

Nacole Wood, MSN, FNP-C, has recently returned to her roots in Functional Medicine, joining the growing team at Renew Specialty Group. As a provider, she emphasizes the importance of truly getting to know each patient on a deeper level — moving beyond cookie-cutter medicine to create personalized, comprehensive plans that align with individual health goals.

Renew Specialty Group has gained recognition throughout Lake Norman and beyond for its multifaceted, progressive approach to anti-aging and integrative care. Their recently revamped medical weight loss and weight health management program is one example. Unlike traditional programs that focus solely on the number on the scale, Renew's protocol helps patients improve inflammation, reduce A1C, lower cardiovascular risk and enhance both metabolic and cognitive health.

The clinic's offerings extend well beyond weight management. Services include hormone replacement therapy (HRT), peptide therapy including NAD+, peptides, PRP and exosome treatment. Patients also have access to IV therapy, pain management, women's and men's health services, body contouring, hair restoration and advanced Class IV laser therapy. This range of services reflects Renew's commitment to extending healthspan, not just lifespan — helping patients feel and perform at their best.

"I believe in treating each patient as a whole person, not just a collection of symptoms," Wood explains. "Prevention and wellness should be the standard of care at every

encounter. When you view the body holistically, you can create treatment plans that produce lasting results."

Renew's reputation for excellence has grown rapidly, thanks in part to its ability to offer advanced, safe and medical-grade therapies not commonly found in standard practices. Their HRT program has restored balance, energy and vitality for countless men

and women. Their cutting-edge peptide therapies, tailored to everything from weight loss to cellular rejuvenation, are among the most advanced in the region. With the addition of Wood, the team has expanded its capacity to deliver patient-centered, individualized care.

For Wood, success lies in presence and connection: "Listening, understanding and building trust with each patient

is the foundation of meaningful care. No two health journeys are the same, and my role is to walk alongside patients as a true partner in theirs."

At Renew Specialty Group, patients find more than a clinic — they discover a team dedicated to functional, integrative and progressive solutions when traditional medicine falls short.. ■



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