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# natural awakenings

**2024 Annual Health & Wellness Guide**



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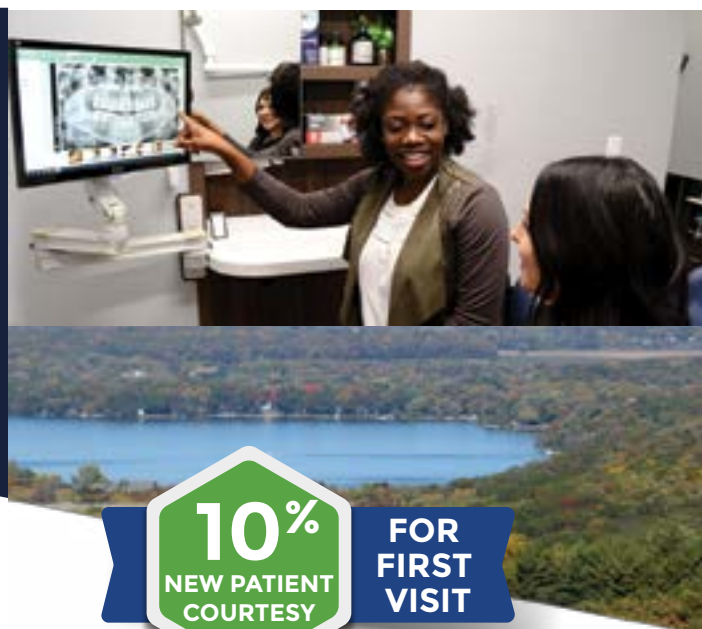
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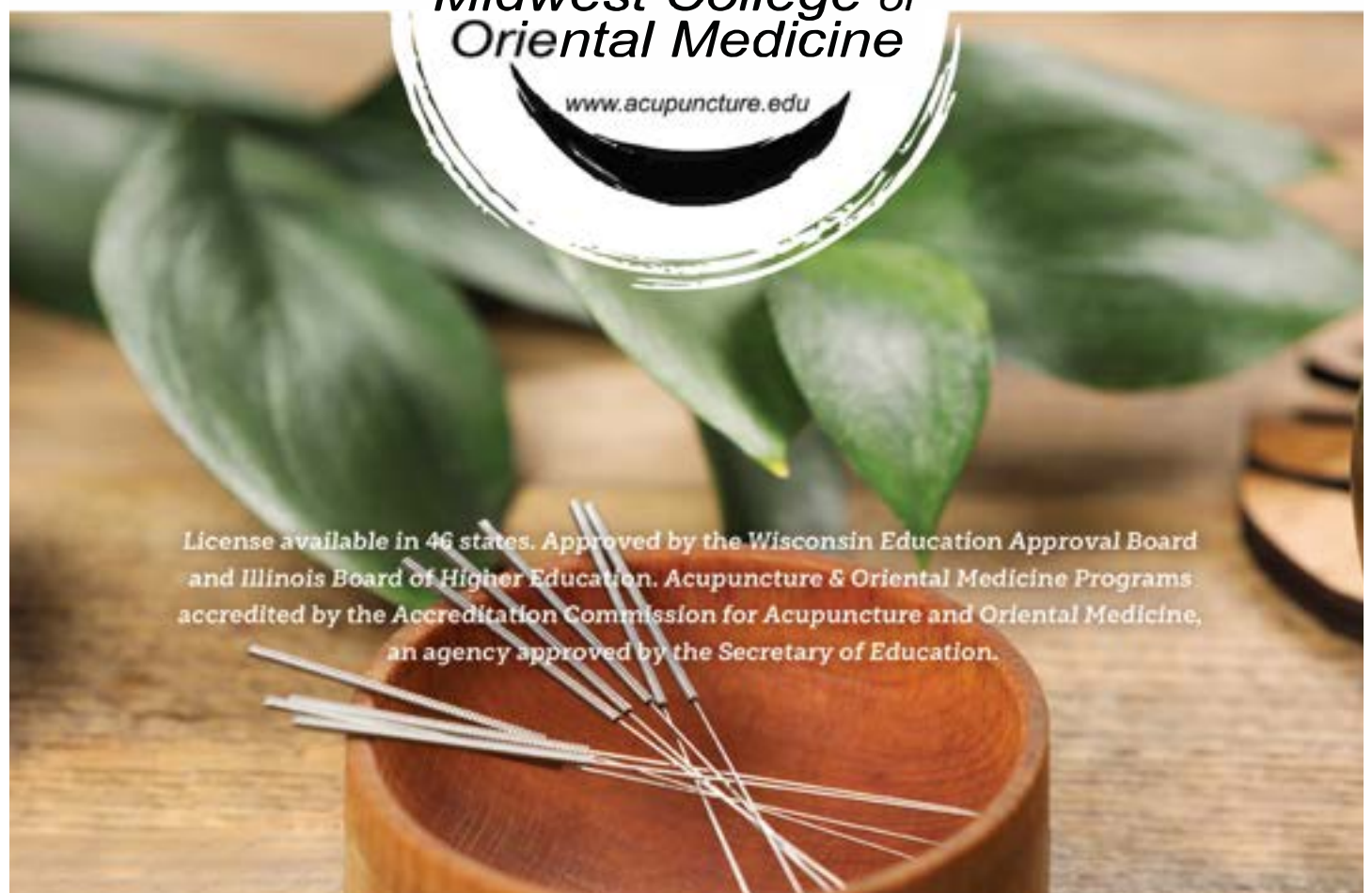
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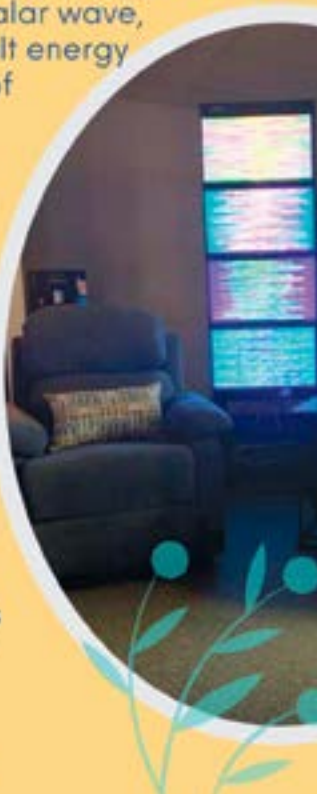
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On behalf of our publishing team, at the beginning of this bright new year, I could not be prouder to share with you all the celebration of our 30th anniversary of *Natural Awakenings*. For three decades, *Natural Awakenings* has helped educate, empower and connect millions upon millions across the nation regarding holistic and integrative wellness, natural health and sustainability. My personal passions center on helping others, promoting health of body, mind and spirit, embracing the natural world and being kind to it. Hence, joining *Natural Awakenings* in 2020 was a natural fit.



Jordan Peschek, RN, Publisher

Specifically, we encourage you to keep this January issue with you all year long as a reference guide for your healthiest and happiest 2024. It includes our special, annual **Health and Wellness Guide**! From acupuncture to wellness expos and everything in between, explore the multitude of services and opportunities that can support your best self. Have you tried holistic dentistry? Massage? Reiki or energy work? Physical therapy or chiropractic? Perhaps a new therapist, counselor or coach can help you heal, feel better and thrive. This A-to-Z directory has something for everyone. We welcome you to share a copy with friends and family to support their wellness and our mission, simultaneously.

As we unfold the pages of 2024, we invite you to bring *Natural Awakenings* into your new chapter. Whether you are looking for inspiration to stick with health habits, want to try something new, are curious about a new wellness service, or are seeking a community of like-minded people, this magazine may be the perfect thing for you.

On behalf of our team at *Natural Awakenings*, I wish you a bright, beautiful, healthy and balanced 2024.

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## Natural Awakenings 30th Anniversary

It was 30 years ago this month that *Natural Awakenings* was first launched in Naples, Florida. We offer a heartfelt thank you to the loyal readers that have come to know and love this media brand and allowed it to flourish. We are deeply grateful to the advertisers and community partners that promote green living, healthy people, healthy pets and a healthy planet with their products, services and information. Without them and the readers that support them, this magazine could not offer outstanding journalism and inspirational content each month without cost to the community.

As has been the practice for the last 30 years, *Natural Awakenings* continues to adapt its concepts, content and communication to reflect the needs of our community without losing sight of our mission. This month's new look is the first of several exciting enhancements that are coming in 2024. See the article and list of what's new in 2024 on pages 46 and 47.



## Graceful Aging Webcast Series

Join *Natural Awakenings* and KnoWEwell for an inspirational Graceful Aging webcast series, the first of which begins with Gladys McGarey, M.D., the Mother of

Holistic Medicine, 103 years young and author of *The Well-Lived Life: A 102-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age.*



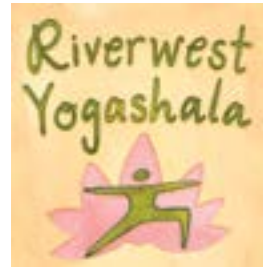
Gladys McGarey, M.D.



## 20 Years of Iyengar Yoga and Healing Arts in Riverwest

Riverwest Yogashala provides a safe and welcoming atmosphere for all ages, genders and abilities to learn yoga and other wellness practices. In October 2023, yoga folks spanning two decades gathered to celebrate the 20th birthday of Riverwest Yogashala, Milwaukee's own nonprofit Iyengar Yoga school. As folks shared their experiences, it became clear how much Riverwest Yogashala has become deeply and beautifully intertwined in people's lives.

Kelly, a long-time yoga student and board member, shared that her teenage daughters had whined about being dragged to class, and now yoga is an important part of their adult lives. John and Shima, actually met during yoga classes and are now happily married. Jess and Hart, another two students, reminisced about their very first yoga classes in their 20s. Now, over a decade later, both have children on their hips and continue to practice yoga.



Others have come to Riverwest Yogashala in the midst of big life transitions including pregnancy, grief, injuries and stress. Yoga has been an integral part of their continuum of care and is more than a place to do the physical practice of yoga.

Riverwest Yogashala thanks all who have been a part of this place over the years to build and share community. Members share the following message: "Come back and reconnect with our community! If you are new and curious, we invite you in. Find our bright blue door at Locust and Fratney in the heart of the Riverwest neighborhood. Climb the stairs to discover a sunny, cozy space with solid wood floors, lots of support for different bodies, and so much love."

Location: 731 E Locust St, Milwaukee. For more info, email [Info@RiverwestYogashala.com](mailto:Info@RiverwestYogashala.com) or visit [RiverwestYogashala.com](http://RiverwestYogashala.com) to view classes. See listing page 39.

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# Finding the Right Eco-Friendly Roof

While a house is usually a family's biggest investment, improvements can be made to make it an environmental asset, too.

## SOLAR PANELS

According to the U.S. Department of Energy, just one hour of sunlight can provide the Earth with enough energy to power the globe for an entire year. Solar panels are a remarkable technology to harness that abundant energy and convert it into clean electricity. By installing solar panels on roofs, homeowners can significantly reduce their reliance on conventional energy sources and contribute to a greener future.

Aside from their environmental benefits, solar panels can also save money on electricity bills. Research by Solar Reviews concludes that solar panel systems can pay for themselves within nine to 12 years through energy savings and various incentives. Plus, according to *The Appraisal Journal*, a home's value can increase by \$20 for every \$1 reduction in yearly energy bills, making solar an excellent long-term investment. To get an estimate on how much can be saved by installing solar panels on a home, visit [UnderstandSolar.org](http://UnderstandSolar.org).

## GREEN ROOFS

Imagine transforming a roof into a vibrant oasis teeming with lush vegetation and blooming flowers. Green roofs consist of layers of soil, plants and a waterproofing system, which work together to create a natural haven atop buildings.

The Office of Federal High-Performance Green Buildings commissioned an in-depth metadata analysis of 200 green-roof research studies. The analysis reported multiple benefits from living roofs. They act as insulators, reducing the need for heating and cooling and thereby lowering energy consumption.

Green roofs add beauty and value to the building and are expected to last twice as long as conventional roofs. They also improve air quality by absorbing carbon dioxide and releasing oxygen; reduce the urban heat-island effect; and retain rainwater, thereby mitigating stormwater runoff and preventing the flow of pollutants into rivers and lakes.

Green roofs provide new habitats for plants, birds, insects and other wildlife that struggle to find shelter in concrete jungles. By bringing nature back into cities, we can foster biodiversity and create a more harmonious coexistence between humans and the natural world. Visit [SFTool.gov](http://SFTool.gov) for more information on green roofs.





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## The Greener Guide:

# Small Resolutions with Big Eco-Impact

by Patti Beres

Welcome the new year with resolutions that infuse sustainability into daily habits and create a positive impact.

Begin indoors with a pledge to minimize waste. Reduce food waste and refuse through mindful shopping. Consider eco-friendly reusable packaging as a budget-friendly alternative with a positive ripple effect.

Extend resolutions outdoors with seasonal intentions. Choose salt and chloride-free ice melt alternatives to safeguard pets, surfaces and plant life while preventing water pollution. Plan for warmer days with a nature-friendly garden. Balance edibles and native plants in pots, raised beds, or right in the ground, while cultivating fun, beauty and a greener planet in large or small spaces. Stay mindful of upcycling household items in gardens. Compost and recycle materials when possible.

Prioritize mindful recreation that fosters connections with loved ones and the natural world. Outdoor relaxation and play offer proven health benefits. These simple resolutions effortlessly contribute to a healthier, sustainable year ahead.



Patti Beres is the owner of Be Green Pro LLC, in Delafield. They offer landscaping, winter services and ice melt. For more information, call 262-361-4034 or visit [BeGreen.pro](http://BeGreen.pro). See ad page 11.

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# Graceful Aging

Living Longer, Healthier and More Fulfilled

by Carrie Jackson



People are living longer, and as we age, we increasingly become aware of a desire to remain healthy, vibrant and active for as long as possible. It's about extending our health span as much as our lifespan. While genetics play a role in how we experience the aging process, advancements in science are helping us understand that how we manage our mindset, physical activity, stress levels and diet can have just as much of an impact. By redefining what it means to get older and finding deeper meaning, we can embrace aging with grace and gratitude, rather than resist it. Many factors are within our control, and it is possible to live a fulfilling and vibrant life well into our twilight years.

At nearly 103 years young, Dr. Gladys McGarey wrote the book on graceful aging. As the author of *The Well-Lived Life: A*

*102-Year-Old Doctor's Six Secrets to Health and Happiness at Every Age*, she suggests that we reframe aging as an opportunity rather than a loss, thereby pioneering a new way of thinking about disease and health. "At 102, I'm losing my eyesight, but my insight has improved," says the cofounder of the American Holistic Medical Association. "I have trouble reading but can listen to audiobooks and have deep conversations with people. If we look for illness and pain at the end of life, that's what our bodies will show us. But if we reach for health, joy, laughter and other realities of true humanity, that's what we will find."

McGarey asserts that our medical community is trained to eliminate pain and illness rather than learn from their messages. "If we can lean into what understanding a disease shows us, we can discover true wisdom,"

she explains. "You can hold onto the pain, or you can hold onto what you learn from the pain. When my son was training to be an orthopedic surgeon, he confided that he was afraid to have people's lives in his hands. I responded that if he thinks he's the one who does the healing, he has a right to be scared. Doctors provide the technology to turn the healing over to the patient, and we have the core knowledge of what to do inside of us."

McGarey is a firm believer that forgiveness is essential to freeing up stuck energy. Life has to move, she says, and letting go of feelings that may be lingering in our subconscious allows us to move forward with grace. "If we hang on to the dark places in our lives, we will get stuck. Pay attention to your dreams, both during the day and night, because they hold the truth. We all came here for a reason and have our life's purpose. If you find that, you will always be fulfilled and can embrace the aging process instead of fighting it," she says.

Renowned alternative medicine advocate Deepak Chopra, M.D., is an author, speaker and founder of the Chopra Foundation, a nonprofit dedicated to research on well-being and humanitarianism. His latest book, *Quantum Body: The New Science for Living a Longer, Healthier, More Vital Life*, outlines how we can harness the power of the quantum body to significantly improve our physical and mental wellness, leading to a more fulfilling aging process.

According to Chopra, our well-being depends entirely on the quantum field, which exists on a subatomic level and is the infinite source of everyday reality that affects our thoughts, feelings, sensations and biological responses. "Your quantum body is the central hub for every process that requires intelligence, just as a power plant is the central hub for everything that requires electricity. The prospect of having your quantum body fail you is far more serious than any single symptom of disease and aging. Well-being is weakened whenever there is a failure of intelligence and is strengthened when



intelligence flows naturally,” he explains.

Disease and aging are further downstream in the intelligence flow, Chopra notes, and when someone succumbs to a heart attack or cancer, intelligence has failed in either the cardiovascular system or a single malignant cell. “Instead of being anxious about cells, tissues, organs and systems, which aren’t under your control, you can live from the source where all controls are overseen by your quantum body. Here, all information is perfect, the flow of intelligence is never wrong or distorted, and the creative possibilities for the future are boundless,” Chopra contends.

One vital aspect of healthy aging that we can control is our approach to stress management, which Chopra says most people don’t take seriously enough. Stress can come from myriad sources, including family and social relationships; workplace stresses; a poor-quality diet; deficient sleeping habits; lack of exercise and downtime; and constant distractions from texting, video games and around-the-clock news reports. That is why it is more important than ever to develop tools for self-care.

“The frenetic pace of modern life has overwhelmed the autonomic nervous system, which is responsible for all the processes, from heartbeat to respiration and digestion, that run independently of your conscious actions,” Chopra advises. “Medical research validates how essential stress management is, but what needs to change are socially ingrained attitudes that persuade us to tolerate

stress beyond what our bodies and psyches are designed for.”

Chopra encourages prioritizing deep sleep, tuning into breath and awareness, and mindful exercises to return to our zero point—a state of rest from which activity springs. “Your awareness experiences the zero point as silent, calm, alert and pregnant with boundless possibilities, where you have access to your next thought,” he explains.

Embracing instead of resisting our quantum body further helps the energy flow. “The most natural way to live is in your dharma, or your truth,” Chopra says. “The greatest gift of self-awareness is that you can prove this to yourself every day by living with love, truth, beauty and bliss as your goal. Ultimate well-being requires no less, and living from your source reveals that the infinite is personal and within reach. Physical well-being exists if you are able to live a long life in good health; mental well-being exists if you retain clear, sharp thinking; psychological well-being exists if you are free of anxiety and depression; and spiritual well-being exists if your life has higher purpose and meaning.”

With more than 40 years of experience as a functional medicine doctor, Tom O’Bryan, DC, DACBN, CIFM, is an internationally recognized speaker and writer on chronic disease and metabolic disorders. He defines graceful aging as a state of full body function, without limitations and with rational expectations for what the body can do. O’Bryan points to the so-called Blue Zones,

with an extraordinarily high percentage of people living into their 90s and above, as examples of those gracefully aging. “The lifestyle of people living in these areas includes daily rituals that reduce stress and reverse the inflammation associated with stress. As a result, they are able to live long, fruitful, happy lives as contributing and engaged members of society,” he notes.

O’Bryan believes that the greatest contribution to living a vital life is identifying and reducing the triggers of inflammation in our bodies, which can largely be accomplished with lifestyle modifications. “According to the U.S. Centers for Disease Control and Prevention, 14 of the top 15 causes of death are related to chronic inflammatory diseases. Many people address inflammation with medication, but they don’t realize that food is the best medicine,” he explains. “With diet being the largest source of inflammation activation in the body, it’s important to question what’s on the end of our fork and nourish the body with an anti-inflammatory diet, including berries, leafy greens, garlic, curcumin and plenty of pure water. Your body always wants to be healthier, and if we identify and reduce our exposure to the triggers of inflammation, the inflammation calms down.”

Reducing inflammation also allows the central nervous system to settle into rest-and-digest mode, which can help the body age more gracefully. “Inflammation is the immune system’s response to harmful stimuli,” O’Bryan says. “An activated immune system is a life-saving, non-negotiable state that sets our sympathetic nervous system into fight-or-flight mode. When we are stressed or fighting for our lives, our heart rate is fast; our breathing is short, sharp and shallow; and our muscles are tight and ready for action. When inflammation decreases, our bodies are able to calm down and activate the parasympathetic nervous system. In that very relaxed state, your heart rate is slow; your breath is deep; your muscles are relaxed; and your brain is open, expansive and daydreaming of new possibilities in life. That’s when healing and regeneration occurs.”

*Carrie Jackson is a Chicago-based freelance writer. Connect at [CarrieJacksonWrites.com](http://CarrieJacksonWrites.com).*



From left, Tom O’Bryan, Gladys McGarey and Deepak Chopra

# Growing Young in Nature

## How Seniors Heal in the Great Outdoors

by Kelcie Ottoes



Nathan Bilow/Canva Pro

Spending time outdoors is a valuable pastime for individuals in their golden years. Besides being exceedingly pleasurable, communing with nature, breathing fresh air, feeling the warmth of the sun or hearing birdsong can markedly improve a person's physical, mental and emotional well-being. For seniors, exposure to green and blue spaces inspires a more active lifestyle that is both spiritually and socially engaged, thereby offsetting the challenges of chronic illness, disability and isolation. Whether playing Scrabble under the shade of a tree, strolling along the banks of a lake with friends or planting flowers and herbs in a raised garden bed, adding that outdoor element to any activity is a win-win.

### PHYSICAL REWARDS

A vigorous workout outside is not necessary to derive benefits. Fresh air boosts the immune system by increasing white blood cell production. Merely living near trees can extend a person's lifespan by up to 12 years, according to a Harvard University study of

more than 100,000 women over an eight-year period. Another study of 350,000 people in Holland found that green spaces can improve overall health, reduce health complaints, lower the propensity for psychiatric illness and engender a general feeling of improved health.

"Exposure to natural light fosters the synthesis of vitamin D, which is crucial for bone health and mood regulation," says Dr. Ryan Sultán, an assistant professor of clinical psychiatry at Columbia University. "Participating in outdoor activities such as walking, gardening or simply enjoying nature contributes to improved physical fitness."

Gardening improves physical strength, flexibility and overall health and quality of life. Older adults that regularly take walks report less pain and sleep problems compared to adults that don't get outside every day. Nature also promotes healthier blood pressure, higher energy levels, lower heart rate, reduced stress, less chronic pain and

a reduction of illnesses such as diabetes, cardiovascular disease, cancer and respiratory issues.

### MENTAL AND COGNITIVE IMPROVEMENTS

Nature offers mental and cognitive benefits to seniors. While simply viewing pictures of natural settings can reduce mental fatigue, a walk outside offers a greater positive impact. A University of Michigan study found that spending time outdoors can enhance memory and attention span by up to 20 percent.

Forest bathing—a wilderness walk while engaging the senses—originated in Japan and has become increasingly popular with older populations. A study in Singapore found that seniors engaged in a horticulture program experienced improvements in sleep, cognitive function and psychological well-being, as well as a reduction in anxiety.

Older populations that engage in more strenuous activities like walking, biking or running in natural settings have a lower risk of mental health issues. Green and blue spaces foster feelings of renewal, restoration and spiritual connection, while physical activity in such settings enhances mood, reduces depression risks, lowers stress and improves cognitive function.

### EMOTIONAL AND SOCIAL BENEFITS

Loneliness and isolation greatly impact seniors, and social interactions outside can help alleviate some of this loneliness. Nature provides space for multi-generational social interaction and engagement, including planned activities with friends and family or impromptu gatherings with neighbors. Those with access to green space have a stronger sense of unity and belonging with their community.

"Mindful walking is a simple way to get started building a relationship with the outdoors and is conducive to experiencing nature in a positive way while being present," says John



Dattilo, Ph.D., a professor in leisure studies at Pennsylvania State University. “To do this, we pay attention to the environment and notice things through our senses. We focus on what we are grateful for, including our surroundings or other aspects of our life.”

## OVERCOMING BARRIERS TO OUTDOOR ENGAGEMENT

The main barriers stopping seniors from getting outside are mobility limitations, accessibility issues and safety concerns. One study found reduced mobility was the primary factor limiting nature experiences for older populations. “If we have a fear of falling, then we reduce our movement. If we reduce our movement, then we are more likely to fall, and that spirals,” says Dattilo.

Caretakers can help by encouraging seniors to pick the activities they want to do, without stifling their interests. “If people pursue activities they have interest in, they are much more likely to experience leisure,” says

Dattilo. “And leisure gives us meaning and purpose in life. It also helps us feel authentic. It’s not as much about recreational activity, and more about engagement.”

If seniors want to venture beyond their homes, choose accessible locations where there are paved paths, shelter and bathrooms. Come prepared for the activity. Dress comfortably, use mobility aids, apply sun protection and bring water and snacks. For those that are uncomfortable spending time in nature alone, invite others or join a senior-friendly program, class or event. If leaving the home or bed is no longer an option, give virtual reality a try, which has been shown to provide seniors with some of the benefits of the outdoors. There are many commercially available virtual reality applications such as Google Earth VR and Wander on Meta Quest.

*Kelcie Ottoes is a writer for sustainable businesses and frequent contributor to Natural Awakenings.*

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# Thyroid-Friendly Eating

How to Treat Hypothyroidism With Food

by Veronica Hinke



Estefania Vizcaino/Canva Pro

Shaped like a butterfly, the thyroid gland in the neck plays a critical role in overall health, as it produces a series of hormones that regulate metabolism, brain development, bone maintenance, and heart, muscle and digestive functions. Thyroid health can be achieved by eating clean, unprocessed foods and maintaining appropriate levels of iodine.

According to the National Institutes of Health, nearly five in 100 Americans suffer from hypothyroidism, which occurs

when the body does not produce adequate amounts of thyroid hormones. Common symptoms like weight gain, fatigue, inability to tolerate cold temperatures and hair loss should not be ignored. Diagnosis is aided by a blood test that measures levels of thyroid-stimulating hormones. While most cases of an underactive thyroid are mild or cause few obvious symptoms, the disease can become severe if it is left untreated.

“Only 10 percent of the population is aware of their thyroid problem and trying to

manage it. Thyroid disease is a big thing. If people don’t know if they have it, they should be screened for it. If they have it, they should have hope,” says Alan Christianson, a naturopathic endocrinologist and author of *The Thyroid Reset Diet: Reverse Hypothyroidism and Hashimoto’s Symptoms With a Proven Iodine-Balancing Plan*.

“For women, an especially critical time to check thyroid health is during perimenopause years, when thyroid function can often waver, becoming underactive. Even if lab tests are normal, it is important to speak with a physician that understands the symptoms of hypothyroidism,” says Anna Cabeca, an obstetrician-gynecologist and women’s health expert in Brunswick, Georgia. “Most people can improve or reverse it radically. Diet is very powerful. Start with your shopping list and at the top write: Food is medicine.”

Offering hope, Michigan-based obstetrician-gynecologist Tabatha Barber says, “It’s often about doing less, not more, to help improve thyroid function. Don’t be afraid that this is something you have to live with forever.” As a teenager, Barber was diagnosed with Hashimoto’s disease, an autoimmune condition that affects the thyroid gland and often causes hypothyroidism. She has learned how to modify her diet for relief.

## SKIP THE GLUTEN

“Gluten is the main trigger that really seems to irritate the immune system,” says Barber. “A lot of people don’t realize that gluten is in some sauces, salad dressings, seasonings, medication fillers and more. It can be enough to keep the inflammation associated with hypothyroidism going.”

## BALANCE IODINE

“Iodine is the Goldilocks mineral,” says Christianson. “It’s important to not consume too much or too little. Those with thyroid disease usually get too much.



When they do, it inflames and slows the thyroid.” In such cases, he recommends eating a wide range of unprocessed food and avoiding ingredients with the highest iodine content, such as fish and other seafood, iodized salt, seaweeds, grains and most dairy.

## MONITOR INGREDIENTS

Barber prioritizes the elimination of artificial ingredients and additives, saying, “It’s about really getting back to basics, eating unprocessed meats, vegetables and some fruits.” She recommends consuming foods rich in zinc and selenium, such as shellfish, legumes, seeds, nuts and dairy, as they send signals to the thyroid to produce the right hormone levels.

Cabeca shaves selenium-rich Brazil nuts on soups or salads. “Keep them as a staple in the kitchen,” she advises, adding that balance is important when selecting zinc and selenium-rich foods because some of them, like dairy, may also contain high levels of iodine.

## EAT ANTI-INFLAMMATORY FOODS

Cabeca finds clever ways to sneak anti-inflammatory ingredients into her recipes. For her kafta kabobs, for example, she combines ground meat with finely chopped parsley, garlic, tomatoes or dried shiso leaves and tops them with cashew butter or tahini sauce. Similarly, she uses plenty of parsley in her tabouleh—a traditional Middle Eastern salad—and replaces the customary bulgur wheat with chopped Brussels sprouts or cauliflower.

According to Northwestern Medicine, cauliflower can be part of a healthy thyroid diet, along with other cruciferous vegetables. “These are foods that I grew up on,” Cabeca says, noting that parsley is a natural diuretic that is also good for the thyroid.

*Veronica Hinke is a food historian and author of The Last Night on the Titanic: Unsinkable Drinking, Dining and Style; Titanic: The Official Cookbook and Harry Potter: Afternoon Tea Magic. Learn more at FoodStringer.com.*



NATURAL AWAKENINGS'

# 2024

EDITORIAL CALENDAR

**JANUARY HEALTH & WELLNESS**  
 FEATURE: AGING GRACEFULLY  
 PLUS: ALZHEIMER'S DISEASE

**FEBRUARY HEART-HEALTHY LIFESTYLE**  
 FEATURE: ORAL HEALTH FOR HEALTHY HEART  
 PLUS: BREATHWORK FOR STRESS REDUCTION

**MARCH FOOD & NUTRITION**  
 FEATURE: PLANT-BASED HEALING  
 PLUS: COLON HEALTH

**APRIL ECO-TRAVEL**  
 FEATURE: N. AMERICAN ECO-ADVENTURES  
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**MAY WOMEN'S WELLNESS**  
 FEATURE: HORMONAL HEALTH JOURNEY  
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**JUNE MEN'S HEALTH**  
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 PLUS: VEGAN FITNESS

**JULY KEEPING IT COOL**  
 FEATURE: EATING SEASONALLY  
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**AUGUST FINDING YOUR TRIBE**  
 FEATURE: THE POWER OF COMMUNITY  
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**SEPTEMBER EMOTIONAL HEALING**  
 FEATURE: TRAUMA & ADDICTION RECOVERY  
 PLUS: YOGA FOR RECOVERY

**OCTOBER WHOLE BODY ALIGNMENT**  
 FEATURE: CHIROPRACTIC & BODYWORK  
 PLUS: BREAST HEALTH

**NOVEMBER GRATEFUL AGING**  
 FEATURE: BECOMING A WISE ELDER  
 PLUS: FOOD CELEBRATIONS

**DECEMBER RECONNECT & REJUVENATE**  
 FEATURE: THE GIFT OF SELF CARE  
 PLUS: THE PLACEBO EFFECT



## SALMON AND ROASTED VEGGIE SALAD

### YIELD: 2 SERVINGS

1 carrot, peeled, sliced and quartered  
2 cups cauliflower, cut into florets  
½ cup broccoli, cut into florets  
1 cup mushrooms, chopped  
1 Tbsp coconut oil  
1 tsp garlic powder

6 oz wild-caught salmon fillet  
2 Tbsp extra-virgin olive oil  
1 Tbsp lemon juice  
1 tsp Dijon mustard  
3 cups baby spinach  
2 Tbsp pumpkin seeds  
Sea salt and black pepper, to taste

Preheat the oven to 425° F. Line a baking sheet with parchment paper. Add the carrot, cauliflower, broccoli and mushrooms to the baking sheet. Drizzle with coconut oil and season with garlic powder, parsley and salt to taste. Bake for 15 minutes.

Remove from the oven and add the salmon to the baking sheet. Season with salt and pepper to taste. Return to the oven and continue to bake for an additional 15 to 20 minutes or until the salmon is cooked through and the vegetables are tender.

Meanwhile, make the dressing by combining the olive oil, lemon juice and Dijon mustard into a small bowl. Whisk ingredients and season with salt and pepper to taste.

Assemble the salad by dividing the spinach between bowls and topping with vegetable mix and salmon. Top with the pumpkin seeds and dressing.

*Recipe courtesy of Dr. Tabatha Barber. Photo by Morgan Chorak.*



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## ROASTED BEET AND PISTACHIO SALAD

**YIELD: 4 TO 6 SERVINGS**

8 medium or 4 large  
beets, peeled and cut  
into 1-inch wedges

3 garlic cloves, minced  
1/3 cup unsalted pistachios

2 cups baby leaf  
spinach leaves

1/4 cup rice wine vinegar  
1 Tbsp extra-virgin  
olive oil

Kosher salt and  
freshly ground black  
pepper, to taste

Misting oil

Preheat the oven to 350° F. In a medium bowl, toss the beets with the garlic and a mist of oil. Pour into a baking dish and lightly cover with foil. Bake for 30 minutes or until the beets are tender. Let sit for 15 minutes until cool.

In a salad bowl, combine the beets with the pistachios, spinach leaves, vinegar and olive oil. Salt and pepper to taste.

*Recipe courtesy of Dr. Alan Christianson, NMD, from The Hormone Healing Cookbook.*



## VEGAN SMOOTHIE

*by Pat Molter*

2 cups frozen or ripe pineapple, chopped  
2 cups frozen or ripe strawberries, chopped  
1/2 lemon, juiced  
1 1/2 cup non-dairy milk  
1 cup water

2 Tbsp carob  
2 tsp vanilla  
2 Tbsp maple syrup  
2 Tbsp Alive n Vibrant Raw Protein Powder

Mix all ingredients in a blender until smooth. Drink and enjoy. Leftovers can be stored in the refrigerator for 2 days.

*Pat Molter, founder of Alive n Vibrant Superfoods, is a holistic wellness expert in the Milwaukee area who encourages the incorporation of raw foods, superfoods and essential oils into a healthy lifestyle. For more information or to purchase superfood powders, visit [AliveNVibrant.com](http://AliveNVibrant.com). Use code NATAWA for 12 percent off purchase. See listing page 35.*

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Throughout the year, *Natural Awakenings* publishes the latest information and resources available for health, nutrition, fitness, personal growth, natural living, sustainability and creative expression.

HEALTH &  
*wellness*

GUIDE 2024

YOUR HEALTHY LIVING, HEALTHY PLANET



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#### UPDATES FOR 2024:

Reiki sessions and transitional consultations and coaching is the focus for 2024. I also hope to begin healing circles on a monthly basis.

## GLOSSARY

**Acupuncture:** Stimulates the body's ability to sustain & balance itself, based on the theory that an electromagnetic life force (qi or chi, pronounced "chee") flows throughout the body via a network of meridians. The disease is understood as an imbalance in the meridian system. A practitioner inserts acupuncture needles at specific points to stimulate or disperse the flow of life force.

**Aromatherapy:** Uses the essential oils of herbs & flowers to help treat stress, anxiety & other ailments. Often used in conjunction with massage, acupuncture, reflexology, herbology, chiropractic or other holistic treatments.

**Art Therapy:** Uses the nonverbal creative process of making art to improve & enhance physical, mental & emotional well-being, & to deepen self-awareness with the support of a trained therapist.

**Ayurveda:** The oldest medical system known to man & a comprehensive spiritual teaching practiced in India for 4,000 years. It focuses on maintaining health via the balance of the elements air, fire & water. A patient's dosha—or ayurvedic body type—is the basis for individualized dietary regimens & preventive therapeutic interventions.

**Bodywork:** Massage & the physical practices of yoga are perhaps the best-known types; both have proven successful in relieving tension & stress, promoting blood flow, loosening stiff muscles, & stimulating the organs. Massage therapies encompass countless techniques, including Thai massage, shiatsu, & Rolfing. The same is true for yoga. Several types may be combined for the greatest benefit. *See **Massage & Yoga**.*

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### MASSAGE, NUTRITION, COACHING

Jessica creates a mind-body-soul connection for each individual through massage therapy services, restorative bodywork classes & 1:1 holistic nutrition coaching.

### SPECIALTY:

**In-person:** therapeutic massage with cupping, hot/cold stone, eco-fin hand dip treatments, Thai massage & Yomassage classes—meditation, restorative yoga & Thai massage in a group setting.

**Virtual:** 1:1 holistic nutrition coaching which focuses on quality food, lifestyle choices & supportive supplements.

### CLIENTS CAN EXPECT:

There is not a one-size-fits-all approach to wellness. Our self-care should not reflect that. Every massage is customized including personalized essential blends and add-on treatments. I also provide a bio-individual approach to nutrition, empowering others to free themselves from limitations.

*"As a working mother, I recognize the need to take care of our own well-being first so we have the capacity to take care of our family & others as well. There is an overwhelming number of tools & techniques for healing today, but if we focus on the basics—rest, nutrition & lifestyle—we can thrive again. Alternative, holistic remedies have become lost over time, and it is time to return to the basics."*

### UPDATES FOR 2024:

We will be offering in-person workshops & cooking demonstrations for those interested in creating a holistic, clean lifestyle.



## Body Ignite, LLC and Sacred Spaces for Spiritual Healing

Dawn Coleman  
W62N563 Washington Ave, Ste A, Cedarburg  
414-339-6688  
Dawn@BodyIgnite.com  
BodyIgnite.com



### MIND, BODY AND SOUL PRACTITIONER, WORKSHOPS AND RETREATS

#### SPECIALTY:

Personal Training/Post-Rehab, Intuitive Energy Services, Retreats. Dawn's unique approach involves a holistic focus to access healing of mind, body & soul as well as energy balance.

*"We are so much more than our physical body. I overlay many supportive healing modalities and real-life coping strategies that create total well-being. I embrace the journey of coming home to yourself on this not so linear path."*

#### UPDATES FOR 2024:

Sacred Spaces is launching in January. This group will meet on the last Friday of each month in Cedarburg, WI. This space is aimed to bring a sense of well-being, stress relief, and inner peace to the body, mind and energy body. We also organize retreats that provide a break from daily life and focus on wellness, self-discovery and relaxation.

**CBD:** A natural compound derived from the hemp plant that can help with pain, anxiety, stress, sleep & substance abuse according to a vast & expanding body of research. It can be used topically in lotions & creams as well as eaten in edible forms like gummies.

**Chinese Medicine:** Traditional Chinese Medicine (TCM) combines the use of medicinal herbs, acupuncture, food, massage, & therapeutic exercise, along with the recognition that wellness in mind & body depends on the harmonious flow of life-force energy (qi or chi).

**Chiropractic:** Based on the premise that proper structural alignment permits free flow of nerve activity in the body. When spinal vertebrae are out of alignment from trauma, posture, stress, etc., they put pressure on the spinal cord & the nerves radiating from it, potentially leading to diminished function & illness.

**Coaching (Life Coaching, Health Coaching, etc.):** Involves the use of evidence-based skillful conversation & strategies to engage, educate & empower clients in behavior change to improve health, wellness, & deepened purpose in life.

**Colon Hydrotherapy (Colonic):** An effective method used to wash away old toxic waste accumulated along the walls of the colon. It is administered with pressurized water by a professional using special equipment. The treatment is used as both a corrective process & for the prevention of disease.

## Colon Hydrotherapy cont'd

### VIVA WELLNESS

12625 W Burleigh Rd, Brookfield  
262-777-8482 (VIVA)  
VivaWellnessWI.com



ad on page 3.

Boutique Medical  
Weight Loss blended  
with holistic wellness  
treatments to help you  
become your best. **See**

## Compost Service

### BLUE RIBBON ORGANICS

262-497-8539  
BlueRibbonOrganics.com



For organic compost & soil blends in bulk, by bag or delivered straight to your yard, grow in Blue Ribbon Organics this spring. **See ad on page 17.**

## Crystals

### A WONDERLAND CRYSTAL AND GIFT SHOP

1749 Barton Ave, West Bend  
920-946-3504  
AWonderlandWB.com



We have a wide variety of unusual, hand-picked rocks and crystals, handmade jewelry, crafts and artwork. Come in today to support local business and find something special for yourself or a friend.

### ANGEL LIGHT CENTER FOR THE HEALING ARTS

2331 S 108th St, West Allis  
262-787-3001 | AngelLightShopping.com



Experience over 20,000 amazing crystals, rocks, gemstones, natural stone jewelry and metaphysical supplies, all at affordable prices. Angel Light also offers great workshops, intuitive readings and personal healing sessions.



## FREE SPIRIT CRYSTALS

4763 N 124 St, Butler  
262-790-0748  
FreeSpiritCrystals.com



Enjoy our beautiful and affordable crystals, going on 30 years! Friendly and knowledgeable staff, local makers, and FREE monthly classes! Shop

our crystals, candles, incense, sage, books, and tarot decks, workshops, intuitive readings, and healing sessions! **See ad on page 13.**

## REMEDY WITHIN MASSAGE THERAPY & SPIRITUAL GIFTS

13425 Watertown Plank Rd, Elm Grove  
262-307-8892  
RemedyWithin.com



We provide a diverse assortment of crystals, minerals and stones. Locally made jewelry, spiritual items, sage, candles, cleansing sprays, CBD and essential oils are available along with intuitive read-

ings, crystal healing and massage therapy.

## Dentistry

### BIONICA DENTAL WELLNESS

2566 Sun Valley Dr, Delafield  
262-337-9745  
BionicaDentalWellness.com



Come experience modern, comprehensive, biological dentistry for the health-conscious community. Dr. Udoka Holinbeck's holistic approach will give you confidence in your smile and your health.

**See ad on page 5.**

### INTEGRATIVE DENTAL SOLUTIONS

23770 Capitol Dr, Pewaukee  
262-691-4555 • WINaturalDentist.com



"...Because a healthy Body, starts with a healthy Mouth." Our office specializes in treating the cause of the problem and not just the symptoms; we offer the latest advances in den-

tistry. **See ad on page 2 and back cover.**

## Education

### CONCORDIA UNIVERSITY

School of Pharmacy  
12800 N Lake Shore Dr, Mequon, WI  
Tinyurl.com/CUWnatural



Earn your Master's in Natural Product Sciences with our 30-credit online program.

This graduate degree, with concentrations in medical cannabis and nutraceuticals, can lead to jobs in health care, pharmacy research and development, manufacturing and business. **See ad page 39.**

### MIDWEST COLLEGE OF ORIENTAL MEDICINE

Racine, WI and Skokie, IL  
800-593-2320  
MWC2010@aol.com • Acupuncture.edu



Start your path to a more rewarding career as an acupuncturist! Earn a Bachelor of Science in Nutrition (TCM) combined

with a Master of Science in Oriental Medicine. License available in 46 states. Call today to learn more. **See ad page 6.**

## EMF Protection

### MAGNETUDE JEWELRY

Christine Dunn  
414-324-5896  
ChrisDun4@gmail.com  
MagnetudeJewelry.com/Christine44



Magnetude Jewelry is interchangeable, bio-magnetic, beautiful healthy jewelry for women, men, children & pets. Therapeutic magnets increase blood flow, decrease pain & counteract harmful effects of EMFs.

## Energy Enhancement System

### BROOKFIELD HEALTH & WELLNESS, LLC

150 S Sunnyslope Rd, Ste 148, Brookfield  
262-395-4023  
BrookfieldHealthAndWellness.com



Our passion is helping patients maximize their health, allowing you to live life to the absolute fullest. We approach each patient as an individual by assessing the

body with state-of-the-art, bio-energetic technology to identify underlying root cause issues. **See ads on page 7 and 20.**

## Clarity Counseling and Hypnotherapy

Bethany Lato, MS, LPC, CHT  
155 E. Capitol Dr., Ste. 4, Hartland  
414-301-3577  
ClarityCounselingClinicalServices.com



### HOLISTIC MENTAL HEALTH COUNSELING, BREATHWORK AND HYPNOTHERAPY

#### SPECIALTY:

My holistic approach to therapy as a Licensed Professional Counselor is built on the belief that YOU are the expert on your own healing and growth. I focus on our innate ability to heal ourselves; release emotions; and reach profound healing of past wounds, trauma and limiting patterns to find unconditional love and step into soul being.

#### CLIENTS CAN EXPECT:

Many of my clients have had very profound experiences with hypnotherapy, breathwork, reiki and past life regression, which have helped them to transform their lives.

*"I'm motivated by my community, ancient wisdom and spiritual traditions—and the cycles of nature, which play pivotal roles on our journeys, particularly as women."*

## Brookfield Longevity

John E. Whitcomb, MD  
17585 W North Ave, Ste 160, Brookfield  
262-784-6150  
Info@LiveLongMD.com  
LiveLongMD.com



### HEALTHY AGING, BRAIN HEALTH, HORMONES, WEIGHT LOSS, MOLD

We are a fully integrated functional medicine program offering the best of recent research & methodologies to assist in healthy aging, brain health, Alzheimer's & Parkinson's care, hormone replacement, peptide therapies, weight loss & treatment of mold/CIRS.

#### WHAT MAKES US UNIQUE:

There are only two or three of us in Wisconsin with this sort of offering. General Internal Medicine tends to be stuck with protocols that are limiting & out of date. There is much recent science to be added to that formula.

#### CLIENTS CAN EXPECT:

A vibrant brain, improved aging, better sexual function, better bones and fewer heart attacks, strokes, memory loss.

*"Functional medicine focuses like a laser on root causes. Fixing those gets to the core problem. It is beyond imagination satisfying to lead people to wellness."*

#### UPDATES FOR 2024:

We are very excited about roll out of Plasmalogen therapies for Parkinson's, Alzheimer's, Autism, Migraine, ADHD & post traumatic head injury.

**Compound Pharmacy:** Offering a much more customized, patient-centered approach than a traditional pharmacy. They combine ingredients in-house to meet individual medication needs. They usually offer quality supplements & natural health products (no prescription needed) as well.

**Counseling & Psychotherapy:** Practitioners who treat depression, stress, addiction, & emotional issues. Formats can vary from individual counseling to group therapy. In addition to verbal counseling techniques and behavior therapies, some therapists may use bodywork, ritual, energy healing, hypnotherapy & other holistic modalities. *See Integrative Psychiatry.*

**Crystal & gemstone therapy:** The use of quartz crystals & gemstones for therapeutic & healing purposes, asserting that the substances have recognizable energy frequencies & the capacity to amplify & absorb other frequencies in the body.

**Dentistry (Holistic/Natural):** Emphasizes the relationship between oral health & total body health. It incorporates evidence-based natural methods such as homeopathy, biocompatibility testing, & nutritional counseling. Most holistic dentists emphasize preventive care & recommend the removal of silver-mercury fillings.

**Detoxification (Detox):** The practice of resting, cleansing, & nourishing the body from the inside out, as accumulated toxins can drain the body's energy & make it more susceptible to disease. Techniques may include supplements, sauna & infrared light therapy, colon hydrotherapy, massage, ionic footbaths, herbal teas & nutritional recommendations.

## Energy Healing

### BODYIGNITE, LLC

Dawn Coleman  
Mind, Body and Soul Practitioner  
414-339-6688 • BodyIgnite.com



I am a Life Transformation Coach. I am here to offer all who are open to co-creating a plan to put goals and dreams into action and make them a reality. Your goals and well-being are accessible to you! I offer the tools and the template to create a sustained and joyful life filled with purpose. Health and balance in life is obtainable. Join me as we create a guided path. **See Profile on page 26.**

### CINDY CARLSON REIKI AND ENERGY HEALING

121 E Silver Spring Dr, Ste 208,  
Whitefish Bay  
414-758-0657 | CarlsonHealing.com



Reiki/energy healing is a powerful treatment that helps the body relax at a very deep level, allowing the body to activate its own ability to heal itself. **See Profile on page 23.**

### LUX EXTERNA HEALING

262-510-1012  
Ann@LuxEternaHealing.com  
LuxEternaHealing.com



Support your healing from trauma, overcoming of anxiety, recovery from injury, or movement through grief with energy healing. Achieve balance of mind-body-spirit through shifting perception, loving who you are, and healing the energy that blocks joy, connection and physical ease.

## Fitness

### BODYIGNITE, LLC

Dawn Coleman  
Mind, Body and Soul Practitioner  
414-339-6688 • BodyIgnite.com



I am a Life Transformation Coach. I am here to offer all who are open to co-creating a plan to put goals and dreams into action and make them a reality. Your goals and well-being are accessible to you! I offer the tools and the template to create a sustained and joyful life filled with purpose. Health and balance in life is obtainable. Join me as we create a guided path. **See Profile on page 26.**



## INVIVO WELLNESS

414-265-5606

2060 N Humboldt Ave, Ste 300, Milwaukee

InvivoWellness.com



Discover orthopedic and therapeutic healing solutions to

reduce pain and improve daily movement. INVIVO offers physical therapy, massage therapy (relaxation, deep tissue, Thai, prenatal and hot stone), yoga and fitness classes, personal training and a gym. **See ad on page 20.**

## VIBE YOGA, HEALTH & FITNESS

180 Kossow Rd, Waukesha

262-788-9147

Info@VIBEmke.com · VIBEmke.com



VIBE Yoga, Health & Fitness is a lifestyle studio that specializes in functional movement, health and wellness. We believe in an all-encompassing lifestyle approach that focuses on mental and

emotional well-being as well as physical.

**See ad on page 11.**

## Float Spa

### A BETTER ME SPA

N72W13400 Lund Ln, Ste C,

Menomonee Falls

262-408-7597

Info@ABetterMeSpa.com

ABetterMeSpa.com



A Better Me Spa offers an extensive menu of unique services: Floatation Therapy, Infrared Sauna, Massage, and AVACEN. We are proud to provide you the relaxation you deserve.

## Functional Medicine

### PROVITA WELLNESS CLINIC

21415 W Greenfield Ave, New Berlin

inside the Guild of Modern Wellness

262-276-0300

MyProvitaWellness.com



Functional medicine and weight loss with a personalized root cause approach. Achieve optimal health and correct dysfunction. We treat GI, cardiac, inflammatory/immune, POTS, post viral, hormones/endocrine, weight loss and more. **See ad on page 4.**

**EMF Protection:** Biomagnetic sources intended to protect against frequencies emitted by Wi-Fi, microwaves, Bluetooth, power lines and more which are thought to disrupt chemical structures of body tissues.

**Energy Work:** The art & practice of realigning & re-tuning the body to assist in natural healing processes. Working directly with the energy field in & around the body, the practitioner channels energy into the cells, tissues, & organs of the body to effect healing on physical & non-physical levels simultaneously. Sessions may or may not involve the physical laying on of hands. **See Reiki.**

**Environmental medicine/Mold:** Explores the role of dietary & environmental allergens in health & illness such as dust, mold, chemicals & foods that can dramatically influence diseases, ranging from asthma & hay fever to headaches & depression.

**Float Therapy (Floatation):** A rejuvenation technique that involves relaxing in a float tank or pool, used to increase circulation and reduce blood pressure by decreasing muscular tension caused by poor posture and daily stresses.

**Functional medicine:** Patient-centered approach that focuses on primary prevention & deals with underlying causes, instead of symptoms, for chronic diseases. Treatments are grounded in nutrition & improved lifestyle habits & may make use of medications. The discipline uses a holistic approach to analyze & treat connected body systems to heal and to maintain health. **See Integrative Medicine & Holistic Health.**

## Eco Harmony Landscape & Design

4225 N. 124th St., Brookfield

414-810-5858

EcoHarmonyLandscaping.com



### SUSTAINABLE LANDSCAPING, FIRE PITS, PATIOS, GARDENS, TREE SERVICES

Eco Harmony Landscape is a full-service hardscape & landscaping company that offers custom patios, fire pit design & installation, and sustainable low-maintenance solutions for beautiful yards.

### SPECIALTY:

Sustainable design & construction of low-maintenance landscaping and patios to the greater Milwaukee area. Services include lawns, rain gardens, lighting, water features and stonework. They provide invasive species control and tree services as well.

### CLIENTS CAN EXPECT:

We encourage the use of plants native to Wisconsin which require less maintenance and encourage a diverse ecosystem. We can incorporate edible landscaping and water conservation features into most projects. We use recycled and local materials when possible.

### UPDATES FOR 2024:

Just like making healthy choices is an investment in our future healthy self, landscaping is an investment in the future. The time to plan is actually months and years in advance. We encourage people to reach out now if interested in services for 2024.

## Lunar Pathways

Brian Mason  
2873 N. 82nd Milwaukee  
414-795-8988  
Brian@BrianPMason.com  
BrianPMason.com



### WORKPLACE WELLNESS, CAREER AND LIFE GOALS, MEDITATION

Lunar Pathways is your guiding light to workplace wellness & thriving. We equip you with tools & support needed to navigate change, achieve your goals & create a healthier, more vibrant work environment for yourself & those around you.

#### AREAS OF SPECIALTY:

Brian offers a powerful suite of services focused on discovering your strengths to craft a fulfilling career aligned with your well-being. He utilizes mindfulness, meditation & other practical tools to help reduce stress & anxiety. With a focus on navigating change with confidence, Brian's clients develop resilience & adaptability to thrive in uncertain times.

#### CLIENTS CAN EXPECT:

Someone dedicated to promoting personal health, harmony and well-being who actively listens before offering thoughtful perspectives. I focus on delivering practical solutions & insights about complex issues or opportunities. I believe when we take time to periodically reflect & reset, we can better align values with actions in a way that energizes. My aim is to uplift and inspire.

*"Navigating change shouldn't come at the cost of your well-being. We are your trusted partner in navigating the dynamic landscape of today's workplace, while prioritizing your mental and emotional health."*

**Holistic Health:** An approach that addresses & seeks to improve the physical, mental, emotional & spiritual components of wellness & often involves the integration of Western and alternative, natural & complimentary health practices to achieve optimal wellness. *See **Integrative Medicine, Integrative Psychiatry & Functional Medicine.***

**Homeopathy:** A therapy that uses small doses of specially prepared plants & minerals to stimulate the body's defense mechanisms & healing processes in order to cure illness. It employs the concept that "like cures like."

**Hypnotherapy:** Techniques that allow practitioners to bypass the conscious mind & access the subconscious in which the innate recuperative abilities of the psyche are allowed to flow more freely. Used to help people with addiction and mental health to achieve greater clarity, explore other events or periods of life that require resolution, or develop a more positive attitude.

**Integrative medicine:** This holistic approach combines conventional Western medicine with complementary alternative treatments in order to simultaneously treat mind, body & spirit. Geared to the promotion of health & the prevention of illness, it neither rejects conventional medicine nor accepts alternative therapies, without serious evaluation. *See **Functional Medicine & Holistic Health.***

**Integrative Psychiatry:** A holistic, patient-centered approach to health & wellness that aims to rebalance mental, emotional, functional, spiritual, social, & community functioning. It uses both conventional & complementary medicine modalities in the treatment of psychiatric disorders. *See **Mental Health.***

## Hiking/Hiking Retreats

### TRAIL DOG & COMPANY

TrailDogandCompany.com  
IG: @traildogandcompanyllc  
FB: Facebook.com/traildogandcompany  
TrailDogandCompanyLLC@gmail.com



Trail Dog & Company is a professional hiking guide service dedicated to helping you experience the beauty of nature in a safe, supportive, and fun environment. Let's hit the trails!

## Holistic Health

### BROOKFIELD HEALTH & WELLNESS, LLC

150 S Sunnyslope Rd, Ste 148, Brookfield  
262-395-4023  
BrookfieldHealthAndWellness.com



Our passion is helping patients maximize their health, allowing you to live life to the absolute fullest. We approach each patient as an individual by assessing the body with state-of-the-art, bio-energetic technology to identify underlying root cause issues. *See ads on pages 7 and 20.*

### LANGLOIS' VITAL NUTRITION CENTER

16655 Wisconsin Ave, Ste 106, Brookfield  
414-453-8289  
VitalNutritionCenter.com



In addition to targeted nutrition programs and quality supplements, our passionate team of experts offers an array of holistic and natural health services to help you feel your best every day. Boost mood. Increase energy. Decrease pain. Feel better. *See ad on page 41.*

## Home & Space Clearing

### SOUL MEETS BODY

Jennifer Shaw  
11516 N Spring Ave, Mequon  
920-475-7109  
SoulMeetsBody.jls@gmail.com  
SoulMeetsBody.co



Soul Meets Body offers intuitive Akashic record Sessions, mediumship readings, Holy Fire® Reiki, transformational spiritual guidance and energy healing.



## Homeopathy

### FIELDWORK HOMEOPATHY

Ashley Keul & Beth Bundy, CCH, BSN  
Sheboygan, WI and virtual  
FieldworkHomeopathy.com



Individualized holistic care for all ages. From acute illness and injury support to addressing symptoms of long-standing chronic

conditions, our virtual homeopathy clinic can help you wherever you are. **See ad on page 11.**

## Hypnotherapy

### CLARITY COUNSELING & CLINICAL SERVICES

Bethany Lato  
155 E Capitol Dr, Ste 4, Hartland  
414-301-3577  
Bethany@ClarityCounselingServices.com  
ClarityCounselingServices.com



Bethany Lato, counselor and advanced certified hypnotherapist, believes that each person already holds the tools and ability within them to heal. She provides a warm, safe place for clients while taking a trauma-informed,

holistic approach in her work. She incorporates spirituality and interfaith traditions when important to clients. **See Profile on page 27.**

## Integrative Psychiatry

### TRINERGY HEALTH LLC

12800 W National Ave, New Berlin  
262-955-6600  
Spa@TrinergyHealth.com  
TrinergyHealth.com



Trinergy is a one-stop shop for mind-body wellness. Using functional medicine, Ayurveda, therapies like Panchakarma detox, HBOT, BEMER, we

help clients find wellness and vitality! **See ad on page 4.**

## Jewelry

### MAGNETUDE JEWELRY

Christine Dunn  
414-324-5896  
ChrisDun4@gmail.com  
MagnetudeJewelry.com/Christine44



Magnetude Jewelry is interchangeable, bio-magnetic, beautiful healthy jewelry for women, men, children & pets. Therapeutic magnets increase blood flow, decrease pain & counteract harmful effects of EMFs.

## Lawn care/Landscape Service

### BE GREEN PRO LLC

Patricia Beres  
Delafield, WI  
262-361-4034  
Hello@BeGreen.pro | BeGreen.pro



Sustainable fall and winter yard services, snow and ice melt, and

landscaping. Your trusted residential and commercial partner for over 30 years. Our expert horticulturalists and turf technicians provide nature-inspired, low-toxicity solutions for outdoor needs. From turf to trees, insect and pest control, to snow and ice management, our all-natural methods are safer for people, pets and the planet.

**See ad on page 11.**

## ECO HARMONY LANDSCAPE

414-810-5858  
4225 N. 124th St.,  
Brookfield  
Info@EcoHarmonyLandscaping.com  
Mike.EcoHarmony@gmail.com  
EcoHarmonyLandscaping.com



Ecologically minded, full-service landscape company serving SE Wisconsin. Specializing in sustainable ideas and low-maintenance solutions. Professional Craftsmanship Inspired by Nature. **See ad on page 17.**

## Nourishing Wellness

Jamie Kern R.N., CNC and  
Sara Mehning R.N., CNC & GAPS certified.  
Delafield, WI 53018  
262-244-6324  
Info@NourishingWellness4U.com  
NourishingWellness4U.com



### GENERAL HEALTH, MATERNAL HEALTH, NUTRITION

We listen, identify the root cause of health concerns and show you step-by-step how to improve health with real, whole foods & proper nutritional support. We utilize tools including tissue (hair) mineral analysis, bioresonance scanning, nutritional guidance, and the training & wisdom that comes from being registered nurses.

### SPECIALTY:

Expertise in men's, women's & children's health, infertility, prepping for baby, thyroid, hormonal, adrenal & auto-immune issues.

We spend quality time with each client to make the changes they need to reach their desires in health & wellness. We look at all aspects of health that could be hindering one from reaching their goals.

### CLIENTS CAN EXPECT:

As both R.N.s, we followed western medicine when dealing with our own personal health challenges, and it only led to more challenges, frustration & fear. We first learned about holistic options through various practitioners, and we continued to read, learn and change more and more. We are true wellness devotees that live & breathe a healthy lifestyle. We only preach what we practice in our own life & know how scary it can be to make changes, especially when it comes to food. We became R.N.s to help people, and now we finally get to help people truly live a healthier & happier life.

### UPDATES FOR 2024:

We look forward to continuing to successfully serve our community of clients both locally & worldwide, and to attend more educational conferences to continually expand our knowledge and abilities to help others.

## Erica Hodgson, LMT

Celestial Coaching and Bodywork  
675 N. Brookfield Rd., Ste. 101,  
Brookfield, WI 53045  
262-227-6548  
CelestialMassageWI.info@gmail.com  
EricaHodgson.com

### BODYWORK, MASSAGE, REIKI, TRANSFORMATIONAL COACHING

#### SPECIALTY:

Erica offers transformational massage, intuitive bodywork, deep relaxation massage, orthopedic massage, Reiki & transformational coaching. She listens to your body to help get to the root cause of your pain. It's a very body, mind and spirit approach.

#### CLIENTS CAN EXPECT:

People often say "That was the most relaxing yet energizing massage. I've never had one quite like this before!" If you are ready to go deep in your inner work, or if you have pain that you haven't been able to remedy with Western medicine, we go within to release what's holding that pain in order to bring you back to center.

#### UPDATES FOR 2024:

Along with intuitive & transformational massage and coaching, I'm leading some transformational retreats and classes designed for you to live your best life.

*"If you have hit your tipping point of pain and are open to the possibilities of change in your life, contact me for a discussion on bridging the gap between where you are and where you want to be!"*

**Light Therapy (Infrared, Laser):** Non-invasive, modern pain relief methods that stimulate the body's natural ability to heal. Can lead to both acute & chronic benefits such as pain relief (short & long term); improved circulation, inflammation & detoxification; as well as relief of anxiety & stress symptoms.

**Massage Therapy:** A very relaxing & effective therapeutic approach that involves the manipulation of soft tissue, usually by hand. Helps relax muscles, decrease pain, increase circulation & detoxification in order to reduce stress & increase overall wellness. *See **Bodywork & Detoxification**.*

**Meditation:** The intentional directing of attention to one's inner self. Techniques include the use of imagery, mantras, observation, & breathwork. Research has shown that regular meditation can reduce stress, anxiety & blood pressure and more. As a spiritual practice, meditation is used to facilitate a sense of oneness with a higher power or the Universe.

**Mental Health:** A broad term to describe our emotional, psychological, & social well-being. It affects how we act, think, feel, manage stress, cope, & experience emotions. It is a central focus of counselors, therapists, psychologists, & psychiatrists. It is an integral component in services of naturopaths, integrative & holistic providers, and coaches. *See **Counseling, Coaching & Integrative Psychiatry**.*

**Myofascial Release (MFR):** A hands-on technique for the diagnosis & treatment of soft tissue restrictions that decrease range of motion & cause pain. This approach, pioneered by John F. Barnes, PT, focuses on stretching & manual pressure that loosens restricted motion.



## THE GREEN TEAM OF WISCONSIN

414-721-1431  
Info@GreenTeamWI.com  
GreenTeamWI.com



The Green Team of Wisconsin provides thoughtful landscape design and installation, full property maintenance, and all-natural turf care and weed control. *See ad on page 11.*

## Light & Laser Therapy

### A BETTER ME SPA

N72W13400 Lund Ln, Ste C,  
Menomonee Falls  
262-408-7597  
Info@ABetterMeSpa.com  
ABetterMeSpa.com



A Better Me Spa offers an extensive menu of unique services: Floatation Therapy, Infrared Sauna, Massage, and AVACEN. We are proud to provide you the relaxation you deserve.

### GUILD OF MODERN WELLNESS

Trish Beckman, RN  
21415 W Greenfield Ave, New Berlin  
262-391-3876  
Trish@GuildOfWellness.com  
GuildofWellness.com



Now offering Laser and Infrared Light Therapy. Call today and ask about a free demo. The Guild of Modern Wellness is a unique space of respite for mind, body and soul with a variety of evidence-based treatments and services for safe, effective and natural healing and wellness maintenance. *See ad on page 4.*

### RESTORATIVE LASER THERAPY

Christa Christiansen, RN  
21415 W Greenfield Ave, New Berlin  
inside the Guild of Modern Wellness  
414-881-7015  
Christa@RestorativeLaserRN.com  
RestorativeLaserRN.com



Laser Therapy is non-invasive, pain-free, and used to stimulate cells and healing. It helps reduce pain, inflammation and appearance of scars. Boosts circulation, improves tissue repair, arthritis, fibromyalgia, carpal tunnel, TMJ and more. Call today. *See ad on page 4.*



## Massage Therapy

### CELESTIAL COACHING & BODYWORK

Erica Hodgson, LMT  
675 N. Brookfield Rd. Ste. 101,  
Brookfield  
262-227-6548  
EricaHodgson.com



Offering transformational, orthopedic & deep relaxation massage, intuitive bodywork, reiki & transformational coaching. She listens to your body to help get to the root cause of your pain with a very body, mind, spirit approach. **See Profile on page 32 and ad on page 45.**

### FLORA & STONE MASSAGE THERAPY

Jessica Lueneburg  
W62N563 Washington Ave. Ste C,  
Cedarburg  
262-894-6915  
Jess.info@FloraStoneMT.com  
FloraStoneMT.com



Creating a mind-body-soul connection for each individual through massage therapy services, restorative bodywork classes and 1:1 holistic nutrition coaching. In-person cupping, hot/cold stone, Thai massage, Yomassage and Virtual nutrition services available. **See Profile on page 25.**

### LIVE BETTER HOLISTICS THAI MASSAGE & REIKI

Laurie Dunlop, LMT, RMT  
850 Elm Grove Rd, Ste 14,  
Elm Grove 53122  
414-469-9960  
LDunlop@LiveBetterHolistics.com  
LiveBetterHolistics.com



Live Better Holistics offers traditional Thai massage and reiki to help you along your path toward healing and better health. We also specialize in animal reiki for your furry friends.

### MIND & BODY CONNECTION

Orthopedic Massage  
Christine E. Maddox  
12336 W Layton Ave, Ste 5, Greenfield  
414-750-0855



Therapeutic and orthopedic massage therapy center that accepts insurance and Medicare. Medical massage helps improve movement, flexibility, strength, acute/chronic pain and injuries. **See ad page 39.**

**Naturopathic Medicine (Naturopathy):** A comprehensive system based upon working in harmony with the body's natural healing abilities. Incorporates a broad range of natural methods & substances aimed to promote health & may incorporate massage, acupuncture, acupressure, counseling, applied nutrition, herbal medicine, homeopathy, and much more.

**Nutritional counseling:** Embracing a wide range of approaches, nutrition-based, complementary therapies, & counseling to seek to alleviate physical & psychological disorders through special diets & food supplements.

**Osteopathy:** Doctors of osteopathy use physical, pharmacological & surgical methods with emphasis placed on correcting faulty structure & function of body mechanics in order to restore the body's natural healing capacities.

**Oxygen therapies (Hyperbaric Oxygen, Ozone):** Alters the body's chemistry to help overcome disease, promote repair & improve overall function. Properly applied, oxygen may be used to treat a wide variety of conditions.

**Pelvic Floor Therapy:** A specialty within physical therapy that focuses on rehabilitation of muscles in the pelvic floor after injury or dysfunction, effective for women before/after pregnancy & as part of health maintenance. **See Physical Therapy.**

**Physical Therapy:** Promotes, maintains & restores health by addressing issues that affect our movement, mobility, posture & pain. They provide examination & diagnosis, physical intervention such as specific exercises & manual therapy, rehabilitation & patient education. Many operate from an integrative approach.

## THE 15th DARE TO BE AWARE FAIR

May 11, 2024

Held at the Brookfield Conference Center  
325 S. Moorland Rd. Brookfield  
DareToBeAwareFair.com



The Dare to Be Aware Fair is an annual holistic wellness event dedicated to enhancing well-being, joy and vitality. The highly anticipated expo has evolved into the Midwest's largest alternative wellness fair.

### SPECIALTY:

The Dare Fair is for people who want to explore alternative healing methods such as reiki, crystals, herbs, organic products, animal communication, sound healing, psychic readings and more. There is a lot to explore with over 100 exhibitors & 15 workshops for enlightenment & wellness inspiration.

### WHAT VENDORS & ATTENDEES CAN EXPECT:

The Dare Fair is not just an event; it is an opportunity to join a vibrant community that fosters growth, vitality & well-being. If you are seeking like-minded individuals & practitioners, a wealth of healing options & an unforgettable experience, mark your calendar for May 11. Tickets are \$15, available for pre-purchase online or cash only at the door. Children 16 and under are free.

In addition to the Fair, one in-person and one virtual Dare to Connect workshop is offered for FREE every month.

### UPDATES FOR 2024:

The Dare Fair is set to mark its 15th anniversary on May 11, 2024. The 2024 theme, "Binge on Wellness," invites all to expand their awareness & immerse themselves in a world of holistic well-being.

**Pilates:** Emphasizes development of the torso's abdominal power center, or core. More gentle than conventional exercises, Pilates—like yoga—yields long, lean, flexible muscles with gracefully balanced movements that readily translate into everyday activities like walking, sitting, & bending. Can help in overcoming injuries.

**Qigong & Tai chi:** Qigong & tai chi combine movement, meditation & breathe regulation to enhance the flow of vital energy (qi or chi) in the body, improve circulation & enhance immune function. Qigong traces its roots to traditional Chinese medicine. Tai chi was originally a self-defense martial art descended from qigong & employed to promote inner peace & calm.

**Reflexology:** Direct, gentle pressure to areas of the feet that reflect organs in the body, intended to help reduce tension and stress in a natural, noninvasive way.

**Reiki:** Means “universal life-force energy”. A method of activating & balancing the life-force (qi or chi). Practitioners channel healing energies to organs & glands or to align the body's chakras (energy centers). Can ease emotional & mental distress, heal chronic & acute physical problems, and achieve spiritual focus & clarity. Reiki can be a valuable addition to the work of chiropractors, massage therapists & others. See Energy Work.

**Sauna/Infrared Sauna:** Saunas use heat in a relaxing atmosphere to promote sweating & release of toxins to enhance immunity, clear the skin, promote joint & muscle relief, & increase circulation. The detoxification is enhanced when infrared light is also used. See Detoxification.

**Shamanism:** An ancient healing tradition that believes that loss of power is the real source of illness & that all healing includes the spiritual dimension. Shamanic healing can be both self-empowering & self-healing.

## Medicine - Naturopathic

### LAKESIDE NATURAL MEDICINE

3510 N Oakland Ave, Shorewood  
LakesideNaturalMedicine.com  
414-939-8748



Naturopathic doctors with a focus on autoimmune diseases, gastrointestinal disorders, hormone imbalance, weight loss and hypothyroidism. **See ad on page 12.**

## Mental Health

### BLUE PINES COUNSELING

Tiernee Schatz  
Cedarburg, WI  
262-346-1275  
BluePinesCounseling@gmail.com  
BluePinesCounseling.com



Blue Pines Counseling offers a holistic approach to healing, growth and transformation. Tiernee Schatz, ATR-BC, LPC, NCC, CCTP is a nationally certified licensed professional counselor, board certified art therapist with advanced training in trauma therapies and nutritional psychiatry.

### JACK CINCOTTA

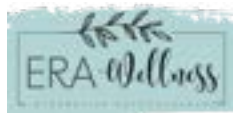
Holistic Health Practitioner, AADP  
N4147 W Water St, Sullivan  
920-650-7674  
Jack@JackCincotta.com  
JackCincotta.com



Jack Cincotta, Holistic Health Practitioner (AADP), M.S. Psychology, specializes in helping others overcome anxiety, depression and related issues through holistic and natural approaches.

### ERA WELLNESS

316 E Silver Spring Dr, Ste 227,  
Whitefish Bay  
414-301-3234  
Emily@ERAWellnessTherapy.com  
ERAWellnessTherapy.com



At ERA Wellness, we know you deserve to see a therapist that gets it and can help you heal.

And we can help! We specialize in pregnancy, postpartum, trauma, anxiety and couples. **See ad on page 10.**

## STREAM AND MOUNTAIN CONSULTING

Maria Elena Perez, PhD  
21415 W Greenfield Ave, New Berlin  
inside the Guild of Modern Wellness  
262-894-2658



Client-centered and trauma-informed psychological services for children, adults and families. Healing, joy and change are possible with creative, evidenced-based solutions. Holistic and caring services.

Flexible hours, Bilingual Spanish. **See ad on page 4.**

## Myofascial Release

### SPECIALIZED THERAPY SERVICES

890 Elm Grove Rd, Ste 1-1, Elm Grove  
414-778-1341  
SpecializedTherapyServices.com



Specialized Therapy Services began in 2002, providing comprehensive MFR treatment programs. Currently, it is the only private MFR clinic accepting multiple insurance plans including Medicare. **See ad on**

**page 39.**

### WHITE WOLF MFR

4406 S 68th St, #102, Greenfield  
414-543-0855  
WhiteWolfMFR.com



Tony Grimm, LMT since 2007; expert-level JFB Myofascial Release therapist. MFR is the most effective treatment to eliminate or reduce pain using gentle pressure to get lasting results.

## Natural Cleaning

### ROXY'S NATURAL CLEANING, LLC

Roxanne Reichert  
262-528-2762  
RoxysNaturalCleaning@gmail.com



Roxy's natural cleaning is committed to getting the job done without the use of harmful chemicals. Call/text/

email today to schedule your walk through. **See ad on page 20.**



## Natural Products

### NOURISH NATURAL PRODUCTS

Info@NourishNaturalProducts.com  
NourishNaturalProducts.com



Nourish Natural Products is a local wellness company that offers totally clean, organic products for the body, mind and home. One hundred percent of our ingredients are sourced from the purest substances on Earth: plants. Bestsellers include: Hair Thickening Spray, Natural Deodorant and Lash & Brow Growth Serum. **See ad on page 41.**

## Nutrition

### FLORA & STONE MASSAGE THERAPY

Jessica Lueneburg  
W62N563 Washington Ave. Ste C,  
Cedarburg  
262-894-6915 • FloraStoneMT.com



Creating a mind-body-soul connection for each individual through massage therapy services, restorative bodywork classes and 1:1 holistic nutrition coaching. In-person cupping, hot/cold stone, Thai massage, Yo-massage and Virtual nutrition services available. **See Profile on page 25.**

### LANGLOIS' VITAL NUTRITION CENTER

16655 Wisconsin Ave, Ste 106,  
Brookfield  
414-453-8289  
VitalNutritionCenter.com



In addition to targeted nutrition programs and quality supplements, our passionate team of experts offers an array of holistic and natural health services to help you feel your best every day. Boost mood. Increase energy. Decrease pain. Feel better. **See ad on page 41.**

### NOURISHING WELLNESS

Jamie Kernen R.N., CNC  
Sara Mehring R.N., CNC  
Delafield, WI 53018  
262-244-6324  
NourishingWellness4U.com



We listen, identify the root cause of health concerns and show you step-by-step how to improve health with real, whole foods & proper nutritional support. Tools include tissue (hair) mineral analysis, bioresonance scanning & nutritional guidance. **See Profile on page 31.**

## Nutrition Supplements

### ALIVE N VIBRANT

Superfood and Protein Powders  
AliveNVibrant@gmail.com  
AliveNVibrant.com



Locally made, 100 percent organic superfood powders to keep you feeling alive and vibrant no matter what your health history. Use code NATAWA online for 12 percent off for NA readers.

### VILMA TOMARO

LiveGood Nutritional Supplements  
414-218-5035  
LiveGood.com/Vilma1



Advanced, organic, nutritional supplements made with the purest high-quality ingredients at a fraction of the price. Offering a low nonmember price and even lower member price.

## Pet Health & Nutrition

### EVOLUTION DIET PET FOOD

St. Paul, MN  
651-228-0632 • PetFoodShop.com



The best thing you can buy for your pet. The world's most advanced, safest and highly awarded organic, non-GMO cat and dog foods! Shop online at PetFoodShop.com.

**See ad on page 43.**

## Physical Therapy

### INVIVO WELLNESS

414-265-5606  
2060 N Humboldt Ave, Ste 300, Milwaukee  
InvivoWellness.com



Discover orthopedic and therapeutic healing solutions to reduce pain and improve daily movement. INVIVO offers physical therapy, massage therapy (relaxation, deep tissue, Thai, prenatal and hot stone), yoga and fitness classes, personal training and a gym. **See ad on page 20.**

## Plumeria Acupuncture & Holistic Wellness Center

Dr. Ayako Mizuno  
2500 N. Mayfair Rd., Ste. 410, Wauwatosa  
414-687-0087  
PlumeriaWellness.com



### ACUPUNCTURE, CUPPING, PAIN, FACIALS, WEIGHT MANAGEMENT

#### SPECIALTY:

Dr. Mizuno explains that, unlike conventional medicine that treats pain with medication, acupuncture stimulates the body's energy and blood flow, giving a "wake-up call" to the endocrine, immune and nervous systems to help the body perform better & become stronger. It can help with inflammation-based health issues, pre-menopause & menopause, digestion, pain, depression, anxiety and insomnia.

She also offers facial rejuvenation services, a weight management program, Chinese herbs and a combination of tui na & shiatsu massage.

#### CLIENTS CAN EXPECT:

Most patients do not report any discomfort during treatment since acupuncture uses ultra-thin needles, and some patients even fall asleep.

Acupuncture is becoming recognized within the conventional medicine realm, allowing Plumeria to accept some insurance plans.

*"I believe in forming strong bonds with my patients. I create a comfortable environment so that they can feel safe to talk about anything—and the more they talk, the more I can gather their whole history to create the best course-of-treatment plan."*

## Inner Divine Wellness, LLC

Christel Hutter  
Waukesha, WI  
920-227-8854  
InnerDivineWellness@gmail.com  
InnerDivineWellness.com



### INFERTILITY EMPOWERMENT TRANSITION COACH, GRIEF COACH

#### SPECIALTY:

Christel helps women navigate the grief & trauma of failed fertility treatments with holistic healing modalities. Her signature program helps her clients move forward with a purpose driven life, to live it with vitality and on their terms.

#### CLIENTS CAN EXPECT:

Christel previously worked as a coach helping disabled persons with job training & career development. Her own infertility experiences led her to become a trauma-certified yoga instructor through YogaFit & an infertility life coach through Health Coach Institute.

*"I help you through the grief & trauma of failed fertility treatments to discover your strength, and passion. I do this by guiding you to detoxify your body, balance your nervous system, and connect not only back to self, but with your partner, while reigniting your inner drive to transform your adversity to forge a passionate, empowered, thriving & purpose-driven future."*

**Skin Care & Spa (Holistic):** Under the notion that skin, mind & body wellness are all linked, licensed professionals provide an alternative, holistic approach to beauty & wellness that focuses on balance. This often includes non-invasive skincare treatments, quality skincare products & nutritional support.

**Sound Healing:** Employs vocal & instrumental tones produced with healing intent, in order to create sympathetic resonance in the physical & energy bodies. Sound healing also is used to bring energy into balance & harmony.

**Tai Chi:** see Qigong

**Thermography (Thermal Imaging):** A diagnostic technique that uses an infrared camera to measure temperature variations on the surface of the body to reveal abnormal tissue growth and inflammation, which is recognized as the earliest stage of most major health challenges.

**Wellness Center:** Though wellness centers come in many forms, they all are a collaborative space or guild that offers a variety of complimentary services to provide clients a truly safe, effective space where all needs are addressed in a comprehensive way to maximize health outcomes & prevent illness. They can often be seen as a "one-stop-shop" for wellness support.

**Yoga:** The word yoga is derived from the Sanskrit root yuj which means "union" or "to join", & refers to the joining of man's physical, mental & spiritual elements. Yoga focuses on physical exercises called asanas (or postures), controlled breathing, relaxation, meditation, & diet & nutrition. **See Bodywork.**

## Physical Therapy cont'd

### NIRVANA FUSION THERAPY, LLC

Jessica Gertz, DPT, RYT-200, Certified  
Colon Hydrotherapist  
2745 W Layton Ave, Ste 102, Greenfield  
414-376-8176  
NirvanaFusionTherapy.com  
NirvanaFusionTherapy@gmail.com



Physical Therapy services provide a hands-on approach with a focus on dry needling & cupping to decrease pain & improve mobility. Yoga instruction available for private lessons or small groups. Colonics to assist with gut health & overall well-being.

### REVITALIZE PHYSICAL THERAPY

Hales Corners & Wauwatosa  
414-708-8066  
Revitalize-PT.com



We specialize in helping women from preconception, pregnancy, postpartum, menopause, and everything in between to resolve common pelvic floor issues through a hands-on, personalized, cohesive approach to live healthy and active lives. **See ad on page 21.**

## Pilates

### EAST SIDE PILATES AND PHLOX BOUTIQUE

Jesse Masche  
2445 N Farwell Ave, Milwaukee  
414-915-7100  
Jesse@EastSidePilates.com  
EastSidePilates.com



We make available the best possible supportive Pilates experience for all humans. To create a unique health and fitness boutique to strengthen and empower individuals. We have the best team of instructors. And it's pretty!

## Real Estate

### SHOREWEST REALTORS

Cierra Burmeister  
262-607-0215  
CBurmeister@Shorewest.com  
Cierra.Shorewest.com



Buyer and seller consultations available. Trust and communication from our first meeting to closing. Clients can expect a relationship beyond the closing table to ensure their home needs are always met. **See ad on page 17.**



## Reflexology

### RENEWED YOU REFLEXOLOGY

414-852-7870

Renewed-You-Reflexology.square.site



Stress Less! Reflexology applies direct stimulation to your areas of your feet which reflect the organs of the body to help reduce stress and tension in the body. Call for an appointment.

## Reiki

### CINDY CARLSON REIKI AND ENERGY HEALING

121 E Silver Spring Dr, Ste 208,  
Whitefish Bay

414-758-0657 | CarlsonHealing.com



Reiki/energy healing is a powerful treatment that helps the body relax at a very deep level, allowing the body to activate its own ability to heal itself.

**See Profile on page 23.**

### KIRALILY HEALING

Inside Image Studios

821 Meadowbrook Rd, Ste 119,

Waukesha, WI 53188

262-208-5193

KiralilyHealing@gmail.com

KiralilyHealing.myshopify.com



Kiralily Healing is a reiki and energy healing practice. Every session is customized using sound tools, crystals and aromatherapy. Distance healing, group sessions and soy

candles are also offered.

### LIVE BETTER HOLISTICS THAI MASSAGE & REIKI

Laurie Dunlop, LMT, RMT

850 Elm Grove Rd, Ste 14,

Elm Grove 53122

414-469-9960

LDunlop@LiveBetterHolistics.com

LiveBetterHolistics.com



Live Better Holistics offers traditional Thai massage and Reiki to help you along your path toward healing and better health. We also specialize in animal Reiki for your furry friends.

## Reiki Training Classes

### NATURAL HEALING TABERNACLE

Reiki Training Classes

Chery Lapalme

414-312-2989 • NaturalHealingTabernacle.com



I am a certified holistic health and wellness coach. I specialize in guiding individuals towards achieving a state of balance and harmony. I offer a range of techniques and classes. **See Profile on page 24.**

## Retreats/Retreats Center

### GOLDEN LIGHT HEALING RETREAT CENTER

Amy Wilinski

920-609-8277

GoldenLightHealing.net



Offering workshops, sessions, group & personal retreats in shamanism, mediumship, reiki, psychic development and more.

## SACRED SPACES FOR SPIRITUAL HEALING

Dawn Coleman

W62N563 Washington Ave, Ste A,  
Cedarburg

414-339-6688

BodyIgnite.com



Offering retreats, groups, workshops, and intuitive energy services to bring a sense of well-being, stress relief, and inner peace to the body, mind, and energy body. Take a break from daily life and focus on wellness, self-discovery, and relaxation. **See Profile on page 26.**

## VIVA Wellness

12625 W. Burleigh Rd., Brookfield

262-777-VIVA (8482)

VIVAWellnessWI.com

### WEIGHT LOSS, INTEGRATIVE MEDICINE, SEMAGLUTIDE, COLON HYDROTHERAPY, VITAMIN IV, NUTRITION

#### SPECIALTY:

VIVA Wellness specializes in custom treatment plans to optimize physical & mental health including weight loss, digestive health, nutritional counseling, colonics, body sculpting, lymphatic drainage, vitamin infusions & infrared sauna.

Our signature NP-managed Weight & Detox Protocol brings the best of Western and alternative approaches to create holistic, progressive healing & effective results.

#### CLIENTS CAN EXPECT:

Our research-backed, evidence-based protocols are carefully designed & provided by our board-certified nurse practitioners to benefit all individuals who want to improve their health on a deep level.

*"At VIVA Wellness Clinic, our mission is to help you create the best version of yourself by taking an integrative and functional approach to health and wellness. We strive to get to the root cause of health issues instead of symptom management alone."*

#### UPDATES FOR 2024:

We are doubling our space to 5,000 square feet at the same address! We will have new treatment rooms and a surprise NEW service that ties together our mission to provide holistic and integrative care!



## SHALOM HOUSE/CASTLE OF SHALOM

Diane Lipman  
612-991-4481 • DianeLipman@gmail.com  
1872 Shalom Dr, West Bend  
AQuietPlaceToBe.com



Come to the enchanted world of inspiration and create your kingdom. Open for individuals, children, youth, adults, and families with Six Foot Dragon, Throne, Labyrinth, and more. Call for details.

## Sauna

### GUILD OF MODERN WELLNESS

Trish Beckman, RN  
21415 W Greenfield Ave, New Berlin  
262-391-3876  
Trish@GuildOfWellness.com  
GuildofWellness.com



Now offering Laser and Infrared Light Therapy. Call today and ask about a free demo. The Guild of Modern Wellness is a unique space of respite for mind, body and soul with a variety of evidence-based treatments and services for safe, effective and natural healing and wellness maintenance. **See ad on page 4.**

## Skin Care, Spa

### AESTHETICALLY WELL

222 E Erie St, Ste 150, Milwaukee  
414-331-8852  
Info@AestheticallyWell.com  
AestheticallyWell.com



Aesthetically Well is a trending holistic skincare and nutrition spa in the Third Ward. The services range from basic to medical to offer every client a perfect skin treatment.

## Snow/Ice Removal

### BE GREEN PRO LLC

Patricia Beres  
Delafield, WI  
262-361-4034  
Hello@BeGreen.pro | BeGreen.pro



Sustainable fall and winter yard services, snow and ice melt, and landscaping. Your trusted residential and commercial partner for over 30 years. Our expert horticulturalists and turf technicians provide nature-inspired, low-toxicity solutions for outdoor needs. From turf to trees, insect and pest control, to snow and ice management, our all-natural methods are safer for people, pets and the planet. **See ad page 11.**

## Spirituality

### A PLACE TO BE SPIRITUALITY CENTER

166 W Dekora St, Saukville  
262-277-1928  
APlaceToBeSC@gmail.com  
APlaceToBeSC.org



An authentic community dedicated to exploring life's big questions. Through discussion groups, book studies, drumming, spiritual companionship, art nights, family game nights and sacred space, APTB encourages all in their search for meaning and wholeness.

### ECKANKAR OF WISCONSIN

6501 Watts Rd, Ste 150, Madison, WI  
Open Saturdays, 10am-1pm  
608-665-0826  
Eckankar-WI.org



ECKANKAR is Love, Wisdom & Spiritual Freedom. Soul exists because God loves it. You are Soul, an eternal, creative being. Unlimited. Divine. Does something inside you long to know life's purpose? Explore Eckankar. Visit our website today.

### UNITY CHURCH

1717 N 73rd St, Wauwatosa  
414-475-0105  
UnityCenterInMilwaukee.com



A God-centered community, welcoming all to come and share the gifts of divine love, life, peace, joy and abundance. Join us Sundays, 10 am. **See ad on page 41.**

## Wellness Center

### A NEW COMPASS FOR WELLNESS

Dr. Ann M Bell  
W227N16855 Tillie Lake Ct, Jackson, WI  
262-644-7050  
Office@DrAnnBell.com  
DrAnnBell.com



Dr. Ann's specialty is helping clients redirect their life compass, guiding them to newfound purpose. Reach new possibilities with The Brain Activation Method program and ZeronaZ6 Laser for Fat Loss.

## A RETREAT TO VITALITY

Dr. Julie Petersen  
342 S Main St, Saukville  
262 483 8084  
ARetreatToVitality.com



Wellness Center and Retreat on the peaceful Milwaukee River offers a variety of services including emotional stress release, counseling, nutrition, detox, Quantum energy healing, color therapy, facials, aromatherapy, laser therapy and body work. Bring your body and mind back to balance using natural and gentle therapies designed just for you. **See ad page 43.**

## BROOKFIELD HEALTH & WELLNESS, LLC

150 S Sunnyslope Rd, Ste 148, Brookfield  
262-395-4023  
BrookfieldHealthAndWellness.com



Our passion is helping patients maximize their health, allowing you to live life to the absolute fullest. We approach each patient as an individual by assessing the body with state-of-the-art, bio-energetic technology to identify underlying root cause issues. **See ads on pages 7 and 20.**

## GUILD OF MODERN WELLNESS

Trish Beckman, RN  
21415 W Greenfield Ave, New Berlin  
262-391-3876  
Trish@GuildOfWellness.com  
GuildofWellness.com



Now offering Laser and Infrared Light Therapy. Call today and ask about a free demo. The Guild of Modern Wellness is a unique space of respite for mind, body and soul with a variety of evidence-based treatments and services for safe, effective and natural healing and wellness maintenance. **See ad on page 4.**

## Wellness Events/Expos

### DARE TO BE AWARE FAIR

The 15th Annual Dare Fair  
May 11, 2024  
Brookfield Conference Center  
325 S. Moorland Rd. Brookfield  
DareToBeAwareFair.com



The largest holistic and alternative wellness fair local to the Midwest is an opportunity to explore over 100 booths and join a vibrant community that fosters growth, vitality, and well-being. **See Profile on page 33.**



## WELLNESS, BODY, MIND & SPIRIT EXPO APRIL 21, 2024

Held at the Four Points by  
Sheraton North Shore  
8900 N Kildeer Ct, Milwaukee  
WellnessBodyMindSpirit.com



Celebrating 10 years and  
20 expos on April 21. Join  
us 10am-5pm for the latest  
advances in alternative  
and holistic health with  
the finest selection of doc-  
tors, providers, coaches,  
psychics, astrologers, artists and much  
more. Booths available!

## Workplace Wellness/ Career Goals

### LUNAR PATHWAYS

Brian Mason  
414-795-8988  
Brian@BrianPMason.com  
BrianPMason.com

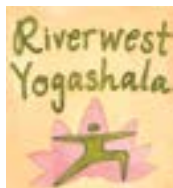


Lunar Pathways is your  
guiding light to workplace  
wellness & thriving. Brian is  
a consultant, coach, and  
mentor who helps others  
navigate change and  
achieve their highest poten-  
tial with mindfulness, medi-  
tation and practical tools. **See Profile on  
page 30.**

## Yoga

### RIVERWEST YOGASHALA

731 E Locust St, Milwaukee  
Info@RiverwestYogashala.com  
RiverwestYogashala.com



Riverwest Yogashala pro-  
vides a safe and welcom-  
ing atmosphere for all  
ages, genders and abili-  
ties to learn yoga and  
other wellness practices.  
Don't just join a class, join  
a community!

### VIBE YOGA, HEALTH & FITNESS

180 Kossow Rd, Waukesha  
262-788-9147  
VIBEmke.com • Info@VIBEmke.com



VIBE Yoga, Health & Fit-  
ness is a lifestyle studio  
that specializes in func-  
tional movement, health  
and wellness. We believe  
in an all-encompassing  
lifestyle approach that fo-  
cuses on mental and  
emotional well-being as well as physical.  
**See ad on page 11.**

Healing is possible.  
**Medical Massage Improves Movement, Flexibility, Endurance & Strength**  
Overcome Chronic/ Acute Pain and Injuries

**Medical Massage Therapy uses a variety of  
techniques to help the body and mind heal itself**

Head • Neck • Shoulders • Arms & Hands  
Back • Torso • Hips • Legs • Feet & Ankles

**Mind & Body Connection**  
Therapeutic & Orthopedic Massage Therapy Center

**Christine E. Maddox**  
Licensed Massage Therapist  
12336 W Layton Ave STE 5  
Greenfield WI 53228  
**414-750-0855**

The only private  
Medical Massage  
Therapy Center in the  
area that handles  
multiple insurance  
plans & Medicare  
Advantage

## Myofascial Release Offers Relief

Fibromyalgia • TMJ • Headaches • Acute/Chronic Pain

Providing comprehensive Myofascial Release  
programs since 2002

The only private Myofascial Release clinic  
in SE Wisconsin that accepts multiple  
insurance plans, including Medicare



Call now  
to begin  
**YOUR**  
healing  
journey!

Testimonials  
Available

### Specialized Therapy Services

**Dave Vollmers**

Licensed Occupational Therapist  
890 Elm Grove Rd, Ste 1-1  
Elm Grove, WI 53122

**414-778-1341**

SpecializedTherapyServices.com

## CERTIFICATE IN NATURAL PRODUCTS SCIENCE



SELECT A  
CONCENTRATION  
THAT'S RIGHT  
FOR YOU.



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INFORMATION



ONLINE PROGRAM  
12 CREDITS

**CONCORDIA  
UNIVERSITY**  
WISCONSIN  
SCHOOL OF PHARMACY



# Kidfluencers

## Using Social Media for Positive Change

by Megy Karydes



Cash Daniels speaks to his peers about waterway conservation.

**S**ocial media has made it easier than ever to share ideas, and today's generation of digital natives are adept at using it. With one video post, they can reach thousands in minutes. Welcome to the world of "kidfluencers": young people with throngs of online followers that use their platforms to sway their peers (and adults, too). Aged 16 or younger, these engaged leaders know the ins-and-outs of the latest technology and understand that there is power in becoming more than just a passive viewer. While some use social media outlets to earn sponsorships or market products, others leverage their online brands to inspire agents of change and make a positive difference in the world.

### REACHING THE READING MASSES

When eighth-graders Kyra and Phallon

Pierce noticed a racially insensitive book and zero multi-cultural authors on an assigned reading list, the Chicagoland-based identical twins decided to take action. They launched Positive Change Charities, a non-profit that awards book grants to promote diverse authors to kids in need and underfunded K-12 libraries across Illinois.

"We've given out about 4,000 books, and I'm really excited about that because we go to the schools and personally get to give those books out," Kyra says. The twins are competitive dancers and use social media to promote their performances, and they employ those same venues to get the word out about their book-focused work.

On Instagram, for example, the Pierce girls encourage Illinois kids to check out their curated reading list, apply for a grant or

push for state legislation that compels the inclusion of diverse authors in K-12 curriculums. "I feel like [social media] is a really good tool to use, because it allows you to get to a wide variety of people," Phallon notes. "It hits adults; it hits teenagers; it hits anybody. It allows you to really push your message out there."

### MOBILIZING COMMUNITY CLEANUPS

Known as The Conservation Kid, Cash Daniels is a 14-year-old influencer from Chattanooga who uses Instagram to promote Tennessee River preservation efforts. Since he began this work at age 7, he has helped recycle 2,000 miles of fishing line and remove more than 30,000 pounds of trash and two tons of aluminum cans from area waterways. He leads community cleanups and often speaks directly to children at school functions.

"Kids may be a small part of the population, but we're 100 percent of the future," Daniels asserts. "And if somebody says you can't do it, get out there and prove them wrong." Instagram is his preferred outlet because that's where he feels he can reach the most people in the limited time he can commit to online endeavors. In addition to leveraging social media to inspire others, he has met some of his best friends online, as well as people wanting to collaborate with him to amplify his message.

### PROTECTING YOUNG INFLUENCERS

While influencers like the Pierce twins and Daniels work hard to promote positive messages online, they are not immune to the more negative realities of being in the spotlight. If their interests or values don't align with abusive keyboard warriors, these well-meaning kids may be subjected to trolling, online bullying and hate speech.

Dr. Meg Arroll, a psychologist and author of *Tiny Traumas: When You Don't Know What's Wrong, but Nothing Feels Quite Right*, believes that online influencing is a form of



work and families should try to strike the right work-life balance. “How many hours a day would we allow our kids to work, even if it’s something that they wanted to do?” she asks.


Arroll highlights the complexities that parents must navigate when a child starts to earn money or products in exchange for social media influence. Those likes, shares and other types of engagement, she says, trigger the reward center in human brains, and that can lead to addictive-like behavior.

Recognizing the dangers, the parents of both the Pierce twins and Daniels limit their kids’ social media use and monitor posts so that they can address any worrisome events or behaviors before they get out of control.

## INSPIRING NEW KIDFLUENCERS

When the Pierce twins visit schools, their audiences are comprised of kids just like them. “There’s no difference between us; we’re all the same,” says Phallon, and Kyra chimes in that this commonality can be inspiring. Daniels believes that when kids see him in action on social media, they are motivated to act, as well. He is a role model—opening new possibilities for future kidfluencers.

*Megy Karydes is a Chicago-based writer and author of 50 Ways to More Calm, Less Stress: Scientifically Proven Ways to Relieve Anxiety and Boost Your Mental Health Using Your Five Senses.*




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# Rewards of Animal Companionship

How Pets Enhance Human Well-Being

by Karen Shaw Becker, DVM



**W**hen stress and cognitive decline are prevalent concerns, the role of companion animals in promoting human cognitive health has gained significant attention. Pet parents know that having a furry family member at home can enhance life in countless ways emotionally, mentally, spiritually and physically. Numerous studies reinforce the idea that having a dog, cat or other animal companion can have a positive impact in enhancing mental faculties and mitigating cognitive decline. That is great news for the 86.9 million U.S. households that own a pet.

## COGNITIVE IMPROVEMENTS

A population-based study published in the *Journal of Aging and Health* examined the association between pet ownership and cognitive health in older adults. It evaluated the

cognitive skills of 1,369 Medicare recipients over a six-year period, of which 53 percent were pet owners and 32 percent were pet owners for five or more years. The results showed that cognitive scores decreased at a slower rate in pet owners, and especially among long-term pet owners. The study suggests that the presence of a companion animal can contribute to cognitive stimulation and improved mental faculties.

## FINDING PURPOSE

Conventional wisdom would have us believe that human well-being is the result of happiness and the absence of physical and mental illness. However, an article published in the journal *Health and Quality of Life Outcomes* analyzed data from 21 countries and suggests that well-being is the result of several factors, including having a sense of purpose in life. A different study on pet ownership and brain

health noted that pets give their owners reason to live. Pets have the potential to increase feelings of social support, give owners a sense of meaning and improve their lifestyles by adding structure to daily routines.

## MENTAL AND PHYSICAL HEALTH BENEFITS

Pet ownership is associated with reduced levels of depression, anxiety and stress. In a study published in *BMC Psychiatry*, domesticated animals were found to help individuals with mental health conditions. One participant in the study described the emotional and coping support from their pet, "She's always there for me in a regular way of managing my stress. I tell her about my days; she snuggles, cuddles and sleeps with me."

Pet parents benefit by maintaining physical function and leisure time physical activity as they age, according to a study in *Innovation in Aging* that measured the physical function of 637 generally healthy people over 10 to 13 years and found physical decline was slower among pet owners. In turn, this improved physical activity benefits psychological health, so walking the dog has multiple benefits.

Before getting a pet to improve mental health through exercise, ensure those exercise goals are in alignment with the needs of a prospective animal companion. This is especially true with dogs that require regular walks. There are significant differences in how much and what kind of exercise each dog breed needs.



## MAKING THE MOST OF PET COMPANIONSHIP

To harness the benefits of companion animals for cognitive and physical health, certain lifestyle and other considerations should be taken into account, such as travel frequency, homeowner association restrictions and the cost of pet ownership. Owning a pet is a long-term responsibility that should not be taken lightly.

It is essential to ensure a safe and suitable environment for both the individual and the pet. Adequate space, a balanced diet, regular veterinary care and ample opportunities for exercise and mental stimulation are crucial for maintaining the well-being of the pet and owner.

Regular interactions and activities with a pet are key. Engaging in mentally stimulating exercises, such as puzzle toys or training sessions, can provide cognitive enrichment for both the pet and the owner, creating opportunities for bonding and mutual cognitive stimulation.

It is also important to note that while pet ownership can have positive psychological benefits, it should not be viewed as an alternative to necessary clinical treatments that address specific mental health conditions. A more integrative approach to treatment that includes pet ownership may be the most effective and rewarding of all.

*Veterinarian Karen Shaw Becker has spent her career empowering animal guardians to make knowledgeable decisions to extend the life and well-being of their animals. Learn more at [DrKarenBecker.com](http://DrKarenBecker.com).*



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## plan ahead

### SATURDAY, MARCH 23

**Ancient Celtic Irish Shamanism** – Mar 23-25. Join international teacher and author, Amantha Murphy from Ireland, as she shares Irish Shamanic traditions that go back over thousands of years & recognizes the interconnectedness between all living forces. Lodging available. GoldenLightHealing.net.

### THURSDAY, APRIL 4

**Seidr Norse Shamanism** – Apr 4-7. Join UK international author and teacher, Imelda Almqvist, for Seiðr/Fornsed & Norse Shamanism. This 4-day course covers ancestral, spiritual & mystical traditions & teachings of Northern Europe. Lodging available. GoldenLightHealing.net.

### THURSDAY, MAY 16

**Peruvian Shamanism Training** – Begins May 16-19. Join Peruvian native and teacher, Jose Luis Herrera, for this powerful 4-part series. Over 4 long weekends, you develop a medicine bundle, or mesa, that becomes your animistic map of transformation and healing. GoldenLightHealing.net.

### THURSDAY, AUGUST 2

**Mavis's Way** – Aug 8-11. With Jean Else and Annie Gee. Mavis Pittilla is one of the most iconic and well-respected mediums whose service to the Spirit World bridged 2 centuries. Since her passing in 2022, her widow, Jean Else, along with "Mavis Pittilla Authorized Teacher," Annie Gee, share Mavis's practical approach to becoming a "Whole Medium" with the Spirit World. Lodging available. GoldenLightHealing.net.

### Sunday

**A.C.I.M. Study Group** – A Course in Miracles study group, following Fellowship. Love offering accepted. Fireside Room, Unity Center in Milwaukee, 1717 N 73rd St, Wauwatosa. Joann Baumann: 414-745-7377. UnityCenterInMilwaukee.com.

**Sunday Celebrations at Unity Center in Milwaukee** – 10am. Onsite: Unity Center in Milwaukee, 1717 N 73rd St, Wauwatosa. 414-475-0105. Streaming live: UnityCenterInMilwaukee.com.

**Yoga Foundations: All Levels with Tracey** – 10:30-11:45am Learn safe and effective practices for mobility, stability, balance, strength, and restoration. Sliding Scale \$30-\$10. Riverwest Yogashala, 731 E Locust St, Milwaukee. RiverwestYogashala.com.

### Monday

**Vinyasa Flow** – 12-1pm. Focus on the dynamic sequence of flowing yoga postures built around the Sun Salutations with attention to technique and alignment. All levels. Invivo Wellness, 2060 N Humboldt Ave, Ste 300, Milwaukee. 414-265-5606. InvivoWellness.com.

**Life Journey Group** – 6:15-8pm. 2nd & 4th Mon. Come with an open mind and kind heart to support others and self in spiritual growth through daily living. Love offering. Unity Center in Milwaukee, 1717 N 73rd St, Wauwatosa. 414-475-0105. UnityCenterInMilwaukee.com.

### Tuesday

**Cultivating Guts Podcast: New Episode Release** – 9am. Tiffany Hinton's podcast where we discuss gardening, home-steading, gut health, following our intuition, herbalism and functional medicine to create a life of joy and beauty. Listen on Spotify, YouTube and iTunes. Free. Tinyurl.com/CultivatingG.

### Wednesday

**VIBE Fitness** – 6-6:45am. Balance, power, strength, mobility and cardio. Our VIBE fitness class is a fun, well-rounded workout. All levels welcome. VIBE Yoga Health Fitness, 180 Kossow Rd, Waukesha. 262-788-9147. Register: VibeMKE.com or using the MIND-BODY app.

## UW Waukesha Campus Health & Wellness Classes

### Wednesdays, Spring 2024

**February 7:** Meditation Training: 4-6pm, Healthy Sleep: 6:30-8:30pm

**March 13:** Forever Young: 4-6pm, Holistic Healing: 6:30-8:30pm

**April 17:** Thought to Form: 4-6pm, Heart Chakra Night: 6:30-8:30pm

To Register: Contact UW Waukesha Continuing Ed, 262-521-5460.

Instructor: John M. Oestreich. Location: UW-Waukesha Campus, 1500 N. University Dr, Waukesha.

**East Side Pilates: Booty Camp** – 6pm. This challenging circuit format utilizes cardio intervals on the jump board with strength and core conditioning segments on the low chair and CoreAlign. A perfect way to build strength, sculpt and tone. East Side Pilates, 2445 N Farwell Ave, Milwaukee. 414-915-7100. EastSidePilates.com.

### Thursday

**East Side Pilates: Mixed Equipment Pilates Class** – 9:30am. This open-level class will challenge you in surprising and new ways. Experience the reformer, tower, yoga wall, mat, CoreAlign and/or chair. Increase core and full body strength, balance body/mind/spirit. East Side Pilates, 2445 N Farwell Ave, Milwaukee. 414-915-7100. EastSidePilates.com.

**Move and Meditate** – 12-1pm. Take this time to truly take care of yourself. Invivo Wellness, 2060 N Humboldt Ave, Ste 300, Milwaukee. 414-265-5606. InvivoWellness.com.

**Yoga for Elders and Elders-To-Be** – 2-3pm. Focus on movement and building stability at a slower pace. Sliding Scale \$30-\$10. Riverwest Yogashala, 731 E Locust St, Milwaukee. RiverwestYogashala.com.

**Gentle, Healing & Supportive Yoga w/ Tracey** – 7:30-8:45pm. Learn gentle, healing practices for common injuries, ailments and overall well-being. Sliding Scale \$30-\$10. Riverwest Yogashala, 731 E Locust St, Milwaukee. RiverwestYogashala.com.

### Friday

**East Side Pilates: Reformer/Tower Pilates Class** – 7:30am. This open-level class involves a dynamic Mat warm up and flowing sequences on the Tower utilizing spring-based exercises. Build strength, sculpt and tone your body. East Side Pilates, 2445 N Farwell Ave, Milwaukee. 414-915-7100. EastSidePilates.com.

**Yoga Foundations: All Levels with Tracey** – 9-10:30am. Learn safe and effective practices for mobility, stability, balance, strength, and restoration. Sliding Scale \$30-\$10. Riverwest Yogashala, 731 E Locust St, Milwaukee. RiverwestYogashala.com.

**Flow and Let Go** – 11-11:45am. A perfect combination of work and recovery. Moderately paced and suitable for all levels of students. Invivo Wellness, 2060 N Humboldt Ave, Ste 300, Milwaukee. 414-265-5606. InvivoWellness.com.

**Adaptive Yoga** – 2-3pm. With Dawn Stacey. A slow alignment-based class with options to build poses throughout the class and a guided meditation at the end. \$12. A Place to Be Spirituality Center, 166 W Dekora St, Saukville. APlaceToBeSC.org.

**Sacred Space Gatherings** – 2-4pm on last Fridays of each month. Embrace your authentic self, take a break from daily life and focus on wellness, self-discovery and relaxation. \$25. Sacred Spaces, W62N563 Washington Ave, Ste A, Cedarburg. BodyIgnite.com.

### Saturday

**SpeedFit Circuits** – 9:30-10:15am. Join us for a full-body circuit workout using our Speedfit equipment, High Intensity Interval Training (HIIT) and TRX suspension training. Invivo Wellness, 2060 N Humboldt Ave, Ste 300, Milwaukee. 414-265-5606. InvivoWellness.com.

**Saturday Brunches at Camp Serenity Yoga and Retreat Center** – 11:30am. Includes a 60-min Iron Lotus class, followed by homemade bakery, roasted vegetables, coffee and Mimosa. Available for 3-5 people. \$45/session. Camp Serenity, S76W18582 Kingston Dr, Muskego. 262-903-8774. CampSerenity.wordpress.com.

**Foundations Yoga: Pay What You Can** – 11:30am-12:30pm. This all-levels class builds strength and flexibility. No experience necessary. Sliding scale: \$5-\$15. Invivo Wellness, 2060 N Humboldt Ave, Ste 300, Milwaukee. 414-265-5606. InvivoWellness.com.





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**ORGANIC PLANT-BASED SUPPLEMENTS** – Get greens powder, herbal teas, electrolytes, oil blends, colon cleansers and more. See Special Offer for samples. 954-459-1134. [EarthSanaStore.com](http://EarthSanaStore.com).

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**LANGLOIS' VITAL NUTRITION CENTER** – Now hiring motivated and passionate individuals looking to pursue a career in natural health care. Call 414-453-8289. **See ad on page 41.**

**TOTAL HEALTH NUTRITION CENTER** – Join our team of holistic health practitioners and help improve the health and well-being of those we serve. Send resume to [Clinic@TotalHealthInc.com](mailto:Clinic@TotalHealthInc.com). **See ad on page 13.**

**VIBE YOGA, HEALTH & FITNESS** – Is looking to hire a part-time certified group fitness and yoga instructor. If you or anyone you know is looking to grow their personal career and enhance the lives of others through their passion of yoga, health and fitness, please apply. Starting pay: \$25/hr. To apply, submit your resume to [Info@VibeMKE.com](mailto:Info@VibeMKE.com). **See ad on page 11.**

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| Healthy Sleep       | Wed. Feb. 7   | 6:30 - 8:30pm |
| Forever Young       | Wed. March 13 | 4 - 6pm       |
| Holistic Healing    | Wed. March 13 | 6:30 - 8:30pm |
| Thought to Form     | Wed. April 17 | 4 - 6pm       |
| Heart Chakra Night  | Wed. April 17 | 6:30 - 8:30pm |

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# 30th Anniversary

by Kimberly Whittle

Humans are social creatures by nature, and leaning into community is key to a long and healthy life. Look no further than the five so-called Blue Zones in places around the planet where people regularly live to be 100 years old. While eating nutritious food and exercising regularly are important aspects to a healthy lifestyle, Dan Buettner, a Blue Zones expert, believes part of the secret to a long and healthy life is finding purpose and doing it with help from a meaningful community.

Buettner's observations are supported by research. An article published in the *American Journal of Lifestyle Medicine* summarized the significant evidence that connection to a community helps people physically and mentally with improvements in weight control, blood sugar levels, cancer survival, cardiovascular health and overall mental health, as well as a notable mitigation of depression and post-traumatic stress disorder symptoms. In a Brigham Young University meta-analysis of 148 studies to determine the effect of social relationships on the risk of mortality, researchers reported that social connections with friends, family, neighbors or colleagues improved the odds of living longer by 50 percent.

## A Nexus for Consciousness, Healing and Hope

*Natural Awakenings*, a pioneering magazine founded to educate and connect communities for healthy living on a healthy planet, is celebrating its 30th anniversary. In this digital era, *Natural Awakenings* continues to stand at the vanguard along with its parent company, KnoWEwell, and its Regenerative Whole Health Hub (Hub). The one-of-its-kind Hub uniquely builds communities, enables trusted connections to people and businesses, provides evidence-based resources, as well as local provider and thought-leader education and healing programs.

As global stressors continue to arise, now more than ever, it's important to us at Natural Awakenings Publishing Corporation and KnoWEwell to expand our community's impact to inspire, empower and connect our ecosystem locally, nationally and globally. We will be bringing our readers immersive engagement and learning opportunities, and amplifying our local businesses through multimedia publishing and business services in our local *Natural Awakenings* online communities, as well as within KnoWEwell's Regenerative Whole Health Hub.

As we enter our fourth decade, our print magazine will continue to grow while we embrace the ever-expanding new era of digital enlightenment. We intend to continue to be a beacon of hope and a connector for safe, trusted connections to real people, authentic experts, education, and our natural, integrative and whole-health communities. We are creating new opportunities for our readers to learn from and engage with local business owners, as well as national and global experts through the Hub by:







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# 30th Anniversary

- Bringing articles to life and expanding services to local business owners to help them share their unique qualities, expertise and stories in online inspirational and educational webcasts and videos
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- We promise to remain steadfast in our commitment to high-quality, evidence-based journalism to help our readers stay current and make informed decisions for sustainable, regenerative healthy living. Beginning this month and throughout our 30th year, we invite our readers and business owners to check out what's new in our print magazines and online. We hope everyone loves our fresh new magazine design this month.

We invite all to engage and connect with like-minded communities, submit feedback for a chance to be included in the new, "Members Comments" department of our magazine, and share your favorite businesses to help us continue to build trusted resources locally and globally. Together, we will be the change we seek in the world to build regenerative communities one at a time to achieve WELLthier Living: Happy. Healthy. Abundant. Purpose-Filled, People and Planet.

*Kimberly Whittle is the founder and CEO of KnoWEwell, P.B.C., and the CEO of Natural Awakenings Publishing Corporation. Learn more about her personal journey and purpose at [KnoWEwell.com/written-content/steppingstones-WELLthier-living](#).*

## What's New and Coming in 2024 at **Natural Awakenings**

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