine and Hormone Health at Aligned Modern Health in Chicago, Illinois, where she leads the organization's functional medicine and clinical nutrition programs. Her passion for medicine began early in life and evolved into a career rooted in personalized, patient-

centered care. Dr. Renegar is known for her thoughtful, integrative approach to health, focusing on treating the whole person rather than isolated symptoms.

She earned her Bachelor of Arts in Psychology with honors from the University of Central Florida, building a strong foundation in human behavior and wellness. Dr. Renegar went on to receive her Doctor of Chiropractic degree from the National University of Health Sciences, where she was honored with the Joseph Janse “Outstanding Graduate” award. She later completed her Doctor of Medicine degree, graduating summa cum laude, further expanding her expertise in internal medicine and complex clinical care.

Throughout her career, Dr. Renegar has held diverse clinical and leadership roles that reflect her dedication to advancing integrative healthcare. Prior to joining Aligned Modern Health in 2019, she founded and operated Nourishing Medicine, LLC, a private practice focused on functional medicine and personalized treatment strategies. Her work has consistently emphasized empowering patients to take an active role in their health and long-term wellness.

In addition to her clinical practice, Dr. Renegar is a respected educator and mentor. She has served as post-doctoral faculty at multiple universities, teaching subjects including pharmacology, toxicology, women’s health, and minor surgery. Her academic involvement underscores her commitment to preparing future healthcare professionals with a comprehensive, evidence-based understanding of integrative medicine.

Dr. Renegar has also held influential leadership positions within professional organizations, including serving as President of the Council on Nutrition for the American Chiropractic Association and as a leader within the American Board of Chiropractic Internists. Through these roles, she has helped shape educational standards and promote excellence within the field of functional and clinical nutrition.

At the core of Dr. Renegar’s work is a deep respect for the doctor-patient relationship and a belief in preventive, individualized care. Her clinical focus centers on functional medicine, hormone health, lifestyle optimization, and patient education. Today, she continues to make a lasting impact through her clinical leadership, teaching, and advocacy for integrative healthcare that supports lasting health and vitality.

Learn more about Dr. Delilah Renegar:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/delilah-renegar>

America’s Best in Medicine

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