



Balance Your Health. Balance Your Life.

DR. KRIS WUSTERHAUSEN

Dr. Kris Wusterhausen is Board Certified Family Practice Physician and is certified in Age Management Medicine. The founder of The Resurge Clinic in Weatherford, Texas, Dr. Wusterhausen is passionate about helping patients optimize their health and improve their physical and mental state.

In 2006, Dr. Wusterhausen noticed his own health was starting to deteriorate. Despite exercising routinely and eating a reasonable diet, he discovered his blood pressure, blood sugars, and waistline were increasing. He turned to the age management medicine field for answers.

He initially trained and worked with Cenegenics medical institute, one of the leading age management medicine practices in the country. After months of studying, he began to practice part-time in DFW under the mentorship of Dr. Paul Thompson, an original pioneer in the field of age management medicine.

Doctor Wusterhausen opened his own age management medical practice in 2008, the Resurge Clinic. Today, he continues to follow the principles of preventative medicine optimizing health, restoring hormonal balance, delaying the appearance of age indicators, and preventing premature disease, disability, and death. By changing a person's lifestyle, nutrition, medication, hormones, and daily habits, Dr. Wusterhausen believes the patient can see drastic changes in their physical and mental state.

In 2015, Dr. Wusterhausen became certified in peptide therapy through the International Peptide Society and Scientific Research and Performance (SSRP). He actively attends conferences and seminars across the country. In 2020, he attended his first Mastermind at an SSRP conference led by Dr. William Seeds. Dr. Seeds is considered by many to be the pioneer of peptides in the United States. Dr. Wusterhausen continues to meet multiple times a year with his close colleagues at SSRP conferences. He was honored to become SSRP faculty in 2022.

Dr. Wusterhausen is a global lecturer. He truly loves teaching, not only his patients but also providers about his views on wellness, hormones, and peptides. In 2022, Dr. Wusterhausen became the medical director of the BioTe Training Clinic in Irving, Texas, where hundreds of providers are trained on hormone replacement annually.

Dr. Wusterhausen also has a podcast where he uploads episodes biweekly. His podcast can be found on DrKris.life and can be streamed on most podcasting platforms. He covers a wide range of topics to help his patients and fellow providers live happier, healthier lives.



Dr. Wusterhausen and his wife, Cresenta have two teenagers, one will be attending college in the fall of 2023 and one graduating from Brock ISD in May of 2024. He and Cresenta are very active with multiple Parker County charities. He has proudly served as Medical Director for Campbell Clinic since 2003. Campbell Clinic's mission is to provide affordable primary care to the underprivileged citizens of Parker County. When he isn't teaching, working at the Resurge Clinic, giving back, or attending masterminds, he enjoys all types of sporting events and restoring classic cars.

EDUCATION

- Tarleton State University, Bachelors of Science (Magna Cum Laude)
- Residency at UNTHSC in Fort Worth (Co-chief Resident)
- Board Certified Family Physician Through the American Osteopathic Board of Family Physicians
- University of North Texas College of Osteopathic Medicine in 1998

PROFESSIONAL MEMBERSHIPS

- Texas Medical Association
- American College of Osteopathy Family Physicians
- A4M Fellowship
- International Peptide Society
- Age Management Group

SOCIAL MEDIA

- *Apple Podcast*
 - <https://podcasts.apple.com/podcast/id1646992617>
- *Buzzsprout: Dr.Kris.Life Podcast*
 - buzzsprout.com/2011827
- *Facebook*
 - facebook.com/theresurgeclinic
 - facebook.com/dr.kris.life
- *Instagram*
 - [@theresurgeclinic](https://www.instagram.com/theresurgeclinic)
 - [@drkriswusterhausen](https://www.instagram.com/drkriswusterhausen)
- *LinkedIn*
 - <https://www.linkedin.com/company/the-resurge-clinic/>
 - <https://www.linkedin.com/in/dr-kris-wusterhausen-09429a165>
- *Spotify*
 - <https://open.spotify.com/show/4ZAU6hDu8XaA1nTb3Biyfj>
- *X*
 - [@resurgeclinic](https://twitter.com/resurgeclinic)
 - [@drkrisw](https://twitter.com/drkrisw)
- *YouTube*
 - youtube.com/@theresurgeclinic5778
 - youtube.com/@dr.krislife