

# Dr. Pete Sulack

Contact: [drpete@redeemchiropractic.com](mailto:drpete@redeemchiropractic.com)

Dr. Pete Sulack is the owner & founder of one of North America's largest health and wellness clinics - Redeem Health & Chiropractic, providing their exclusive Roadmap to Resilience. He routinely treats patients who travel from around the world seeking his service. Knowing that not everyone is able to come to see him in person, Dr. Pete created Redeem Essentials supplements along with his virtual health coaching program, *Be Resilient: Your 12-Week Journey to a Happy & Healthy Life*. He is now able to meet people right where they are, in the comfort of their own homes, and help them begin their healing journey.



**America's Leading Stress Expert**

His groundbreaking and revolutionary paradigm on stress, coupled with testimonials from patients and attention in medical communities have garnered him the title of "America's Leading Stress Expert." Dr. Pete knows the secret to true health - get the body out of a state of stress. You can eat the perfect diet, exercise, take all the supplements, but if stress is not addressed, you won't get very far in your healing.

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The Redeem Health experience has been designed to help "break the cycle" of chronic and traumatic stress for individuals and families in three ways: physically, chemically, and emotionally. Redeem Health & Chiropractic addresses all the stressors one may face, from the food we eat, to the air we breathe, to the toxic exposures, traumas, and even the thoughts we have. This is true holistic health & wellness.

Dr. Pete is a family man based out of Knoxville, Tennessee who brings a message of hope and healing to both personal and professional audiences. He is a highly sought-after teacher, lecturer and author of multiple books including *The Joseph Blessing* co-authored by Dr. Jordan Rubin and *Be Resilient*. In 2006, he started **Matthew 10 International** as a non-profit to serve widows and orphans, minister to the sick, and empower pastors and leaders.



10215 Technology Drive Suite 100  
Knoxville, Tennessee 37932



*"Learning to manage stress is the secret to a vibrant life. Stress is unavoidable, but by adding healthful habits & subtracting toxic ones, I have been able to return my body to its natural state. The ability to adapt to & recover from stress is the secret to a happier, healthier life!"*

- Dr. Pete Sulack



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