



Teresa Ann Sievers MD

November 19, 1968 - June 29, 2015

Teresa Ann Grace Sievers, MD, MSMS, FAARM, ABIHM 46, of Bonita Springs died unexpectedly Monday, June 29, 2015 at her residence. Teresa was born November 19, 1968 in Derby, CT a daughter of the late John E. Tottenham and Mary Ann (Aquila) Groves (Thomas Groves). Dr. Sievers graduated Valedictorian in 1986 from Ansonia High School in CT and Fairfield University 1990 with a Masters of Science in Biology and had been a resident of Bonita Springs since 2006.

In 1996, Dr. Sievers graduated with honors from Ross University School of Medicine. She completed her residency at the University of Florida in Jacksonville where she was awarded resident of the year. She became board certified in Internal Medicine. After moving to Bonita Springs in 2006, she opened her practice, Restorative Health & Healing Center in the Estero Medical Center and was on staff at Naples Community Hospital.

In 2008, Dr. Sievers completed a board certification and fellowship at the American Academy of Anti-Aging, Regenerative & Functional Medicine. Four years later, she obtained her Medical Master of Science Degree in Metabolic & Nutritional Medicine through the University of South Florida. Intrigued by Eastern medicine, Dr. Sievers began exploring energetic healing and was the first MD in SW Florida to openly embrace the mind, body and spirit connection and as a core healing modality offered to patients. Sievers and her partner

Lenka Spiska, Intuologist – Quantum Energy Healer, were committed to taking healing to the next level. Her motto to her patients, “I am passionate about empowering you to tap into the doctor within you.”

Dr. Sievers believed strongly in supporting local charities and giving back to her community. In 2008, she became directly involved with Our Mother’s Home of Southwest Florida and teacher to teen mothers and their babies. She also worked with Wings of Shelter International in SW Florida and The Good Shepherds Ministry of Ft. Myers.

Dr. Sievers is survived by her loving husband, Mark D. Sievers; two daughters, Josephine Edie Sievers (11) and Carmela Louise Sievers (8); her mother, Mary Ann Groves (Thomas) of Seymour, CT; two brothers, Patrick J. Tottenham of Beacon Falls, CT and Frank S. Longobardi of Manalapan, NJ; three sisters, Annie Tottenham Lisa (Petr) of Ansonia, CT, Nim Tottenham Delafield, PhD (Joe) of New York, NY and Dr. Dawn Tottenham of Long Island, New York, NY; 8 nieces and nephews, Micky, Sage, William, Ysabella, Grace, Beatrice, Audrey, and Lennon. She is also survived by her mothers-in-law, Bonnie Sievers and Melanie Dee Porter.

Funeral services to celebrate her life will be held Monday, July 6, 2015 at 2:00 PM at the Unity Church, 2000 Unity Way, Naples, FL. The family will receive friends at the church from 12:00 noon until the time of service.

In lieu of flowers, contributions can be made to Dr. Sievers Family Foundation at GoFundMe.com.

Arrangements are being handled by Shikany’s Bonita Funeral Home.

Previous Events

Visitation

JUL 6. 12:00 PM - 2:00 PM (ET)

Unity of Naples Church
2000 Unity Way
Naples, FL 34112

Funeral Service

JUL 6. 2:00 PM (ET)

Unity of Naples Church
2000 Unity Way
Naples, FL 34112

Tribute Wall



“ *Teresa Ann Sievers MD*

October 09, 2023 at 03:40 AM



“ *Ron and I were so shocked to hear about Dr. Sievers. We have retired from Florida and have moved back to our home state of Illinois. We have tried to find a doctor as caring and thoughtful as Dr. Sievers. She helped us feel so much better when other doctors tried but could not get to the root of our health problems like our Dr. Sievers. Mark, please know that our thoughts and prayers will be with you and your family.*



Diane and Ron - July 12, 2015 at 06:40 PM



“ *Teresa was an amazing, loving, energetic and brilliant woman whom i will deeply miss. She inspired me in innumerable ways. Mark Josie, Carmy and your family I am so deeply sorry for your loss. Teresa truly practiced what she preached and ha so much care for others so desperately needed in today's world. She had an indomitable presence elevating the energies of others along with myself. I am honored I had the time with her serving her practice as a publicist and helping to facilitate her vision. Words cannot express the loss of Teresa.*

Theresa George

TherasasFace AndBody - July 08, 2015 at 09:43 PM

BR

“ *Mary Anne & Family>> Please accept our most sincerest sympathy in the loss of Theresa. I am sure her loss has been devastating to you all. My heart goes out to her family, but especially to her mother, Mary Anne. I know what it feels like to watch a mother lose a child before their time. I watched my mother go through it when she lost her son too soon. It's like losing a part of your heart forever and never being the same. A hurt to the heart that may dim but that lasts forever. You and your family will need all the strength you can muster up to get through this most difficult time. Our prayers go out to you all. We will pray that the Lord brings you all the strength you will need in the days and weeks following this terrible tragedy and loss.*



Our most sincerest sympathy in the most difficult time in your life!
Betty & Cal Russell

Betty & Cal Russell - July 08, 2015 at 08:15 PM

GP

“ *No words can express the sorrow my husband and I have for the unfortunate passing of Dr. Sievers. She was more to us than just our physician; we thought of her as a close personal friend. She was our health guru, and she brought us to better health like no physician had done before. We will be forever grateful for her impact on our lives. We will miss her spunky, larger than life personality, her passion, her energy, her caring. She was a beautiful person inside and out. The world was a better place with Teresa Sievers in it. Our sincere sympathies to Mark and the children and the rest of her family.*



Rest in Peace, Lovely Lady.
Gina Paris and Bruce Rosenblatt

Gina Paris - July 07, 2015 at 01:19 PM



“ Please accept our heartfelt sympathy on the loss of a wonderful person, Dr. And Friend. Stella and I were two off her very first patients when she first came to Florida. We were so thrilled for her to become a part of our lives. She was a wonderful and caring Dr and helped both of us in many ways. Because of some unusual circumstances we had to leave her practice about two years ago. That never stopped us from loving her and caring for her as an amazing person and friend. We would remember her every year on her birthday to let me know how much she meant to us.....❤️❤️
May she continue to look over her wonderful family through the things she did to lay a foundation for them.
REST IN PEACE!
Sincerely,
Judith A Zeigler-Rosser and Stella Fisher



Judy Zeigler-Rosser - July 06, 2015 at 10:12 PM

DK

“ As a fellow female physician I appreciated her outlook on medicine. I also appreciated her commitment and energy of what ever she did. We will miss her alot especially the Women Physician's of Collier County. We wish her family to continue her special place in Naples/Bonita.
Catherine Kowal MD Chairperson of the women's physicians group of CCMS

Dr. Kowal - July 06, 2015 at 08:39 PM

LH

“ I am stunned to hear this devastating news about Teresa-she was one of the most vibrant, amazing and loving people I have ever known; we became fast friends 30 years ago and even as our lives became increasingly busy and then separated by distance we could always pick right up where we left off and catch up; she touched so many lives with her compassion- I consider myself privileged to call her friend; all my love and prayers to all of you from Ct especially Mark and those beautiful girls and MaryAnn-I so wish I could be with you all right now; I am overwhelmed with sadness-rest in peace my beautiful friend-I love you, miss you and will never forget you. Lisa Crowther Hyland

lisa crowther hyland - July 06, 2015 at 03:48 PM

TO

“ I am honored to have know the amazing Teresa Sievers. Her spark was contagious and her passion for life and living it unparalleled. My heart goes out to Mark and the girls as well as my deepest condolences on a light lost too soon.

Tricia Otto - July 06, 2015 at 12:51 PM

VG

“ I met Teresa just a few months ago when she and Mark interviewed me to be their daughters' teacher. I was instantly struck by their devotion to each other, to their girls, and to their community. In the short time I've known her, I've seen Teresa's love, generosity, kindness, and intelligence shine through everything she did. Her death makes no sense at all, and my heart is broken for her, for Mark, the girls, and their family. Her life, however, made all the sense in the world, and may remembering and carrying on Teresa's spirit bring some comfort to all who will miss her so much.

Valerie Gasco - July 06, 2015 at 09:54 AM

JA

“ *Teresa was my friend and doctor and an absolutely selfless, kind, supportive, brilliant, loving, caring, giving person. She was all these things and so much more. Truly a bright light in our world. I extend my deepest heartfelt sympathy to her family and coworkers. I will miss her terribly and think of her always with love.*



JoAnn Agostinelli - July 05, 2015 at 09:28 PM

CW

“ *My heart is broken when I think of the loss of such a wonderful woman. She has helped so many people, me being one of them. My prayers and thoughts are for all who had the pleasure of knowing and loving her.*
Connie Waldo



Connie Waldo - July 05, 2015 at 08:50 PM



“ I still can't find the right words to make sense of such a wrongful death...

I was lucky to have met Teresa at one of her sister's musical gigs. She was a dynamo on the dance floor and such a fan and advocate for Annie's creative work. I watched her care for Annie during the performance, tending to her sore throat, making sure she was singing at optimal range/strength and just having the best time watching Annie do her thing. I am sorry I had less time to get to know her personally, but feel I do, as Annie was as much a fan of Teresa as Teresa was of Annie. And Annie shared with me all the good works Teresa was involved with, which was a whole lot considering she was a working mother of two. May she be in a place of deep, abiding love and peace and may Teresa's family find that peace as well.

*~Deborah Dutko
Fairfield, CT*

Deborah Dutko - July 05, 2015 at 06:38 PM



“ We pay homage to Dr. Teresa Sievers whose soul was at high spiritual level and who was beautiful person inside-out. She was an exceptionally intelligent doctor whose passion was to improve health of her patients. We will miss her forever.

Our heartfelt condolences to the family.

Kashmira and Kulin Lodaya

Kashmira and Kulin Lodaya - July 05, 2015 at 02:37 PM

DI

“ To all the family of Dr. Teresa Sievers: Your loss is beyond measure. My prayers are with all of you. I know in my heart and soul that your dear Teresa was surrounded by angels as our Lord said to her, Job well done, my good and faithful servant. She truly was an angel on earth to so many. Dr. Sievers is forever woven in the fabric of my life.

Diane - July 05, 2015 at 02:08 PM

KC

“ I am so saddened to hear of Teresa's death. She was my doctor and friend for the past 10 years and I will miss her so much. Dr. Sievers was my inspiration to adopt a whole food plant based diet and pursue my studies leading to a certificate in plant based nutrition. We exchanged helpful ideas and she was so supportive in my path to a healthy lifestyle. I will continue this path and further studies in her honor.

Dr. Sievers was always interested in my life and several years ago I took her and Josie to a symphony concert because Josie studies the violin. I was on the United Way team that evaluated Our Mother's Home and Teresa was so proud of this fine organization. United Way did fund OMH and they are now a partner agency. Teresa's memory lives on in our community through her tireless volunteer work to improve people's lives.

My heart goes out to Mark, their two girls, and family. I am in CT for the summer so am sad to miss the July 6th service. My prayers and thoughts are with you now and always.

In good health and with love, Kathy Caldwell

Katherine Caldwell - July 05, 2015 at 10:35 AM



“ *Beautiful in Blue was purchased for the family of Teresa Ann Sievers MD.*



July 05, 2015 at 09:54 AM



“ *Peter& Nancy Austin lit a candle in memory of Teresa Ann Sievers MD*



Peter& Nancy Austin - July 05, 2015 at 09:29 AM



“ *We were blessed and fortunate to have been patients of Dr. Teresa Sievers. Dr. Sievers' engaging and dynamic energy was only surpassed by her intellectual and spiritual brilliance. Our hearts and souls weep for the pain inflicted upon her loving family, her colleagues, and all those who were touched by her. We know that Dr. Sievers has flown back into the Heart of God, and is in a Sacred State of Grace. But, we ask that God illuminate the path of those seeking answers--that we ALL may have peace, and JUSTICE for Dr. Sievers.*

With Love and Support,

Sandie Treichel & Jaime Ziadie

Jaime Ziadie - July 04, 2015 at 11:51 PM

MG

“ *Dr. Sievers inspired us to be diligent about our health for which we will always be grateful. Please know our love and prayers are with you. It was our privilege to have been her patients since the start of her practice. We dearly loved her.*

*Sincerely,
Maryalice, Gary and Lillian Goguen*

Maryalice, Gary Goguen - July 04, 2015 at 06:27 PM

HP

“ *Please accept my most sincere condolences in this tragic loss of a wonderful, brilliant caring human being. She has been "my" doctor from the inception of her practice in Estero and I will miss her guidance/treatment. May the light of God surround her entire family with love and solace and may her soul rest in eternal peace. Helen Pasternak*

Helen Pasternak - July 04, 2015 at 12:45 PM

AS

“ *Angela Finn-De Stefano lit a candle in memory of Teresa Ann Sievers MD*



Angela Finn-De Stefano - July 04, 2015 at 11:52 AM

AS

I am in total shock after learning of Teresa's passing. I send my deepest condolences and heartfelt sympathy to all of her family and loved ones. May she rest in peace.

Angela Finn-De Stefano - July 04, 2015 at 11:55 AM

AS

I am so sorry for your loss and send my heartfelt sympathy to you all. May she rest in peace.

Angela Finn-De Stefano - July 04, 2015 at 12:08 PM

CL

I am so deeply saddened and shocked to hear of Teresa's passing. She was a young vibrant star in her field and gave that energy and attention to each of her patients selflessly. She was a friend, a colleague and an inspiration as a mother and a physician. She will be sadly missed by her profession and especially by her patients who loved her dearly.

Carolyn Langford - July 05, 2015 at 08:44 AM

MM

“ *My heartfelt prayers and sympathy go out to the family of Dr. Teresa. She was an amazing physician to me. Her loving care, and gift of healing will be greatly missed. There is another angel in heaven.*

*With deepest sympathy,
Marilyn Miller*

marilyn Miller - July 04, 2015 at 07:58 AM

DB

“ *Such a loss to our medical community. What a shock it was to hear the news. It's never easy to lose a colleague and especially in this manner. She was very respected in the community and will certainly be missed. Our condolences to her family. We are happy to help in any way possible.*

Dr. Diane Brzezinski and Dr. Dennis Stapleton.

Dr Diane Brzezinski - July 03, 2015 at 09:27 PM

ME

“ So very saddened by the news of Dr. Sievers passing. She was the most loving, compassionate doctor that I have ever known. She healed me, when no other doctor could. She embraced my hands, prayed for me and my life was forever changed. She was a blessing to all lives that she touched and healed. Prayers of peace and healing to her family during this very difficult time.

Michelle Ericson - July 03, 2015 at 08:57 PM

TM

“ Gale and I are stunned and deeply saddened by Dr. Sievers' passing. As a patient, we had the highest regard for her as a physician and a loving, caring and wonderful person. Her passion to help the individuals who were in need physically, mentality and spiritually were a top priority in her life. The world has lost a fabulous woman who truly made the world we live in a better place. We pray that the love of your family and friends help all of you get through this most difficult time. "Rest In Peace," Dr. Teresa Sievers.

Tony & Gale De Mello - July 03, 2015 at 08:49 PM

TM

“ Tony & Gale De Mello lit a candle in memory of Teresa Ann Sievers MD



Tony & Gale De Mello - July 03, 2015 at 08:33 PM

SM

“ My deepest and more sincere condolences for the loss of Teresa. May you find comfort and hope in God promises. 1 COR 15:26

Sandra Morales - July 03, 2015 at 06:00 PM

GB

“ I knew Dr Sievers when she worked for the clinic that I work for. She was not only a great physician, she was my physician. She had a loving and compassionate spirit about her, always a kind and listening heart. I know she will be missed by many people, It saddens me to know that she is gone. Prayers for the family, friends, and patients who all knew and loved her.

Gale Baertschi

Gale Baertschi - July 03, 2015 at 05:00 PM

PR

“ I am at such a loss for words right now. Dr. Sievers guided me through two major losses in my life. She cared so much for myself, my husband, my brother and my beloved mother. She knew me better than I knew myself sometimes. Mark, please know that we will pray for you and the girls. None of this makes any sense, and it never ever will. Please rest in peace, my friend.

Paula Renaud - July 03, 2015 at 12:47 PM

DM

“ Only one visit to Dr. Teresa and I felt I had a friend for life. Her loving nature will be very missed. My very deepest sympathy to you Mark and your girls. I will forever keep you in my heart and prayers.
Denise Moyle, U.P. of Michigan

Denise Moyle - July 03, 2015 at 09:00 AM

EV

“ I am shocked and saddened by Dr. Sievers death. She has been a god send to me since I began seeing her in 2013 after my lumpectomy. Her sense of healing and motivation along with her wonderful sense of humor is a loss not only to her family but all her patients. She will be sorely missed by not only myself but all who knew her. May she rest in peace.



With love, Edwina F. Vauclain

Edwina F. Vauclain - July 03, 2015 at 08:33 AM