

proactively CHANGING --- LIVES

“BEING PROACTIVE IS MORE THAN TAKING INITIATIVE. IT IS RECOGNIZING THAT WE ARE RESPONSIBLE FOR OUR OWN CHOICES AND HAVE THE FREEDOM TO CHOOSE BASED ON PRINCIPLES AND VALUES RATHER THAN ON MOODS OR CONDITION. PROACTIVE PEOPLE ARE AGENTS OF CHANGE AND CHOOSE NOT TO BE VICTIMS, TO BE REACTIVE, OR TO BLAME OTHERS.”

WRITER Leslie Ogle PHOTOGRAPHER Chelsea Bren



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This poignant quote by author and businessman Stephen Covey sets the stage nicely for meeting our featured power couple this month: Dr. Micah Kirscher, DNP, FNP-C and Dr. Coral Kirscher, DNP, FNP-C, founders and owners of Renew Specialty Group in Cornelius.

No stranger to health challenges, Dr. Coral was diagnosed with autoimmune conditions including Hashimoto's and lupus at a young age and after a lot of self-guided research, she realized her symptoms were caused by a medication she had been prescribed. "Unfortunately," she recalls, "I did not get that knowledge from any of the doctors I was seeing at the time and was only met with adversity. That experience drives me to be an advocate for my patients. I want to make

sure they feel heard and know that I'm 100 percent on their health journey with them. We pride ourselves on being proactive (not reactive!) and are with our patients every step of the way."

Dr. Coral's expertise encompasses a broad spectrum of both traditional and holistic theory and practice. Her personal journey of healing gives her particular insight into unraveling the complex challenges that women face when symptoms are overwhelming and healing

feels elusive. "My goal," she asserts, "is to empower my patients with meaningful information, cutting edge research, alternative perspectives, and a range of holistic options that offer the proper tools needed to heal and live a long and healthy life."

With a lifelong passion for helping others, Dr. Micah was just 17 years old when he knew he wanted to be in the medical profession. Working as a first responder volunteer in rural Wisconsin where he grew up, young Micah knew this was the path for him. After graduating high school, he spent four years in the U.S. Coast Guard flying search and rescue missions with a flight crew on a HH-60 Jayhawk helicopter. He later received his doctorate

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degree from Frontier University in Lexington, Kentucky, graduating with a family nurse practitioner degree (Doctor of Nursing Practice).

"This is also where I met Coral," he smiles, "as we attended our doctorate program together. She has been the most influential person in my life and has definitely inspired me the most. She is thoughtful, logical, and always sees different ways to solve problems. We make a great team! Our daughter, Habor, just turned 1 and we are enjoying this active age. She likes reading, being outside, and playing with our dogs, Eloï and Cody."

With their homelife as busy as ever, work is also on the move. Their practice continues to grow at a rapid rate, and this is in no small part due to the successes they've had with their unique anti-aging and weight-loss programs. "We have recently been revamped," Dr. Micah says, "to now include a weight-loss maintenance program which most clinics do not offer but is crucial to maintaining results. This includes a low dose of semaglutide to not only

maintain weight loss but also to offer other health benefits such as lower inflammation, lower A1C, reduced cardiovascular risk, reduced cognitive decline, better glycemic control, increased metabolism, and protective effects in kidney and respiratory health. We also work with patients suffering from weight loss resistance, helping them address the root cause of weight struggles and achieve their goals."

Another addition to their program is NAD+ (Nicotinamide Adenine Dinucleotide).

NAD+ is the powerhouse behind cellular health. From boosting energy levels to supporting DNA repair and promoting longevity, NAD+ is the true jack of all trades, Dr. Coral explains: "Science has shown that boosting NAD+ levels can rejuvenate old cells back to a state of youth, leading to multiple beneficial effects against aging and age-related disease. Also, it is important to point out that NAD+ is much more beneficial with the injection rather than the oral route. With the oral route our bodies metabolize the active component via the first pass effect, so the body does not absorb much at all. With the painless intramuscular injection, we are absorbing 100 percent; as a result, the oral option wastes a lot of money when someone can get IM injections for almost the same cost."

The Kirschers are proud to be a leading and progressive healthcare solution for patients who have been failed by traditional medicine. Running their business as a true private practice (which is unheard of these days!), they are able to keep things patient focused. Possessing a deep knowledge of how intricately connected mental and physical health are, their desire and ability to learn, grow, and change direction as needed is indeed inspiring and, quite literally, lifesaving.

"Our passion has and will always be our patients," the couple agrees. "It is our goal and purpose to help people navigate the essential yet delicate journey of health and wellness. We have committed our lives to it ... just as we have to our team at work, our community, each other, our family, and God." 

