



that's what
HE said

DR. MICAH KIRSCHER, RENEW HEALTH AND WELLNESS

spoiler alert:
MEN AND WOMEN ARE DIFFERENT. Ok, so maybe that fact didn't really surprise you. After all, it's been 28 years since John Gray popularized the idea that men are from Mars and women are from Venus. And as much as we love sharing women's stories, we decided it was time to lend the Martians of LKN our ear, too. This month we share the perspectives of **Dr. Micah G. Kirscher of Renew Health and Wellness.**

➔ **A LIFELONG PASSION FOR HELPING OTHERS**

I got started in the medical field when I was just 17 years old and worked as a volunteer first responder in rural Wisconsin. This is where I cultivated my passion for helping people. Four years ago, I opened Renew Health and Wellness in Cornelius where I am also the Nurse Practitioner. We are so proud to be a leading and progressive healthcare solution for patients who have been failed by traditional medicine. As a true private practice (which is unheard of these days!), we are able to keep the practice patient oriented. Renew's services include medical weight loss, women's and men's health, IV hydration, and anti-aging longevity medicine. We provide proactive, not reactive, healthcare and our model of training blends the best of traditional medicine, preventive medicine, and wellness.

➔ **LOVING LIFE WITH MY LOVE**

Coral has been the most influential person in my life, and she has definitely inspired me the most. She is thoughtful, logical, and always sees different ways to solve problems. We love to spend time on the lake in the summer with our friends and family, and we also work out together—regularly attending CrossFit classes. It's a great challenge for us, and we love the community that it provides.

➔ **FAMILY, FLYING, AND FUR BABIES**

I grew up in the Midwest and went to high school in the small town of West Salem, Wisconsin. After graduating, I spent four years in the U.S. Coast Guard flying search and rescue missions with a flight crew on a HH-60 Jayhawk helicopter. I received my doctorate degree from Frontier University in Lexington, Kentucky, graduating with my family nurse practitioner degree (Doctor of Nursing Practice). This is also where I met my wife, Coral, as we attended our doctorate program together. We have been married for four years and are expecting our first child, a girl, in March. We also have two fur babies—a Great Dane named Eloi who frequents the clinic on Wednesdays and Fridays, and Cody, a German Shepard.

➔ **STRIKING THE BALANCE**

I've found that time management and life/work balance are 100 percent necessary for success. When I first opened the clinic, it was very difficult to find that balance. Some days, it's still hard but if you own your own business or are your own boss, there are no "off" days. Life can be rushed and worrisome at times, but perspective is key. I often turn to the scripture 2 Corinthians 4:8-9: "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." 🙏

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