

Renew Specialty Group

Redefining longevity, anti-aging and whole-body health in Lake Norman

BY CONTENT ASSISTANT ANDREA POWELL



Nacole Wood, MSN, FNP-C, Dr. Micah Kirscher, DNP, FNP-C and Dr. Coral Kirscher, DNP, FNP-C

When you think about “getting healthy,” you picture a diet, a detox or a short-lived New Year’s resolution. At Renew Specialty Group, health means something deeper—and far more lasting. It’s about feeling strong, clear-headed and vibrant at every age, instead of accepting fatigue, weight gain or brain fog as “just part of getting older.”

Founded in 2018, Renew Specialty Group has quickly become a leading functional and integrative medicine clinic in the Lake Norman area known for its proactive, root-cause approach; the practice helps patients frustrated with traditional medicine finally find a plan that makes sense.

Today, Dr. Coral Kirscher, DNP, FNP-C, and Nacole Wood, MSN, FNP-C, lead the way, offering advanced, science-driven therapies with a deeply personal touch.

Who We Are

Dr. Coral’s journey into functional medicine began with her own health story. Diagnosed with autoimmune conditions including Hashimoto’s and lupus at a young age, she spent years navigating conventional medicine without getting full relief. That experience sparked a passion to dig deeper—to understand the “why” behind symptoms and to find therapies that actually changed the trajectory of her health.

She and her husband, Dr. Micah Kirscher, DNP, FNP-C, both earned their Doctor of Nursing Practice degrees before opening Renew Specialty Group in Cornelius. Their goal was simple: build the kind of clinic they wished they could have found for themselves and their families, one that treats root causes instead of masking symptoms.

Nacole Wood, MSN, FNP-C, shares that same commitment. With deep experience in functional medicine and preventive care, she is known for truly listening to patients and designing personalized, comprehensive plans based on each person’s unique goals, history and lifestyle. Together, Dr. Coral and Nacole form a powerhouse team, blending advanced training with genuine compassion.

A Proactive Approach to Medicine

At Renew Specialty Group, care is intentionally proactive, not reactive. Instead of waiting for disease to show up on a lab report, the team focuses on early detection, prevention and optimization.

Appointments are unhurried and deeply conversational. Providers look beyond “normal ranges” and standard templates to understand how you actually



Coral, Micah and daughter Harbor (age 3)

feel day-to-day—energy, mood, sleep, focus, digestion, libido, metabolism and more. From there, they build an individualized plan designed to help your body function at its highest potential.

GLP-1 Medications: A Metabolic and Longevity Tool

GLP-1 medications are often discussed as “weight-loss shots,” but at Renew, they’re viewed as something much more powerful: a metabolic and longevity tool.

Under careful medical supervision, GLP-1s can help stabilize blood sugar and improve insulin sensitivity, lower inflammation and cardiovascular risk, support liver and metabolic health, reduce cravings and support healthier eating patterns and improve energy, mood regulation and overall metabolic resilience.

Hormones: Often the Root of “I Just Don’t Feel Like Myself”

Many symptoms attributed to getting older—fatigue, stubborn weight gain, brain fog, poor sleep, anxiety, low libido and mood swings—can actually be signs of hormone imbalance in both women and men.

Renew specializes in identifying and correcting these imbalances through bioidentical Hormone Replacement Therapy (BHRT), thyroid optimization, testosterone and men’s health programs and perimenopause and menopause support. By restoring healthy hormone signaling, the team often sees everything else fall into place; patients finally respond to exercise, lose inflammation-related weight, sleep better and feel like themselves again.

Peptides: Next-Level Cellular Repair and Performance

Peptide therapy is one of the most exciting tools in modern longevity medicine,

and Renew is known regionally for its advanced, personalized peptide protocols. These targeted amino acid chains communicate directly with the body’s own repair systems, helping to support muscle growth, perimenopause and menopause transitions, skin rejuvenation and collagen production, immune system, metabolism and fat burning, brain function, focus and sleep.

Beyond the Basics: IV Therapy, Exosomes, Aesthetics and More

Beyond traditional primary care, patients also have access to IV therapy for hydration, immunity, performance and recovery; NAD+ IV and injections for cellular energy, detox and brain health; PRP and exosome therapy for advanced regenerative and aesthetic care; body contouring, hair restoration and skin rejuvenation treatments and men’s health services such as non-surgical male enhancement and sexual wellness support.

Your Healthiest Years Can Still Be Ahead

Longevity isn’t just about how long you live; it’s about how well you live. More energy to keep up with your kids and grandkids. More strength to stay active and adventurous. More clarity to keep your brain sharp and your spirit curious.

At Renew Specialty Group, Dr. Coral Kirscher and Nacole Wood will help you build that kind of life—one thoughtful, science-driven step at a time.

If you’re ready to move beyond quick fixes and finally invest in the version of yourself you’ll be living with for decades to come, Renew is ready to meet you there.

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