



# renewing YOUR health IN THE NEW YEAR

## A NEW YEAR BRINGS NEW GOALS—

and at Renew Specialty Group, new possibilities. Possibilities to feel stronger, think clearer, age better, and take control of your long-term health beyond quick fixes or trends. As wellness moves toward precision and longevity for everyone, we're excited to share what's ahead. Here's to a healthy, vibrant 2026!

### GLP-1 Medications:

#### A Tool Far Beyond Weight Loss

While GLP-1 medications (like semaglutide, tirzepatide, and retatrutide) are often discussed in the context of weight management, their true value lies in how profoundly they improve overall metabolic health. These medications help stabilize blood sugar, enhance insulin sensitivity, reduce inflammation, and support cardiovascular and liver function. Many patients report fewer cravings, improved mood regulation, steadier energy, and reduced inflammation-related symptoms. When combined with strength training, nutrition, and supportive therapies, GLP-1s help reset metabolic pathways in a way that supports long-term health, regardless of weight.

### Hormones:

#### The Root of Fatigue

Many of the symptoms people often chalk up to "getting older" actually trace back to one key factor: hormones. Fatigue, stubborn weight gain, brain fog, sleep disruptions, low libido, anxiety, and mood swings can all signal hormone imbalances in both women and men. At Renew, we address these imbalances with evidence-based tools like BHRT, peptide therapy, targeted lifestyle strategies, and metabolic support—helping the body function the way it was designed to and allowing every other wellness effort to be more effective.

### Peptides:

#### The Next Level of Biohacking and Cellular Repair

Peptides are one of the most exciting tools in anti-aging and regenerative medicine. These targeted amino acid chains communicate directly with the body's own healing pathways—helping repair tissues, balance hormones, restore sleep, improve brain function, and support lean muscle growth. Peptide therapy is personalized and often "stacked" to amplify results. Peptide stacking is more than a buzzword. It's strategic, science-driven biohacking designed to improve how your body functions at a cellular level.

### Strength LAB:

#### Building Strength Through Midlife Changes

For women navigating perimenopause and menopause, strength training is one of the most powerful ways to maintain muscle, metabolism, and confidence. That's why we're proud to partner with CrossFit Cornelius and their new Strength LAB, designed specifically for women over 40. It offers guided strength training that complements Renew's medical approach, helping women age with power.



COMING SOON:



## EBOO—The Ultimate Detox + Longevity Therapy

In early 2026, Renew Specialty Group will launch one of the most advanced anti-aging and detox therapies available: EBOO (Extracorporeal Blood Oxygenation & Ozonation). EBOO oxygenates, filters, and ozonates the blood to reduce inflammation, remove toxins, improve circulation, support mitochondrial function, and enhance overall cellular health. It is quickly becoming the gold standard in longevity medicine, and we're proud to be one of the only EBOO providers in the Lake Norman community.

## LKN *expert*

### RENEW SPECIALTY GROUP



Led by Dr. Coral Kirscher, DNP, FNP-C, Dr. Micah Kirscher, DNP, FNP-C, and Nacole Wood, MSN, FNP-C, Renew Specialty Group blends advanced, evidence-based therapies with a compassionate, root-cause approach to care. Known for their wide range of expertise and treatments, the Renew team is dedicated to your health and wellbeing. Learn more at [www.renewhealthwellnessnc.com](http://www.renewhealthwellnessnc.com).