

**Cincinnati, Ohio--**

**Two Cincinnati Area functional wellness thought leaders team up to launch RestoreWellness.org. – a multi-channel, functional wellness content resource.**

A generational “Wellness Revolution” is sweeping the nation.

Evidenced by a tsunami of functional wellness content creators, Americans are flocking toward “influencers” to better understand preventive wellness practices and holistic lifestyle behaviors that will empower them to reclaim optimal health.

With the appointment of Robert F. Kennedy to lead the Department of Health and Human Services (HHS), trend forecasters expect momentum behind wellness related content to explode in 2025.

Seeing an opportunity to add a “local accent” to the national conversation, two Cincinnati Area functional wellness thought leaders have teamed up to launch a multi-channel information initiative – RestoreWellness.org.

The brainchild of a retired engineer, George Brunemann, and a Family Nurse Practitioner, Keith Tenhundfeld, RestoreWellness.org will focus on both actionable strategies for every American and local resources specifically tailored to the needs of Greater Cincinnati families.

“The core of the RestoreWellness.org initiative is a podcast focusing on the shift from “treating symptoms” to “preventing illness.” Brunemann explained. “Our content will be both educational and inspirational, and our hope is that our audience will amplify these discussions within their own families and peer groups,” Brunemann added.

Over the past 20 years, Nurse Practitioner Keith Tenhundfeld has distinguished himself as a trusted authority in natural and integrated medicine. “Too many people have turned over their health responsibility to the healthcare system and stopped trusting themselves. I believe the future of natural medicine will grow and become the foundation of health management,” says Tenhundfeld.

Brunemann and Tenhundfeld are available for interviews and live appearances.

Contact George Brunemann (see above).

Visit <https://RestoreWellness.org> for resources, podcasts and additional information.