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Publisher's Letter



Hello friends,

Ever wonder why we tend to notice the negative things more than the positive? It's simple: because the good things are everywhere! In the busyness of life, it's easy to let those good moments fade into the background, overshadowed by louder or more challenging events.

This is where the power of perspective comes in. Duality exists in every experience, offering us a choice to focus on what uplifts and nourishes us. A single moment can hold both positive and negative elements, and it's our focus that determines what shines through. For instance, instead of dwelling on the cost of a wellness service, we can see the invaluable health benefits it brings and the generosity in supporting a provider's passion and livelihood. When we embrace this as an exchange of positive energy, we align ourselves with gratitude and abundance.

Even everyday frustrations, like sitting in traffic, reveal this duality. While delays may test our patience, they might also mean we've been saved from being in the wrong place at the wrong time. And amidst the honking horns, we can pause to appreciate the privilege of having a car to carry us to where we need to go. Choosing to see these moments in a positive light transforms stress into gratitude.

As we near the end of the year, I'm reminded of how much light and beauty surround us in small, everyday moments—a smile exchanged, the warmth of a cozy home, the kindness of a stranger, the holiday lights sparkling against the dark winter sky.

This month at *Natural Awakenings*, we invite you to refocus on the abundant goodness in the world and bring those moments into sharper view. From insights on mindfulness and health practices to creating deeper connections within your community, these pages are filled with inspiration for embracing positivity and letting it grow. Perhaps this is the time to try something new: sign up for an uplifting wellness retreat, try a new activity, book a massage or bake a new recipe for healthier holiday cookies.

As this season reminds us of giving, receiving, and reconnecting, I hope you'll join me in celebrating the small joys and big blessings that make this time of year so meaningful.

Together, let's embrace the good that is not only everywhere—but within us all.

Jordan Peschek, RN-BSN, Publisher



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Emerald Green Laser Revolutionizes Fat Loss and Self-Confidence at Brookfield Health & Wellness

Brookfield Health & Wellness is proud to offer the Emerald Green Laser, a transformative, non-invasive service for fat loss and body contouring. This innovative program, conducted twice a week over six weeks, has already garnered remarkable results for patients.



“Patients are thrilled with the results. The program not only improves their appearance, but also boosts their mental wellness and incentivizes healthier lifestyle choices,” adds Susan Rohr, founder of the holistic health clinic in the Milwaukee area.

Rohr shares a compelling success story involving her husband. Despite not changing his diet or increasing water intake, he lost eight pounds and about two inches in just two weeks. “He was still eating donuts and pie, yet his body circumference is visibly reducing, and he’s feeling better about himself,” Rohr notes. This improvement has even influenced his dietary choices, leading to healthier evening snacks.

The Emerald Green Laser works by producing new collagen, tightening skin, and addressing

issues like post-childbirth skin damage. This approach aligns with Brookfield Health & Wellness’s mission of providing holistic care. “We’re not heating or cooling tissues, so there’s no injury. Instead, the fat is directed into the lymphatic system,” explains Rohr.

The team recommends including red light therapy and sessions on the Vibragenix Elite to enhance lymphatic movement. This combination maximizes results, with patients reporting significant body changes and improved mental wellness. Brookfield Health & Wellness continues to empower patients with innovative and holistic treatments to improve health of mind and body.



Brookfield Health & Wellness is located at 150 S. Sunny Slope Rd., Ste. 148, Brookfield, WI.

For more information, call 262-395-4023 or visit BrookfieldHealthAndWellness.com. See ad on this page.



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Emerald Green Laser: Body Contouring & Weight Loss



Plumeria Acupuncture and Holistic Wellness Center Hiring Skilled Acupuncturists

Plumeria Acupuncture and Holistic Wellness Center, led by Dr. Ayako Mizuno, is hiring for its second location scheduled to open in Thiensville in early 2025. Dr. Mizuno is seeking both full- and part-time licensed acupuncturists with a commitment to exceptional patient care, open-mindedness and a dedication to continual learning.

Ideal candidates will support a holistic approach to health, rooted in the ancient art of acupuncture, cupping and Chinese herbal medicine. Responsibilities include creating individualized wellness plans, following clinic protocols and maintaining patient records with care.

Located in Wauwatosa, just a few miles west of Milwaukee, Plumeria combines acupuncture, massage and cupping therapy to enhance mental, physical and emotional well-being. Clients report improved health outcomes including pain relief, reduced anxiety and enhanced digestive balance. Plumeria also offers natural skin care and weight management services, using acupuncture to stimulate collagen and address emotional health.

As a compassionate workplace, Plumeria emphasizes professional growth, providing extensive support for newer practitioners. Competitive pay and flexible scheduling are included. Requirements include Wisconsin licensure, NCCAOM certification and a Master's degree in Acupuncture.



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Location: 2500 N. Mayfair Rd., Ste. 410, Wauwatosa. To book an appointment for a wellness service, visit the website or call 414-687-0087. See ad on this page.



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Winter Guided Forest Therapy Walks Ease the Mind and Rejuvenate the Spirit

Southeastern Wisconsin's Intentionally Outdoors invites you on a journey to reconnect with nature, led by Gwen, a certified Nature and Forest Therapy Guide. These guided Forest Therapy walks, inspired by the Japanese practice of Shinrin-Yoku, or forest bathing, offer sensory immersions through a series of mindful interactions with nature. The experience is designed to ease the mind and rejuvenate the spirit with the sounds, sights, and scents of the natural world.



Gwen

"I started Intentionally Outdoors with a mission to reconnect you with both nature and yourself, rekindling your intrinsic bond with the earth. I invite anyone looking to slow down, be present, de-stress and spend time outdoors to join my walks," Gwen shares. Guests are guided through serene natural settings, with the sights, sounds and scents of the outdoors, helping to ease mental clutter and foster a sense of calm.

With public, private, and corporate sessions available, each walk is tailored to deepen your connection to both nature and yourself.

There are several upcoming Guided Forest Therapy Walks that welcome newcomers. Each event is \$35 and provides every attendee a chance to end 2024 and start 2025 with a sense of reconnection and renewal. One will be on December 6 from 9 to 11 a.m. at the Forest Exploration Center in Wauwatosa. The rest will be held at Grant Park in Milwaukee on the following dates: December 13 from 12 to 2 p.m., December 14 from 9 to 11 a.m., New Year's Eve Day, December 31, from 1 to 3 p.m., and New Year's Day, January 1, from 10 a.m. to 12 p.m.

Walks are available in all seasons, including winter. Book your journey at IntentionallyOutdoors.com or email Connect@IntentionallyOutdoors.com for more information. See calendar on page 38 to view public walks and see listing on page 42.

Soulstice Serenity: Reflect, Renew and Rise Winter Solstice Gathering

On Thursday, December 19, from 4 to 6:30 p.m., BodyIgnite, LLC and Flora & Stone Massage Therapy will host Soulstice Serenity: Reflect, Renew and Rise, a Winter Solstice gathering at the Washington Square Building in Cedarburg. This intimate event celebrates the season's longest night with reflective practices designed to nurture renewal and connection.



Photo by Aaron Burden

Participants will experience a heart-opening Cacao Ceremony and Shamanic Journey to dive into self-reflection and inner exploration, guided by Dawn Coleman of BodyIgnite, LLC. This is followed by a unique Yomassage session blending meditation, restorative yoga and massage for a full body healing experience, led by Jessica Lueneburg of Flora & Stone Massage Therapy. Together, these practices encourage deep relaxation and self-reflection as you plant intentions for the coming year.

"Soulstice Serenity offers the perfect opportunity to reflect on the year, set intentions for renewal and experience deep relaxation in a peaceful, supportive space," share Dawn and Jessica.

Cost: \$199. Location: Washington Square Building, W62N563 Washington Ave., Cedarburg. For more information or to register, all Dawn at 414-339-6688 or Jessica at 262-894-6915. See listings on page 42.

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Mapleroots Massage Offers Customizable Holistic Services in Brookfield

Ellie Ziegner, a licensed massage therapist with over seven years of experience in holistic wellness, invites the Milwaukee community to experience Mapleroots Massage, a wellness space dedicated to personalized massage therapy and energy work to help heal the physical body and rebalance one's energy flow. Ellie's mission at Mapleroots is to deliver a restorative experience that integrates body and mind. Each session begins with a brief consultation to understand clients' unique goals and comfort preferences, ensuring a tailored approach.



Ellie Ziegner

Mapleroots offers an array of services, including therapeutic massage—Swedish, deep tissue, trigger point massage and craniosacral therapy options—as well as herbal massage with seasonal oils, Reiki sessions and cupping therapy. Enhancements such as hot towels and aromatherapy are available at no extra charge, letting clients fully customize their sessions. Rates for services vary, with options for cash or card payment.

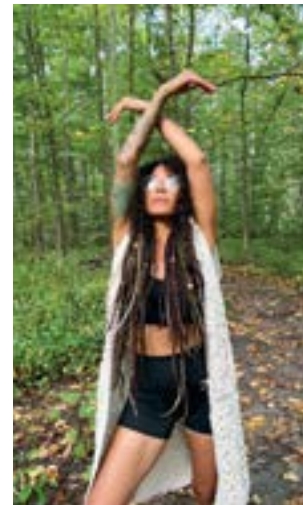
Location: 19395 W. Capitol Dr., Ste. 105, Brookfield, inside Blazek Chiropractic. For more details or to schedule an appointment online, visit MaplerootsMassage.com. You can also contact Ellie at 414-367-7034 or email MaplerootsMassage@gmail.com. See listing on page 43.

*We have two homes:
Earth and our body.
Take care of them.*

Growing Roots Wellness Empowers Women Through Sacred Movement

Jacqueline McVann, founder of Growing Roots Wellness, is empowering women globally to reconnect with their bodies and reclaim their feminine power through her online wellness coaching program. McVann, who has personally navigated the challenges of body dysmorphia, brings empathy and insight to her work, helping women uncover their authentic selves through holistic movement and mindfulness practices.

McVann provides an intimate and transformative coaching experience. Her unique approach integrates sacred movement—a blend of dance, yoga and intuitive body practices—with coaching that invites women to embrace their inner strength and beauty. She offers individual sessions via Zoom and extended support through Telegram for clients in her three-month program.



Jacqueline McVann

“My mission is to help women uncover the beauty that lies within,” McVann shares. Her sessions address the often-unspoken disconnection many women feel from their bodies, guiding them to embrace their unique identities and honor their individual journeys. McVann encourages each client to explore their relationship with nature, ancestral roots, and personal spirituality, creating a deeply personalized path toward self-love and empowerment.

Growing Roots Wellness provides a sacred and inclusive space for women to heal from past struggles and foster a nurturing bond with themselves. McVann's work not only uplifts clients, but inspires a broader reconnection with femininity, vitality and purpose.

For more information or to book a session, email Jacqueline@GrowingRootsWellness.com or call 414-477-3894. Follow along on Instagram for inspiration and insights @GrowingRootsWellness. See ad on this page.

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AWELL Holistic Medspa Celebrates 5 Years of Skincare and Whole-Body Health

Located in Milwaukee's Historic Third Ward, **AWELL** offers a unique blend of holistic health and aesthetic services that support whole-body health and cater to diverse wellness needs.

Visitors can experience rejuvenating facials, state-of-the-art fitness equipment, personalized physical therapy, contrast therapy sessions, and the latest medical aesthetics—all under one roof. AWELL is greatly respected as Milwaukee's first holistic medspa, and the team recently celebrated their **5-year anniversary**.



AWELL offers tailored skincare and aesthetics services, from rejuvenating facials to treatments aimed at long-term skin health, delivered by licensed medical professionals. With a focus on empowering clients through fitness, nutrition, and self-care, AWELL provides nutritional

coaching and consultation, ensuring that wellness continues beyond each visit.

On Monday through Friday, AWELL opens its doors early at 5:15 a.m., giving members access to a full-service gym with advanced equipment. For those looking to enhance their physical recovery, AWELL provides assisted stretching sessions, as well as an invigorating cold plunge therapy and infrared sauna sessions which are known for reducing inflammation and boosting energy levels. With convenient key-fob access for members and services led by skilled practitioners, AWELL combines relaxation with scientifically backed practices in an inviting space.

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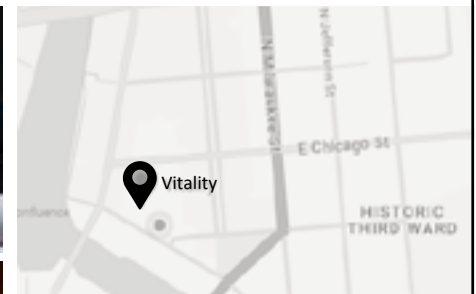
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Warm Up this Winter and Boost Wellness with Infrared Sauna

As winter's chill sets in, many people look for ways to maintain warmth and well-being. Infrared saunas, which use infrared light to heat the body directly, offer a range of health benefits during the colder months.

Cardiovascular Health: Regular use of infrared saunas has been linked to improved cardiovascular function. Studies show that passive heat therapy, such as infrared sauna use, can improve endothelial function, reduce arterial stiffness and lower blood pressure in sedentary individuals.

Muscle Recovery and Pain Relief: The deep-penetrating heat of infrared saunas aids in muscle relaxation and alleviates joint pain, making it beneficial for those with arthritis or muscle soreness, especially when cold temperatures can exacerbate musculoskeletal discomfort.

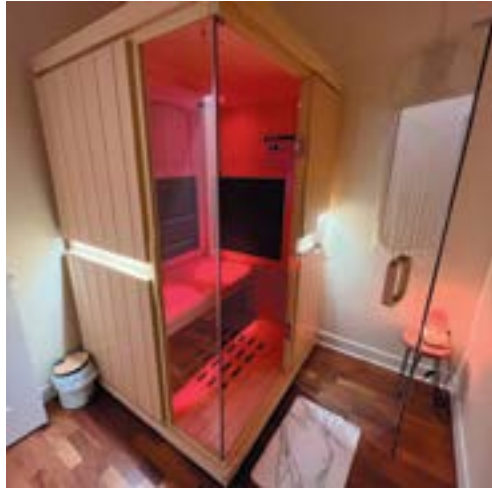


Photo courtesy 5D Wellness

Detoxification and Skin Health: Infrared saunas promote sweating, which helps the body eliminate toxins. The increased circulation from the heat can lead to clearer, more radiant skin, counteracting the drying effects of winter air.

Mood Boost: Exposure to infrared heat has been associated with the release of endorphins, the body's natural mood elevators. Regular sessions can help combat seasonal affective disorder (SAD) and reduce stress levels, contributing to overall mental well-being during the darker months.

Incorporating infrared sauna sessions into a winter wellness routine can provide physical and mental health benefits, offering a warm retreat from the cold and a boost to overall vitality.



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Natural Remedies to Prevent Panic Attacks

by Jack Cincotta

Panic attacks are characterized by sudden, intense feelings of panic and anxiety, accompanied by a host of mental and physical issues. Mentally, one may experience dread, a sense of impending doom, racing thoughts or a combination of these experiences. Physically, panic attacks can cause rapid heart rate, sweating, shaking, shallow breathing, tension and more. While there isn't one set cause, there are several risk factors for panic attacks, including periods of high stress, a history of trauma, as well as various genetic, biological and personality factors.

There are a variety of potential natural treatments for panic attacks, and one of the safest is breathwork. While breathwork can entail



Photo by Pixabay

multiple modalities, it often involves placing attention on one's breath and making sure to breathe through the diaphragm rather than the chest. This breathwork not only helps to center someone in the present moment, it also helps

activate the parasympathetic nervous system which promotes calmness and relaxation.

A review in the *Brain Sciences* journal found several clinical studies for breathwork that showed a reduction in panic symptoms, anxiety, phobias and other related factors, as well as improved breathing patterns and healthier panic-related thoughts and beliefs.

In addition to breathwork interventions, there are many other things one can do to minimize panic attacks and general anxiety. These include: adequate sleep, stress management, a healthy diet, possible use of relaxing supplements and herbs—lavender, lemon balm and magnesium—and seeking social support.



Jack Cincotta is an AADP board-certified holistic health practitioner and holds an M.S. in Psychology. He is located at N4147 W. Water St., Sullivan. He can be contacted by phone at 920-650-7674 or email at Jack@JackCincotta.com. Learn more at JackCincotta.com. See listing on page 43.

*The miracle is this: the more we share,
the more we have.*

—Leonard Nimoy

Sleep Naturally: How Aromatherapy Can Improve Rest and Well-Being

by Bethany Unger

Aromatherapy has gained recognition as a natural, non-pharmacological approach to managing sleep disorders such as insomnia and disrupted sleep patterns. Studies show that essential oils significantly improve both the quality and duration of sleep.



Essential oils work by reducing stress and promoting relaxation, helping to calm the sympathetic nervous system, which plays a key role in the body's stress response.

As sleep issues become more prevalent due to modern lifestyle factors such as stress, aging and increased screen time, natural health solutions are becoming increasingly important. Poor sleep can lead to unwanted symptoms like fatigue, dizziness and difficulty concentrating, which impact overall well-being. Aromatherapy offers a safe and effective alternative to pharmaceuticals, helping individuals achieve restful sleep without negative side effects. By incorporating essential oils into a bedtime routine, many experience improved relaxation and deeper, more restorative sleep, supporting their health and vitality.



Bethany Unger is a certified clinical aromatherapist in Wauwatosa, Wisconsin, providing custom aromatherapy solutions for physical, emotional and mental well-being. For **aromatherapy consults**: call 608-492-1833, email Beth@BDivineAroma.com or visit VeritasAromatics.com.

For her expertly crafted **aromatherapy products**: visit BDivineAroma.com, where Natural Awakenings readers can receive **20% off** purchase with promo code NATAWAKEN20. See listing on page 40.

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A New Approach to Mental Health with Ketamine Therapy

Mental health disorders affect nearly one in five adults in the U.S., impacting millions of lives each year. Many conventional antidepressants can take weeks to exhibit effects, and many people find only partial relief with traditional treatment methods, leading to frustration. Ketamine, traditionally used as an anesthetic, has gained attention for its potential in treating mental health conditions, particularly treatment-resistant depression (TRD). Ketamine also stands out because it has demonstrated rapid alleviation of depressive symptoms.

A 2024 study published in *The Journal of Psychopharmacology* evaluated the efficacy of ketamine in individuals with TRD. The findings revealed that a single intravenous dose of ketamine resulted in significant reduction in depression and anxiety ratings within one

hour and lasted up to a full week. The benefits of ketamine therapy have been shown to include rapid symptom relief, as ketamine can quickly reduce depressive symptoms, offering hope for those unresponsive to traditional treatments. Studies indicate that ketamine may decrease suicidal thoughts and anxiety shortly after administration. Finally, ketamine is believed to increase neuroplasticity enhancement by promoting synaptic growth, potentially leading to long-term improvements in mood disorders.



Photo by Cottonbro Studio

While ketamine therapy shows tremendous promise, more research is needed to gain greater insight into suitability for a variety of mental health conditions, long-term safety and effectiveness. It's essential to consult with a healthcare professional for individual needs and circumstances. An article from the Mayo Clinic states, "Though they're far from perfect treatments, ketamine and esketamine mark a breakthrough for treatment-resistant depression."



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The Greener Guide to Nature's Rhythm: Finding Light in the Darker Days

by Patti Beres

As December settles in, many of us wake and return home in darkness. While this seasonal shift can feel challenging, it's also nature's way of encouraging us to slow down and reconnect.

Even in winter's stillness, your garden and lawn are quietly preparing for renewal. Take inspiration from this pause—bundle up for a brisk walk, listen to the wind's song or set up a bird feeder to welcome feathered visitors that bring life to the winter landscape.

Add a sprinkle of nature to your decor with



Photo by Danik Prinhodko for pexels.com

evergreen boughs, pinecones or other natural treasures. These simple acts bring warmth to your home and strengthen your bond with the world outside.

This season reminds us that darkness is not an end, but a time of quiet renewal. Embrace it, and you'll lay the groundwork for brighter, greener days ahead.



Patti Beres is the owner of Be Green Pro LLC, in Delafield. For more information, call 262-361-4034 or visit BeGreen.pro. See listing on page 43.

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Save Your Spot at the January Glisten Winter Wellness Retreat

Experience a fun and deeply restorative experience designed to combat the winter blues and enhance mental, physical and spiritual wellness. Glisten: A Winter Wellness Retreat will be hosted at The Abbey Resort & Avani Spa near Lake Geneva, Wisconsin. The retreat runs from January 23 through 26 and guests are welcome to stay each night or commute from home. Operating daily from 8 a.m. to 10 p.m., this four-day retreat provides a unique opportunity for guests to rejuvenate in a luxurious setting while surrounded by the season's serene beauty.



Photo courtesy of MoonBeaman Retreats

The retreat is led by Carissa Beaman, founder of MoonBeaman Retreats, and promises a dynamic program packed with healing workshops, interactive group sessions and mindfulness practices. Key events include daily qigong and meditation sessions, hands-on wellness workshops and immersive healing experiences, all crafted to promote self-care, personal growth and inner balance. Guests will also have access to diverse healing modalities, including body-centered sound baths and energy-balancing workshops.

Among the expert presenters are Kim Pomeroy, who will guide participants in Soul Speak: Listen to Your Body and Heal, teaching attendees to interpret their body's messages and engage in self-healing. Lamont McPherson will lead tai chi sessions focused on uniting mind and body, while DeEtte, a master teacher and medium, will conduct workshops on enhancing intuitive skills and trusting the gut. Each evening will close with a community bonfire where attendees can unwind, share stories and connect over s'mores under the winter night sky.

Attendees can book accommodations at The Abbey for \$129 per night. Contact MoonBeaman Retreats at 847-722-9653 for details, or visit MoonBeaman.com to view the full event schedule and presenter lineup. Location: The Abbey Resort & Avani Spa, 269 Fontana Blvd., Fontana, WI. This transformative retreat package is priced at \$555, covering all workshops, daily breakfast and lunch, keynote sessions and group events. See ad on this page.

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Somatic Experiencing and Craniosacral Therapy:

Gently Rebalancing Body and Mind

by Bonnie Leggo

The combination of Somatic Experiencing (SE) and Craniosacral Therapy offers profound healing for the mind, body and spirit. Somatic experiencing—both touch and non-touch therapy—is a body-based therapeutic approach that aims to release trauma stored in the body. This activation can come in the form of ruminating thoughts, tightness in a part of our bodies (usually in the core) or even frustration at once-trivial triggers. Release occurs through connecting to our bodies and learning to regulate ourselves out of fight/flight/freeze patterns which may persist for years or even decades.

SE touch therapy uses gentle, intentional touch on the muscles, joints, organs and diaphragm to help the body find balance, natural regulation and relief. The wonderful thing is that our nervous system can gently guide us back to our felt sense of goodness and peace in our bodies. It might feel like warmth, openness, spaciousness or deep relaxation. The connection between body and mind is incredibly powerful, and as we tune into our bodies, we learn to trust this felt sense and return to it whenever we need.

Craniosacral Therapy complements SE, providing gentle, safe touch to support the nervous system from cranium to sacrum. A trained therapist senses areas of tension or imbalance from ongoing stress or trauma. With a supportive presence and great understanding of the body's release patterns, they facilitate a release of stored tension and trauma to help the nervous system regain balance. The body learns to remember and access this balanced state more easily.

Bonnie Leggo currently offers Somatic Experiencing touch work, and will begin to offer Craniosacral Therapy in February of 2025. To book an appointment, contact Bonnie at 262-289-5081. See listing on page 44.



Mental Health Therapist Supports Clients from a Natural, Holistic Approach

Supporting our mental wellness is paramount in today's world, with health challenges, loss and grief, personal and global stresses, technology, social media and a fast-paced world putting pressure on all of us.

Bonnie Leggo, LCSW, CSAC, SE-P, RYT, is a Milwaukee-based social worker and therapist who helps adults facing anxiety, depression, trauma, PTSD, ADHD and addiction/recovery challenges to find hope and healing from a holistic and bottom-up approach.



Bonnie Leggo

A passionate advocate for holistic mental health care with over two decades of experience, Bonnie integrates various approaches including EMDR, Somatic Experiencing (SE), craniosacral therapy and Trauma-Informed Yoga into her therapy sessions. These methods have not only benefitted her clients greatly, but also stem from her personal experiences as a client herself. She has found that Somatic Experiencing in combination with craniosacral therapy has helped improved many patients find significantly better outcomes than traditional counseling and talk therapy alone.

By recognizing the intrinsic connection between the body and mind, past hurts can be acknowledged instead of buried. And by decreasing tension naturally and non-invasively, mental and physical pain relief can be found. Bonnie emphasizes that “our issues are in our tissues” and that safety within our nervous systems is crucial for healing.

Bonnie offers both telehealth and in-person therapy sessions, providing flexibility and accessibility for her clients. Her methods encourage meditation, grounding and focusing on the positive aspects of the present moment, leading to increased presence in personal relationships, work and personal time.

Location: Pathways to Healing, Somatic Therapy and Consulting, 1037 West McKinley Ave., Milwaukee, near the Fiserv Forum. To learn more or book an appointment, contact Bonnie at 262-289-5081, email Bsuelue@gmail.com or visit PathwaySomatic.com. See listing on page 44.



Naturopathic Medicine and Integrative Cancer Care

with Dr. Jennifer Havens

Naturopathic medicine blends alternative and allopathic medicine, with an emphasis on nutrition, to help people facing all types of mental and physical health conditions. The goal is optimal patient outcomes, as naturally and safely as possible, and with less side effects.

Dr. Jennifer Havens provides a holistic and patient-centered approach not only to target cancer, but to empower patients through personalized treatment that enhances resilience and quality of life. As a naturopathic physician with advanced expertise, she focuses on evidence-based, precision integrative care for those facing advanced-stage disease or limited treatment options.



Dr. Jennifer Havens

Precision Integrative Cancer Care

Dr. Havens recently joined Lakeside Natural Medicine, in Shorewood. She brings a robust educational background and clinical experience to her practice. After earning her medical degree from the Sonoran University of Health Sciences, she trained extensively at prestigious institutions, including a fellowship with the National Institutes of Health (NIH) and a residency at City of Hope. With additional certifications in breast surgical oncology, she is deeply versed in both the biological underpinnings of cancer and the modalities of natural medicine, allowing her to provide uniquely tailored treatments based on genetic profiling and integrative strategies.

What is Integrative Oncology?

Integrative oncology bridges the gap between natural and conventional treatments, focusing on the individual's needs. Dr. Havens incorporates a spectrum of natural therapies—ranging from botanical medicine and homeopathy to Traditional Chinese Medicine and nutritional counseling—while remaining grounded in evidence-based practices. Her approach is designed to complement conventional therapies like chemotherapy and radiation, helping to mitigate side effects and improve patient outcomes.

Dr. Havens leverages genetic insights with precision medicine to tailor treatments to each patient's unique profile. Comprehensive lab testing identifies the genetic drivers behind a person's cancer,



Photo courtesy of Lakeside Natural Medicine

Dr. Katarina Meister, Dr. Joanne Aponte, Dr. Sarah Axtell and Dr. Mackenzie Prentice

allowing for more precise and often more effective therapies. Targeting these specific genetic mutations aims to reduce side effects and achieve better outcomes, offering new avenues of hope for patients with complex cancer cases.

The Role of Nutrition in Cancer Care

Research reveals that over 70% of cancer patients face nutritional challenges during treatment, often exacerbated by weight loss and appetite changes. Dr. Havens provides personalized nutritional guidance to help patients optimize their diet and maintain strength throughout their cancer journey. This “food as medicine” philosophy emphasizes dietary choices that support healing, resilience and overall well-being.

Dr. Jennifer Havens is committed to honoring the whole person, supporting each patient in reclaiming their strength, resilience and quality of life.

Lakeside Natural Medicine is located at 3510 N. Oakland Ave., Ste. 203, Shorewood. For more information, call 414-939-8748 or visit LakesideNaturalMedicine.com. See ad on this page.





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Soulful Holiday Gifts

Restorative Presents for Loved Ones

by Marlaina Donato

Winter urges us to schedule more downtime, but the festive season can sweep us into a whirlwind of time-sensitive preparations, social gatherings and the nurturing of our loved ones. Between the office party and taking the family feast out of the oven, self-care can easily be forgotten, and we may wind up feeling overwhelmed.

Many of us are stressed out. According to a 2023 survey by the American Association of Retired Persons, 50 percent of caregivers are burdened emotionally from maintaining the role, and four in 10 caregivers rarely, if ever, feel relaxed. A national survey conducted by The Ohio State University Wexner Medical

Center found that 62 percent of parents feel the weight of burnout. Earlier this year, the American Psychological Association revealed in a survey that 57 percent of workers are enduring work-related stress in the form of burnout, anger and emotional exhaustion.

This giving season, remembering family members near and far, as well as service providers, teachers, emergency personnel, nurses and tradespeople, can provide relief (and even a sprinkle of magic) to those that make a meaningful difference in our lives. While sharing holiday joy with others, it is important to also gift ourselves with soothing activities and helpful items to temper holiday stress.

The Gift of Self-Care

“Self-care needs to happen daily—whether meditation, journaling, taking yourself out for a cup of coffee with a book, cooking yourself nourishing food or even dancing to your favorite song in the kitchen,” says Caitlin Ball, a health and lifestyle coach in Zurich, Switzerland. “Sometimes, planning to have no plans is a special treat, especially for those of us that have packed calendars. Even if you’re spending the holidays with family, you don’t have to spend every waking minute together, and everyone will be happier if you are happy.”

Whether we go online to create a curated box of comfort for ourselves or surprise someone



Julia Metkalova from Julia Metkalova/CanvaPro

with a gift certificate from their favorite yoga studio or nail salon, acknowledging body, mind and spirit can be the ultimate gesture of generosity. “Gifting self-care to someone else is like saying, ‘I see you fully.’ It acknowledges that a person is more than just their day-to-day roles or responsibilities—they have emotional, physical and mental needs,” says Chrissa J. Santoro, senior director of communications at the Omega Institute for Holistic Studies, in Rhinebeck, New York.

Investing in someone’s peace or transformation outlasts and outshines less thoughtful presents. “Gifting a retreat experience, workshop or wellness service to a loved one is like giving them permission to prioritize themselves—a gift many people hesitate to give themselves, especially after hardship, long work weeks or grief,” Santoro asserts. “These experiences create a space for someone to step away from the stress, noise and demands of daily life, giving them a chance to reset. This kind of thoughtful gift offers not only physical rest, but also emotional renewal, reminding them of their own worth and helping them rebuild strength from the inside out.”

A self-care gift can be as simple as a basket of locally made artisan bread or as life-changing as a personalized therapeutic intervention. “Maybe that holiday gift is a gift certificate to see a coach, a counselor or a therapist,” suggests Paula Forte, an integrative health and wellness coach in Eden Prairie, Minnesota, who specializes in helping caregivers that too often care for others more than themselves.

Forte spent 45 years working as a registered nurse before becoming her husband’s caregiver when he was diagnosed with Alzheimer’s disease. She knows firsthand the downward spiral of self-neglect. Her suggestions for mindful gift-giving include a week of meal delivery service, especially if eating healthy has been a challenge; simple pleasures, such as a canister of fragrant tea or a bouquet of flowers; or a ticket to a botanical garden, inviting the recipient to spend healthful time out in nature. Slipping a gift certificate into a holiday card for prepaid healthy lunches, a pickleball membership or the services of a home organizer might usher in a positive new chapter.

The Pampered Path

Since ancient times, people have sought luxurious and therapeutic respite in baths and the use of precious oils and scents. From hot stone massage to aromatherapy spa treatments, today’s bodywork modalities offer something for everyone. Pampering might be seen as a vanity-driven practice, but heading to the nearest spa or salon is a surefire way to boost endorphins that not only improve mood but lower stress hormones such as cortisol, promoting the body’s natural state of homeostasis. A 2020 study published in the journal *Scientific Reports* found that 10 minutes of massage, as well as simple rest, significantly reduces systemic stress by prompting the nervous system to switch into parasympathetic mode.

Giving someone a pampering experience can be a wonderful way to bring them fully back to all their senses. “A great option is a gift



Julia Metkalova from Julia Metkalova/CanvaPro

certificate to your favorite spa for a facial or a skincare basket to create that self-care routine at home,” says Diana DePaoli, holistic esthetician, herbalist and owner of Aura+Bloom, in East Stroudsburg, Pennsylvania. “Men need self-care, too. According to my husband, Danny, it is sleep and a good shave, followed up with some extra love for his beard with my chamomile serum.”

DePaoli’s energy facials include tuning-fork sound healing, as well as reiki, an energy-healing modality, combining physical and spiritual restoration in one session. Even à la carte spa treatments like Himalayan-salt massage or foot reflexology does a body and soul good.

Gifting Kindness, Time and Presence

Making someone’s world light up this holiday season doesn’t need to involve expensive presents. Creating a special music playlist, serving breakfast in bed or inviting a neighbor out for coffee are simple, but lovely, gestures that make a person feel special. “I think coupons for experiences you can do together are very meaningful, and you get to spend quality time together. Maybe a coupon for a day hike and picnic, or a movie night with lots of fun snacks,” recommends Ball, adding, “The older people in our lives just want to hear from us or spend time with us. Give them a coupon saying you will call them once a week.”

Forte’s low-cost suggestions include “a book of coupons to run errands they simply don’t have time to complete, like taking their kids to a museum or park, returning the purchase that was the wrong size or detailing their car.” For DePaoli, inexpensive but thoughtful gifts can also fill someone’s belly with love. “You can’t go wrong with making someone a homemade meal or dessert,” she suggests.

Adopting a Self-Care Mindset

Self-care is vital during the holidays and beyond. DePaoli says, “Being able to rest and reboot is very important to being able to have the energy and mindset to move forward in anything.” And according to Forte, “Self-care isn’t selfish. It is self-preservation.”

Marlaina Donato is an author, painter and recording artist. Connect at BluefireStudio.art.



Healthier Holiday Cookies

Easy Switches That Don't Compromise on Taste

by Maya Whitman

Whether it's chunky chocolate chip, classic sugar, jammy rugelach, spicy gingerbread, Russian tea-cakes or cinnamon-dusted snickerdoodles, the holidays would not be complete without a festive array of cookies. Seasonal favorites usually pack on the sugar, but with a little know-how, whipping up healthier versions can be both easy and fun.

"The most important thing to remember is that the techniques are the same; only the ingredients have changed," says Christina Pirello, Emmy Award-winning host of the national public television cooking show *Christina Cooks!* and author of 13 plant-based cookbooks. "Even healthy versions of cookies can feel indulgent while being better for you. Use the best quality ingredients you can, and you'll never go wrong."

Sugar Savvy

Most conventional cookie recipes require up to two cups of sugar, not-so-good news for any health-conscious sweet tooth, but alternatives are plentiful. "With the caveat that most sweetener substitutions require some adjustments to make sure the final texture still works, there are some fabulous options that up the nutrients, add more flavor and depth and pack much less of a glycemic punch," says Katie Wells, founder of Well-ness Mama, an online resource for women and moms that want to live a healthier life.

The glycemic index (GI) is a value used to measure how much specific foods increase blood sugar levels on a scale of zero

to 100, where sugar is 100. Numerous studies have found that following a low GI diet may reduce blood sugar levels and improve blood sugar management in people with Type 2 diabetes.

Monk fruit and unprocessed forms of stevia, a plant-based sweetener, are blood-sugar friendly and nutritious when used alone, but are controversial when combined with erythritol, a sugar alcohol that, based on recent studies, is suspected of increasing the risk for blood clotting, stroke and cardiovascular events.

For Pirello, baking without pseudo sweeteners or processed sugar does a body good while imbuing festive favorites with even deeper flavor. "For me the best options for cookies are coconut sugar and beet sugar as both are granular and can be substituted 1-to-1 in recipes. Both are the color of brown sugar so your cookies may take on a darker

color, but the flavor will be amazing. I also use brown rice syrup, but often mixed with coconut or beet sugar." For the best flavor, Pirello praises 100 percent pure monk fruit, as well as her no-calorie favorite, Bocha-Sweet, which is made from kabocha squash and "tastes and behaves like sugar."

In addition to coconut sugar, Wells also favors maple syrup and honey, which require an increase in dry ingredients to balance the liquid but add amazing flavor and other beneficial properties, such as naturally occurring minerals and antioxidants.

Common dates, larger and plumper Med-jool dates and other dried fruits can replace conventional sugar with rich sweetness, especially for no-bake holiday cookies and bars. Wells likes the versatility of dried fruits when chopped or blended. She recommends soaking them before using in recipes to help improve their texture.



rimmabondarenko/CanvaPro

For cookie dough recipes that do not require much liquid, powdered date sugar can be used in place of sugar 1-for-1 while reducing dry ingredients by 25 percent. Mashed bananas can rock an oatmeal cookie recipe, taking it to another level in terms of flavor without any other added sweeteners.

Common Substitutions

- ¾ cup honey or maple syrup for 1 cup of sugar
- 1 cup of blended dates for any amount of sugar in a recipe
- cup of unsweetened applesauce for 1 cup of sugar
- ¾ cup of mashed ripe bananas for 1 cup of sugar
- For vegan cookies that won't crumble, mix 1 tablespoon of finely ground flax seeds with 3 tablespoons warm water to replace 1 egg.

Gluten-Free Delicious

Gluten-free (GF) baking has come a long way with plenty of GF flour options, but knowing which ones to use can make or break a holiday baking spree. "It has never been easier to make gluten-free cookies that taste almost identical to their gluten-based inspirations," says Wells. "There are even organic, measure-for-measure flours that let you bake the original recipes as written."

Pirello sees more of a learning curve. "It's such a challenge to make a good gluten-free cookie, but with products like almond flour out



svetikid from Getty Images Signature/CanvaPro

there, you can do it," she says. "Use a gluten-free flour mix—not a cake or cookie mix—and mix it with 75 percent almond flour to create a moist yummy cookie. They will always be fragile unless you use eggs, but it works for me without them."

The Secret Ingredients

In the end, baking is all about having fun. "They're cookies, not world peace, although I think more cookies could bring about world peace," Pirello quips, suggesting what we all know: love is the secret ingredient in any holiday cookie recipe.

Maya Whitman is a frequent writer for Natural Awakenings.



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CHEWY CHOCOLATE CHIP ALMOND COOKIES

YIELD: 28 TO 30 COOKIES

5 Tbsp vegan butter substitute
¼ cup Suzanne's Specialties Maple Rice Nectar
6 Tbsp coconut sugar
1 tsp pure vanilla extract
Pinch of sea salt
Pinch of ground cinnamon
1 cup almond flour
½ cup whole wheat pastry flour or sprouted whole wheat flour
½ cup rolled oats
½ cup walnuts, coarsely chopped
⅔ cup non-dairy, dark chocolate chips

Preheat a conventional oven to 350° F or convection oven to 325° F. Line two baking sheets with parchment paper.

Whip together vegan butter, rice nectar, coconut sugar, vanilla, sea salt and cinnamon until smooth. Mix in almond flour, wheat flour and oats to form a soft, sticky dough. Fold in nuts and chocolate chips until well-incorporated through the dough.

Scoop tablespoons of dough and arrange on the baking sheets, leaving room for them to grow—approximately 18 cookies on a sheet, three across and six down. Do not press the cookies down.

Bake for 13 minutes. Remove the trays from the oven. Using a small spoon or spatula, slightly and gently flatten the cookies.

Recipe courtesy of Christina Pirello.



Katie Wells-Wellness Mama

MOLASSES COOKIES WITH DATES

YIELD: 36 COOKIES

3½ cups almond flour	2 large eggs
1 tsp baking powder	¼ cup butter or coconut oil, melted
1 Tbsp fresh ginger, grated (or 1 tsp powdered ginger)	12 pitted dates
4 tsp ground cinnamon	¼ cup almond or coconut milk
Pinch of ground cloves	⅓ cup organic blackstrap molasses or unsulphured molasses
Pinch of ground nutmeg	¼ cup coconut sugar (optional)
½ tsp salt	
¼ cup coconut flour	

Preheat oven to 350° F. Line baking sheets with a silicone mat or parchment paper.

In a medium-sized mixing bowl or stand mixer, mix the almond flour, baking powder, ginger, cinnamon, cloves, nutmeg, salt and coconut flour.

In a blender, blend the eggs, melted butter or coconut oil, dates, almond or coconut milk, and molasses.

Mix the wet ingredients into the dry ingredients with a hand mixer or stand mixer. The dough should be thick enough to form balls, but not quite as thick as Play-Doh.

Refrigerate dough for at least 15 minutes to let harden slightly. This will make it easier to form for baking.

Carefully roll the dough into 1-inch balls. A cookie scoop can help with portioning. If using sugar, roll the dough in a light coating of sugar for texture and to help prevent sticking.

Place dough on a baking sheet. Flatten the cookies with the bottom of a glass or measuring cup.

Bake cookies for 15 minutes. Halfway through baking, remove from oven and make marks with a fork, if desired. This step is completely optional but creates the look of traditional molasses cookies.

Remove from oven and let cool for 10 minutes before carefully removing from baking sheet onto a cooling rack or wire rack. Store any leftovers in an airtight container at room temperature.

Recipe courtesy of Katie Wells.



Aleksandrs Samuilovs from Izobrazheniya pol'zovatelya Aleksandrs Samuilovs/CanvaPro

CHOCOLATE COFFEE COOKIES

YIELD: 16 COOKIES

⅔ cup sprouted whole wheat flour or whole wheat pastry flour

½ tsp baking powder

2 Tbsp arrowroot

Pinch of sea salt

Generous pinch of cinnamon

18 oz dark, non-dairy chocolate, coarsely chopped

4½ oz extra-virgin olive oil

2 Tbsp spring or filtered water

3 Tbsp of store-bought egg replacer with 6 Tbsp of water (or mixture of 3 Tbsp finely ground flax seeds with 9 Tbsp warm water) and let sit for one minute to thicken

1 cup coconut sugar

2 Tbsp brewed espresso

5 oz pecans, coarsely chopped

5 oz hazelnuts, coarsely chopped

Preheat oven to 350° F. Line a baking sheet with parchment paper.

Whisk together flour, baking powder, salt and cinnamon. Place 12 ounces of chocolate and oil in a heat-resistant bowl over simmering water. Cook, stirring occasionally until the chocolate has melted and is creamy and smooth. Set aside.

In a stand mixer, whip the egg replacer, sugar and espresso to combine well. Add the melted chocolate mixture and mix well. By hand, fold in the nuts, the remaining 6 ounces of chocolate and the other dry ingredients to form a soft cookie dough.

Use a spoon to drop 16 (or so) ½-ounce mounds onto the baking sheet, leaving at least two inches between cookies, as they will spread. Bake for 15 minutes or until the tops crackle. Allow to cool completely before transferring to a container.

Recipe courtesy of Christina Pirello.



THUMBPRINT COOKIES WITH JAM

YIELD: 36 TO 48 COOKIES

5 Tbsp vegan butter substitute

¼ cup coconut sugar

1 tsp pure vanilla extract

½ cup sprouted whole wheat flour or whole wheat pastry flour

1 cup fine almond flour

2 Tbsp arrowroot

½ tsp baking soda

Pinch of sea salt

Strawberry or other fruit-sweetened preserves

Preheat oven to 350° F. Line two baking sheets with parchment paper.

Place all the ingredients, except the preserves, in a stand mixer and mix until a stiff dough forms.

Form the dough into walnut-size balls and arrange on the baking sheet, allowing about an inch between each cookie for rising. With a wet thumb, make an indentation in each cookie. Using a small spoon, fill the indentation in each cookie with preserves. Bake for 13 to 14 minutes. Remove cookies from the oven and allow to cool completely before transferring to a container.

Recipe courtesy of Christina Pirello.



Something To Smile About

A Look at Non-Toxic Dental Products

by Zak Logan

With a plethora of products on the shelves promising snow-white smiles and stronger teeth, it is tricky deciding which ones are reliable and the least toxic. For example, antimicrobial mouthwashes, especially those with chlorhexidine, have prompted scientific investigation into possible correlations between their use and cardiovascular disease, oral cancer and other conditions. While there is no conclusive evidence that popular mouth rinses are helpful or harmful, it is something to consider when it comes to dental hygiene regimens.

“It’s an exciting time for natural dental care, and these trends are paving the way for healthier, more conscious oral care routines,” says Trina Felber, a clean-beauty coach and founder of Primal Life Organics. With cutting-edge alternatives like nano-hydroxyapatite replacing controversial fluoride, cleansing agents designed

to promote beneficial bacteria, and LED light therapy for gum health and tooth whitening, mouth-care has a bright future.

Remineralizing Teeth Without Risks

Pharmaceutical-grade fluoride, an ionized form of fluorine, has long been touted as a cavity preventative, counteracting acidic conditions in the mouth and remineralizing the teeth. Concerns, including cognitive deficits in children due to exposure to high levels of fluoride, may be enough to rethink its presence in oral care products and dental applications, especially in areas where sodium fluoride, a chemical byproduct of aluminum, steel and cement manufacturing, is added to drinking water.

“Hydroxyapatite toothpastes are gaining a lot of attention these days as people search for effective alternatives to fluoride to help strengthen and remineralize their teeth,”


says naturopathic physician Shawn Manske, assistant director of clinical education at Biocidin Botanicals. “What makes hydroxyapatite so promising is that it is naturally nontoxic and bioactive. Your teeth are made of the same minerals that comprise hydroxyapatite, which your body readily recognizes and uses to repair thinning or damaged tooth enamel. Nano-hydroxyapatite [in toothpaste], because of its much smaller particle size, can penetrate deep within the tooth, helping to remineralize from within.”

Felber highlights the gaining popularity of nano-hydroxyapatite, as well as other enamel-supportive ingredients such as bentonite, kaolin and French green clays, “which naturally protect enamel without the potential downsides of fluoride,” although no studies have confirmed the clays’ ability to remineralize teeth.

Manske points out that nano-hydroxyapatite products on the market today, including toothpastes, are made using a synthetically produced ingredient “because there is currently no natural nano-hydroxyapatite on Earth. However, the synthetic nano-hydroxyapatite is considered biocompatible with the hydroxyapatite naturally found in teeth—meaning not harmful to living tissue—and research demonstrates its effectiveness.”

Natural Whiteners and the Oral Ecosystem

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over-the-counter whiteners are gaining attention as enamel compromisers. A 2019 assessment conducted by the Danish Environmental Protection Agency and research published in *British Dental Journal* show that the common ingredients sodium chlorite and citric acid in whitening trays, pens and strips might lead to the destruction of enamel and hardness in the teeth. The Danish assessment also warned against the use of whitening products containing more than 0.1 percent hydrogen peroxide.

“LED light teeth-whitening systems are gaining traction, including toothbrushes with built-in LED light technology. These systems use blue LED light combined with a natural whitening gel to break down stains without the harsh chemicals that can weaken enamel or cause sensitivity,” explains Felber, adding that LED light therapy is a powerful tool for healthier gums, too. “Red light therapy helps to reduce inflammation, promote tissue healing and stimulate collagen production in the gums, while blue light targets harmful bacteria that cause gum disease, all without disrupting the oral microbiome.”

A healthy oral microbiome plays a vital role in producing nitric oxide, a molecule essential for maintaining cardiovascular health, improving blood flow and supporting immune function. Felber underscores the importance of using natural dental-care products to support this delicate microbiome.

Manske notes, “Many commonly used mouthwashes can harm your oral microbiome, upsetting the balance of beneficial bacteria in your mouth. Essentially, what these mouthwashes do is wipe out the good bugs with the bad. This creates a state of dysbiosis, which can lead to oral health concerns later.”

Some toothpaste (including the toothpaste tube) and toothbrushes may contain ingredients that disrupt human hormones, such



madproduction/CanvaPro

as triclosan (an antibacterial), parabens (a group of preservatives), phthalates (chemicals that make plastic flexible), sodium lauryl sulfate (chemicals that produce a foaming action) and artificial sweeteners. As a result, more companies are going green by producing toothpaste tablets that come in glass or paper packaging and bamboo

toothbrushes. “These biodegradable toothbrushes reduce plastic waste and are a great option for anyone looking to make their oral care routine more sustainable,” says Felber.

Zak Logan is a freelance health writer dedicated to holistic living and getting back to basics.

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Herbal Care: A Self-Care Primer

by Linda M. Conroy, MSS, MLSP

Herbs lend themselves to promoting health, soothing the nerves and healing common issues and ailments. During the holiday season, increasing self-care can be beneficial, and herbs provide the perfect elements for nourishment, relaxation and fun.

There are many ways to incorporate herbs into daily life. Here is a list of herbal preparations and corresponding herbs that can be used accordingly. These suggestions are intended to inspire the use of herbs in everyday routines.

Herbal Tea

To make a tea, bring water to a boil and pour it over dry herbs, either loose or in a tea bag. The ratio for tea is 1 teaspoon of herb to every cup of water. For groups, using a beautiful teapot to serve the tea enhances the experience of drinking with friends and family.



Photo credit: Linda Conroy

Herbs that offer relaxation and help calm the nervous system include chamomile (*Matricaria spp.*), lemon balm (*Melissa officinalis*), milky oat tops (*Avena sativa*) and holy basil (*Ocimum tenuiflorum*).

The holiday season often leads to indulgence in foods that may cause digestive discomfort. Herbs that can soothe the stomach and promote digestive health include peppermint (*Mentha x piperita*), spearmint (*Mentha spicata*), fennel (*Foeniculum vulgare*) and ginger (*Zingiber officinale*).

Other herbs offer similar benefits, but those listed are particularly suitable for self-care and sharing during the holidays, as they are pleasant tasting.

Herbs for the Bath

Adding herbs to a bath is a wonderful way to promote self-care. Taking time for a bath or foot bath is a lovely way to unwind.

Soaking in a warm, fragrant herbal bath is a simple pleasure that provides a sanctuary for reflection and relaxation. Bath teas have been used for thousands of years and can boost mood, calm the mind, soothe sore muscles, fight colds, improve circulation, open pores, soften skin and promote more restful sleep.

For those seeking herbal benefits without a full bath, herbs can be used in the following ways:



Photo credit: Linda Conroy

- Place herbs in a muslin bag as a warm or cool compress and apply to temples, neck or pulse points.
- Use the infusion to make a soothing foot bath, which can be an enjoyable ritual to share with others.
- Use the herbal bag in the shower as an “herbal washcloth”.

To gain the most benefit, prepare an herbal infusion and add the strained liquid to a bath or a basin for a foot soak. Foot baths can be a fun, relaxing activity to do with friends and family.

To prepare an infusion for a group, boil a ½ gallon of water or more, add herbs to the pot and let them steep for at least 30 minutes. Strain and reheat before use. This mixture can be prepared ahead of time and stored in

the refrigerator until needed. The herbs from the infusion can also be placed in a muslin bag for topical application.

Herbs that work well in baths include lavender (*Lavandula spp.*), rose (*Rosa spp.*), chamomile (*Matricaria spp.*), oat straw (*Avena sativa*), mugwort (*Artemisia vulgaris*), passionflower (*Passiflora spp.*) and hops (*Humulus lupulus*).

Beauty and Whole Herb Aromatherapy

Placing herbs in bowls or other containers around the home adds a touch of self-care to the environment. Simmering herbs in a pan of water on the stovetop can fill the space with their calming and soothing scents.


Using whole herbs not only brings the beauty of plants into the home but also provides a gentle aroma that is calming and soothing. To prepare, cut herbs into small pieces and place them in a bowl or simmering pot of water. A kettle on a wood stove works well,

but any stovetop will suffice.

Herbs that can be enjoyed this way include calendula (*Calendula officinalis*), rose (*Rosa spp.*), lavender (*Lavandula spp.*), lemon balm (*Melissa officinalis*), rosemary (*Salvia rosmarinus*), bee balm (*Monarda spp.*), sage (*Salvia officinalis*), cloves (*Syzygium aromaticum*) and cinnamon (*Cinnamomum spp.*). Experiment with any herb or combination that appeals both visually and aromatically.

These are just a few suggestions to inspire integration of herbs into everyday life. Plants offer the perfect portal for self-care and well-being, especially during the holiday season. Learning more about herbs can bring much joy and promote a sense of peace.

Linda Conroy dedicates her life to connecting with the green world, which she finds continually amazing. She is a practicing herbalist who offers herbal education, workshops, apprenticeships, consultations and an online herb store. Conroy holds



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master's degrees in social service and law and social policy. She is a community organizer and the founder of Moonwise Herbs, the Midwest Women's Herbal Conference and Mycelium Mysteries Women's Mushroom Conference. For more information or to register, visit MidwestWomensHerbal.com and MoonWiseHerbs.com. See ad on this page.



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“Exercise is a celebration of what your body can do, not a punishment for what you ate.”

– Anonymous

6 Ways to Stay Active This Winter

Winter Hikes

Winter hiking transforms familiar trails into serene, snowy escapes. Layer up, strap on sturdy boots with traction and enjoy the crisp air and stillness of nature. Trekking through snow engages your muscles and invigorates the mind.

Forest Bathing

Also known as *shinrin-yoku*, forest bathing involves immersing yourself in the sights, sound, and smells of the outdoors. This mindful practice boosts mental clarity, reduces stress and connects you to the natural world—even in colder months.

Yoga

Practicing yoga during winter is a great way to warm the body and relax the mind, whether you choose to take a class that is strengthening and faster-paced or a restorative slow flow. Winter is intuitively a time to rest and reset.

Winter Running

Running outdoors in winter strengthens resilience—both physical and mental. Equip yourself with insulated layers, reflective gear and slip-resistant shoes for a safe and invigorating workout.

Swimming

Swimming is a low-impact, full-body workout that boosts cardiovascular health and strengthens muscles. Many facilities offer heated pools and lap lanes, providing a consistent and refreshing way to stay active.

Sledding or Skiing

Classic winter sports like sledding or skiing keep you active while embracing the joys of the season. Whether racing downhill or skiing cross-country trails, these activities combine fun with full-body fitness.

Winter's chill doesn't have to hinder your activity levels; instead, it offers unique opportunities to move, explore, and rejuvenate.

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Click Local

How Online Shopping Boosts Beloved Local and Wellness-Based Businesses

by Megy Karydes

When Chicago resident Debbie Carlson wants to buy a book, she goes online. Instead of Amazon, she places her orders through *Bookshop.org* because her local bookstore benefits from the purchase while she enjoys the extra convenience. Carlson is not alone, as consumers increasingly look for ways to bolster their neighborhood economy.

“I want to have a thriving retail and local community, and I want to support businesses here,” she says. “If I can’t get to the physical store, I want to be able to go to their website and see what they have.” Although she lives within walking distance of independent shops, food markets and hardware stores, as a full-time professional, she appreciates the convenience of online shopping. Once Carlson finds a store she likes, she’ll sign up to receive updates via email. When something catches her eye, she has no problem picking up the phone and speaking with the proprietor to clarify any questions. “I know they’ll get back to me right away and give me the information I want,” she explains.

Building a Retail Community

“We have become friends with so many of our customers,” says Bonnie Schulz, owner of Bonnie’s Chic Boutique, in Grayslake, Illinois, which features apparel, accessories and home goods, and celebrated 10 years in business this fall. While an active customer base shops in person, she understands that it isn’t easy for everyone to regularly come in to see what’s new. To stay connected with her clientele, she greets them on Facebook Live every Wednesday, walking around the shop and pointing out the latest arrivals.

“Every single time I do a What’s New Wednesday, we have people calling to set aside an outfit or coming in to buy something,” Schulz says, noting that her customers are not always local to the area. Some of her regulars keep tuning in even though they have moved away. It’s easy for them to place an order on the phone or have a neighbor or family member pick it up to ship to them.

Schulz has spent years nurturing her relationship with her customers, and they trust her opinion as they would a friend’s. She has become a trusted personal shopper, and once she gets to know them, she can steer them in the right direction even if they’re not in the store.

High Tech Meets High Touch

Part of the reason online shopping has become so popular is it can be done with a click of a button, and there is hardly anything that cannot be found online. According to a Pew Research Center survey, whether ordering household items or the latest fashions, the internet has reshaped how, when and where we make purchases. Smartphones have made it so convenient that about one in three Americans shop online with their phone at least weekly.

Companies like *Locally.com* are making it easier for customers to find items close by, even if they want to shop online. Their omnichannel business strategy provides a seamless shopping experience across all channels, including in-store, mobile and online. If a shopper is looking for a local retailer to buy their next pair of running shoes, for example, they can input their location and the product on Locally’s website or app, which will identify which nearby retailers have that item in stock. The shopper can then choose to order it online or go to the store to make their purchase.

While Facebook, Instagram, YouTube and TikTok dominate online sales, 87

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percent of brands report that their email marketing campaigns are just as critical to their business success, according to Litmus, an email marketing platform. It takes time for independent retailers to keep websites updated, and sending emails is time-consuming, but independent retailers understand that shoppers appreciate the convenience of shopping online while supporting the local community. “You have only so much money to spend,” Carlson says. “I want to make sure that I’m spending it in a way that I think my dollar will have an impact, not just financially, but socially, as well.”

Megy Karydes is a Chicago-based writer and author of 50 Ways to More Calm, Less Stress.

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Caring for Anxious Pets While We're Away

How To Choose the Right Kennel or Pet Sitter

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

All pets, including cats and dogs, can feel distress when their routine or environment changes. Long-term stress can weaken their immune system, leading to behavioral problems or illness. It is essential to find ways to reduce anxiety when leaving a pet with a kennel or sitter.

Stress During Owner Absence

A report by the animal health company Zoetis, the Federation of European Companion Animal Veterinary Associations and the Human Animal Bond Research Institute shows that the bond between pets and their owners provides both physical and mental benefits. When this bond is interrupted, even temporarily, pets may become anxious. Staying in a kennel or with

an unfamiliar pet sitter can cause feelings of insecurity and stress, which can negatively impact their mental health.

Their anxiety may manifest through destructive behaviors, excessive barking or meowing, or aggression. Changes in appetite, pacing and excessive grooming are also common indicators of tension. Pets that are particularly attached to their owners may experience heightened levels of the stress hormone cortisol in their absence, making them more susceptible to anxiety in new environments.

Repeated exposure to stressful separations can result in chronic anxiety, which may damage the bond between pets and their

owners, creating lasting behavioral issues that make it difficult for pets to reconnect when their owners return.

Priorities for Anxious Pets

Beth Hrniciar, a holistic pet health coach and trainer in Connecticut, emphasizes the importance of considering a pet's anxiety level when setting care priorities. For pets with mild anxiety, she recommends ensuring the pet sitter is able to provide over-the-counter anxiety relief supplements. "It is also crucial that the kennel or sitter knows how to use calming products, such as a Thundershirt or a calming collar," Hrniciar advises. For more severe anxiety, she recommends trial runs to help the pet acclimate and become familiar with the staff.

Hrniciar also recommends choosing facilities that offer a safe space for pets that are anxious about fireworks or storms, opting for kennels or sitters with secure enclosures and amenities like white noise machines or calming soundtracks.

Experience, Cleanliness and Routine

"Anxious pets need experienced caregivers," Hrniciar asserts. "While some anxiety is normal and may decrease as a pet adjusts to a new environment or routine, it is crucial to have someone who can provide a quiet space for them to relax." Someone without the right experience may not fully understand how frightened



Kerkez from Getty Images/CanvaPro

an animal is and how they might injure themselves while trying to escape from a stressful situation.

Cleanliness is critical, Hrnciar notes, particularly for pets that self-soothe by chewing. A clean environment prevents infections from unsanitary conditions.

“Dogs thrive on structure,” she says. “Regular feeding and walking schedules help reduce stress in nervous dogs.” Caregivers should maintain the routine established during trial visits, allowing pets to feel more secure by knowing what to expect.

“Cats are creatures of habit,” Hrnciar explains. It is important to keep anxious cats in familiar environments—maintaining their regular routine is key. Pet sitters should avoid introducing new scents or sounds, and, if possible, visit beforehand to build trust with the pet.

Questions for Potential Pet Sitters

“Knowing who will be handling your pet and their qualifications is essential for ensuring the pet’s safety and comfort,” says Hrnciar. To find the right sitter for an anxious pet, ask about their experience with similar animals. For pets that are wary of strangers, it is important to ensure the sitter understands how to give them space to adjust. Ask kennels about group play, temperament testing, dietary accommodations and emergency protocols.

Holistic Strategies

“Socialization should be tailored to each pet. Introduce anxious animals to new settings at their own pace,” Hrnciar advises. For pets that are accustomed to being around other animals, group play can offer comfort and help ease their nerves.

Hrnciar highlights the benefits of calming scents, such as essential oils and pheromone sprays, for reducing stress. Pairing these with calming music or therapeutic tools like pulsed electromagnetic field pads or light therapy can create a soothing environment for anxious pets.

For severe anxiety, Hrnciar recommends natural remedies over pharmaceuticals. “Properly sourced CBD [cannabidiol], calming mushrooms and essential oils can offer significant relief with minimal side effects,” she advises. She also encourages exploring zoopharmacognosy—a method where animals self-select herbs, flowers and other natural remedies to restore balance to their systems. This approach allows pets to tap into their natural instincts, potentially finding relief in a more intuitive way.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.



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Pausing to Practice Patience

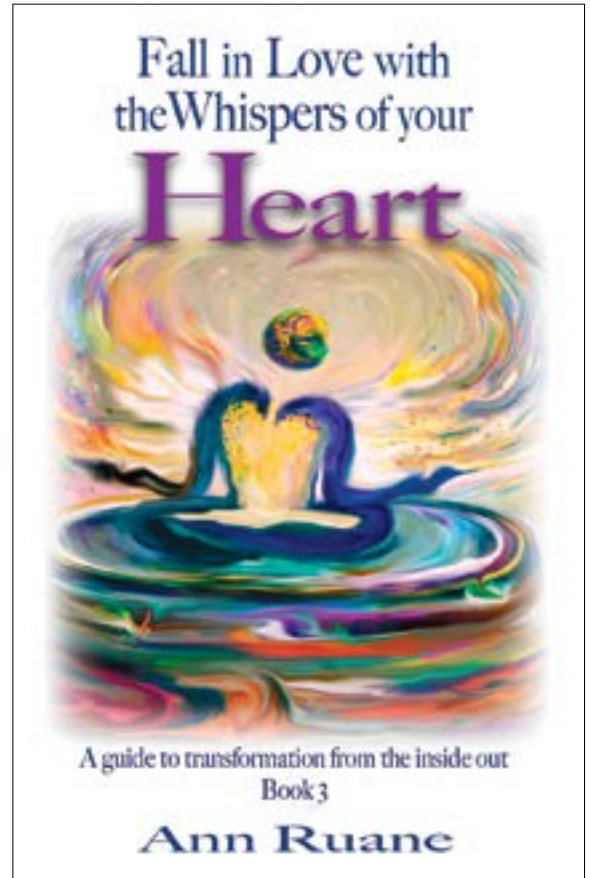
by Ann Ruane

Patience is a rich subject to explore. There are many avenues to take and paths to discover.

Patience is truly an ever-evolving art form in my life. Yes, art form. Every situation in which patience is needed looks different, feels different or stirs a unique response. Regardless, the bottom line is knowing my enoughness and accepting myself exactly as I am in the moment I am living. Sometimes that is much easier said than done.

- ♥ Patience includes allowing our current sense of enoughness to be enough.
- ♥ Patience invites allowing the moment to unfold rather than trying to control anything or anyone outside of our circle of control.
- ♥ Patience encourages us to open to wisdom within ourselves.
- ♥ Patience asks us to pause and see a broader perspective.
- ♥ Patience nudges us to be in this moment and this moment only.
- ♥ Patience supports us as we sit with the discomfort we feel within.
- ♥ Patience guides our acceptance of the emotions that stir and come to the surface.
- ♥ Patience requires breath to connect our minds and bodies.
- ♥ Patience reminds us of our divine connection.
- ♥ Patience opens us to trust ... mostly trusting ourselves.

In addition to inner peace, wisdom and spiritual growth, mindfulness and being present also require patience. All of these attributes support and foster the other. Patience includes a healthy dose of trust, trusting in the Divine timing of all things. When you are being mindful of what is around you, you shift your perspective to seeing that you don't always have to be rushing. When you take the push out of your process, there is inner calm. Being mentally present invites you to enjoy what is in front of you right now, not five minutes, five days or five weeks from now. When you are with each moment, your inner drive gets to downshift. Time goes by quickly enough on its own. There is no need for you to step on the gas and miss the magical moments as they unfold in front of you.



Ann Ruane is a local Wisconsin author, pianist, composer and certified energy practitioner at Lux Eterna Healing. If you'd like to dive in more fully with

patience, you will find a chapter dedicated to it in book three of her inspirational Fall in Love with the Whispers of Your Heart series. Visit her [Patreon Link to Theme of Patience](#) at [Patreon.com/collection/595426](https://www.patreon.com/collection/595426) or visit [Amazon.com/Author/AnnRuane](https://www.amazon.com/Author/AnnRuane). For more information, email Ann@LuxEternaHealing.com. **See listing on page 42.**

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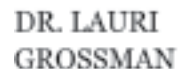


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Guided Forest Therapy Walk – 12-2pm. Enjoy a two-hour, sensory-based Forest Therapy walk. Adults 18+, all activity levels welcome. \$35. Grant Park, 100 E Hawthorne Ave, South Milwaukee. Connect@IntentionallyOutdoors.com. IntentionallyOutdoors.com.

Saturday, December 14

Guided Forest Therapy Walk – 9-11am. Enjoy a two-hour, sensory-based Forest Therapy walk, inspired by Shinrin-Yoku. Adults 18+, all activity levels welcome. \$35. Grant Park, 100 E Hawthorne Ave, South Milwaukee. Connect@IntentionallyOutdoors.com. IntentionallyOutdoors.com.

Window Rainbow Crystal Art Workshop – 11am-12:30pm. Create a unique window hanger with a faceted rainbow prism, crystal beads, and decorative embellishments. \$44. Angelic Roots, 8612 & 8659 S Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Crystal Wire Tree Workshop – 2-6pm. Create a unique wire-wrapped tree on a raw crystal base using a variety of crystal chips. Led by Djuro, this workshop combines art and grounding energy. \$111. Angelic Roots, 8612 & 8659 S Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Thursday, December 19

**Soulstice Serenity:
Reflect, Renew, and Rise
4-6:30pm**

Celebrate the Winter Solstice with a sacred evening featuring a cacao ceremony, shamanic journey, and Yomassage—a blend of guided meditation, restorative yoga, and massage. \$199.

Washington Square Business Collective
W62N563 Washington Ave, Cedarburg

414-339-6688

Friday, December 20

Winter Solstice Ceremony & Gong Sound Bath – 6-8:30pm. Celebrate the return of the sun with a Winter Solstice Ceremony and an intimate sound healing meditation featuring gongs, drums, chimes, and singing bowls. \$44. Angelic Roots, 8612 & 8659 S Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Tuesday, December 31

New Year's Eve Day Guided Forest Therapy Walk – 1-3pm. End the year with a relaxing, sensory-based way to de-stress, rejuvenate and connect with nature. Designed for adults 18+, all activity levels welcome. \$35. Grant Park, 100 E Hawthorne Ave, South Milwaukee. Connect@IntentionallyOutdoors.com. IntentionallyOutdoors.com.

Wednesday, January 1

New Year's Day Guided Forest Therapy Walk – 10am-12pm. Start the year with intention, relaxation and connection to nature. Designed for adults 18+, all activity levels welcome. \$35. Grant Park, 100 E Hawthorne Ave, South Milwaukee. Connect@IntentionallyOutdoors.com. IntentionallyOutdoors.com.

Thursday, January 2

Whispers On the Wind Shamanic Program – Jan 2-5. An intensive training program in shamanism, energy medicine and self-transformation. We meet four times over 12 months for 4 days. Learn core energy healing techniques, power animal and soul retrieval, clearing of past life and ancestral imprints, connecting with the forces of Nature, ceremony and more! GoldenLightHealing.net.

Saturday January 4

New Year Intention Workshop – 10am-5pm. Spend a transformative day releasing and recharging for 2025 with reflection, healing and manifesting. Led by Laurie and Djuro, this workshop focuses on renewal and intention-setting for the new year. \$144. Angelic Roots, 8612 & 8659 S Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Sunday, January 5

New Year Intention Workshop – 10am-5pm. Spend a transformative day releasing and recharging for 2025 with reflection, healing and manifesting and intention-setting for the new year. \$144. Angelic Roots, 8612 & 8659 S Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Thursday, January 23

**Glisten:
Winter Wellness Weekend
4-Day Retreat
Jan 23 – Jan 26**

8am-10pm daily

The perfect way to start 2025! Embrace the season of self-care with healing workshops, connection and relaxation in nature's beauty. \$555 for the retreat. Commute from home or enjoy lodging for \$129/night.

The Abbey Resort & Avani Spa
269 Fontana Blvd, Fontana

847-722-9653

Friday, February 14

Sacred Art Workshop with Imelda Almqvist – Feb. 14-17. Dive into to this 4-day foundation level course in making sacred art. It introduces all the key principles of making sacred art (shamanic art, spirit-led art or spiritual art). Golden Light Healing. Info & lodging: GoldenLightHealing.net.

Thursday, February 20

Seidr Norse Shamanism Foundations Course – Feb. 20-23. Join Imelda Almqvist for a 4-day introduction to Norse shamanism, exploring ancestral pathways and spiritual wisdom teachings of Northern Europe. Golden Light Healing. Info & Lodging: GoldenLightHealing.net.

Friday, April 12

Ancient Celtic Irish Shamanism – April 12-14. International teacher and author, Amantha Murphy, shares the ancient traditions and ceremonies of Ireland. Journeying into the unseen worlds for healing, answers, visions, a sense of continuity, wholeness and integration for self and for the clan. Golden Light Healing. Info & lodging: GoldenLightHealing.net.

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Connected!**

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Natural MKE



@naturalmke



Weekly

COMMUNITY HEALING CIRCLES
Mondays, Wednesdays, Thursdays
 Call to confirm dates and times
414-312-2989
 Join us for a supportive space to share, heal, and grow together. Free.
 Natural Healing Tabernacle
 201 N Milwaukee St, Port Washington

IRON LOTUS YOGA at CAMP SERENITY
Sunday: Iron Lotus Yoga - 8:30am
Monday, Wednesday, Friday:
 Paddle Board Yoga - 6am
Tuesday: Yin Yoga - 5:30pm
Thursday: Yin Yoga - 5:30pm
Friday: Iron Lotus Yoga - 10am
Saturday Brunch: Iron Lotus Yoga - 8:30am, healthy, delicious brunch - 11:30am
 Private lessons and retreats available by appointment. All classes \$20/session. Come for 5 sessions, get the 6th free with your loyalty card. Camp Serenity, S76W18582 Kingston Dr, Muskego.
262-903-8774
CampSerenity.wordpress.com

YOGA CLASSES at YOGA 4 ALL WI
Monday: Gentle Yoga - 9am, Pilates - 10am, Yin - 7pm
Tuesday: Chair Yoga - 10:30am, Pilates - 5:30pm
Wednesday: Energy Flow Yoga - 9am, Beginner Yoga - 6pm
Thursday: Restorative Yoga - 10:30am, Vitality Vinyasa - 5:30pm
Friday: Alignment Yoga - 9:15am
Saturday: Energy Flow Yoga - 9am
 Yoga 4 All is a welcoming studio help you connect with your body, mind and spirit. See website for full class schedule and all purchase options.
6 Class Pass for \$69
414-559-3852
 208 East Oak Crest Dr, Wales
Yoga4Allwi.com/Passes

YOGA CLASSES at RIVERWEST YOGASHALA
Monday: Beginner Yoga - 1pm, Yoga Fundamentals - 6pm
Wednesday: Yoga at Home Online - 6pm
Thursday: Yoga for Elders - 2pm, Restorative Yoga - 7:30pm
Friday: Yoga for Mobility & Stability - 9am
Saturday: Intermediate Yoga - 9am, Mat Pilates - 11am
Sunday: Gently Yoga Online - 8:30am, Yoga Fundamentals 10:30am
 Milwaukee's beloved nonprofit Iyengar Yoga for over 20 years. See website for full schedule and pricing details.
 731 E. Locust St., Milwaukee
RiverwestYogashala.com

PILATES CLASSES at EAST SIDE PILATES
Monday: Essential Mat Pilates - 7am (in-studio or virtual), Pilates Freestyle - 6pm
Tuesday: Dynamic Tower Fitness - 8:30am
Wednesday: Pilates Booty Burn - 7am
Thursday: Mixed Equipment Pilates Class - 9:30am
Friday: Pilates Freestyle - 6:15am, Pilates Booty Burn - 8am
Saturday: Pilates Power Mix - 9am, Mat & More Pilates (in-studio and virtual) - 9:30am
414-915-7100
 2445 N Farwell Ave, Milwaukee
EastSidePilates.com

Wednesday
EVERY THIRD WEDNESDAY:
Animal Communication Pop-Up Sessions - 5:30-9pm by phone or Zoom. Booking opens 3 weeks prior until sell out at TamiFriday.com.

Friday
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
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.



Natural Supplements

ALIVE 'N VIBRANT SUPERFOOD & PROTEIN POWDERS - 100% organic. Feel alive and vibrant no matter what your health history. Shop at your local Outpost Natural Foods or online: AliveNVibrant.com. **See ad on page 44.**

AROMATHERAPY/ESSENTIAL OILS - Aromatherapy products to support mental, emotional and physical wellness. Formulated by a local scientist and certified aromatherapist to help you live a healthier, more balanced life. BDIVineAroma.com. **See ad on page 40.**

CBD PRODUCTS - Organic, all-natural, farm fresh, sun-grown, third-party lab tested CBD plant goodness for pain, anxiety and so much more. Live your best life, from our family to yours. DNAHempLLC.com. **See ad on page 33.**

ORGANIC PANCREAS DETOX TEA - Cleanse & Support Your Pancreas with this Targeted Blend. Samples Available. Visit EarthSanaStore.com/tea.

Now Hiring

BROOKFIELD HEALTH & WELLNESS - Patient Care Liaison position available. Join a wellness team today that supports integrative healing of body, mind and spirit. Call today for info: 262-395-4023. **See ad on page 8.**

PLUMERIA ACUPUNCTURE - Seeking compassionate and licensed acupuncturist to join our team, full-time or part-time. Email CV: PlumeriaWellness.com. **See ad on page 9.**

RUTA'S FRESH INDIAN FARE - Help us change the way people eat! Looking for a cheerful individual to join our front-of-house team. No experience necessary but evening availability is a must. RutasMKE.com. **See ad on page 23.**

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. **See ad page 31.**

Room For Rent

LEASING SPACE - Quality office space starting at \$250/month. Convenient Mequon or Pewaukee location, flexible terms, awesome landlords. To learn more: visit MBOfficeSpace.com or call 262-834-6214.

Photo by Antoni Shkraba for pexels.com






Connecting you to the leaders in natural health care and green living in our community. To find out how you can be included in the Community Resource Guide, email Publisher@NaturalMKE.com to request our media kit.

Acupuncture

PLUMERIA ACUPUNCTURE AND HOLISTIC WELLNESS CENTER, LLC
2500 N Mayfair Rd, Ste 410, Wauwatosa
414-687-0087
Dr.Amizuno@PlumeriaWellness.com
PlumeriaWellness.com

 Dr. Mizuno, DAOM, L.Ac, has a passion for helping clients regain their beautiful and happy smiles while transforming to a healthier version of themselves. She doesn't treat symptoms, she treats patients. **See ad on page 9.**

Advertising/Marketing

NATURAL AWAKENINGS MAGAZINE
Jordan Peschek, RN-BSN, Publisher
262-623-7948
Publisher@NaturalMKE.com
NaturalMKE.com

natural awakenings Are you passionate about wellness? Trying to reach more clients you can help? *Natural Awakenings* is our community's #1 multimedia resource for natural, holistic health and eco-friendly living. Reaching over 40,000 loyal print and digital loyal readers each month. Call or text 262-623-7948 to learn more or book your 10-minute discovery call today.

Animal & Pet Health

BALANCED BY NATURE MASSAGE EQUINE & CANINE ANIMAL MASSAGE
Mobile Services in Southeast Wisconsin
414-313-2693
BalancedByNatureMassage.com



Our mission is to enhance your animal's quality of life professionally and safely. Animal Sports Massage and Laser therapy can decrease pain, reduce inflammation and accelerate healing. Call to learn about full service list.

EVOLUTION DIET PET FOOD NATURAL, ORGANIC 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 35.**

TAMI FRIDAY ANIMAL COMMUNICATOR
414-214-0219
TamiFriday.com



Tami provides compassionate animal communication and energetic support. Tami shares your animal's viewpoints about their behavioral, emotional or health challenges and helps you connect in spirit. Sessions are by phone or Zoom.

Aromatherapy

B. DIVINE AROMATHERAPY
Bethany Unger, B.S., CCA
Beth@BDivineAroma.com
BDivineAroma.com



Aromatherapy products to enhance your well-being. Our products support mental, emotional and physical wellness. Formulated by a scientist and certified aromatherapist to help you live a healthier, more balanced life.

Astrology/Human Design Readings

MBW LIFEART CONSULTING
Martha S. Bache-Wiig B.A., C.A.P.E.
2301 Sun Valley Dr, Suite 102, Office 216, Delafield
262-510-4815
CenterPerson.org



Helping you align with your unique soul-centered talents to balance your energy, your inner life, relationships with others, your work /career and your relationship with money.

*When you invest in yourself,
you have the power to
transform your life—mind,
body, and spirit.*

—Anonymous

Body Contouring

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 BELL, DC.
A New Compass
for Wellness

Shed stubborn fat and lose inches pain-free with Dr. Ann's Zerona Z6 Laser, a non-invasive treatment that delivers noticeable results without discomfort or downtime. Call our office to schedule your complimentary consultation. **See ad on page 26.**

CBD

DNA HEMP
414-531-8129 | DNAHempLLC.com



DNA HEMP

Farm fresh. Sun-grown in Wisconsin. Third-party lab tested, all-natural, organic, CBD plant goodness. That is what we cultivate at DNA Hemp! Live your best life, from our family to yours. Explore our offerings online. **See ad on page 33.**

Chiropractic

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 BELL, DC.
A New Compass
for Wellness

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. **See ad on page 26.**

COMMUNITY CHIROPRACTIC

Dr. Jill Schmitt
21415 W Greenfield Ave, New Berlin
inside the Guild of Modern Wellness
262-722-3377
CommunityChiropracticDrJill.com



COMMUNITY CHIROPRACTIC

Chiropractic adjustments help to realign the body, supporting its innate intelligence to heal and stay healthy. Offering corrective exercises for pain and posture, wellness care and supplements, custom orthotics and soft tissue treatments. **See ad on page 13.**

Coaching, Empowerment

COACHING BY CHANDI

CoachingByChandi@outlook.com
262-527-6552
Delafield, WI
CoachingByChandi.com



Are you struggling to overcome detrimental behavioral patterns? Through 1:1 coaching, we will identify your limiting beliefs and create a personalized system, guiding you to take actionable steps toward fulfillment

and success!

Coaching, Trauma Healing

CELESTIAL COACHING & BODYWORK

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



Offering transformational, orthopedic and 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 ad on page 32.

Colon Hydrotherapy

NATURAL ESCAPE, LLC

Chandra Houser, LMT, CCH
11203 N Buntrock Rd,
Mequon, WI 53092
262-895-5078
Natural-Escape.com
HouserChandra@yahoo.com



At Natural Escape, we believe colon cleansing is the key to optimal health. We offer a one-of-a-kind approach to whole-body cleansing for long-term wellness. Priority services include open-system colonic hydrotherapy with ozone and red light plus infrared therapy. Our focus is opening the body's pathways to naturally detoxify the liver, bloodstream and kidneys while providing a release for mind, body and soul.

VIVA WELLNESS

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



Boutique Medical Weight Loss blended with holistic wellness treatments to help you become your best. **See ad on page 15.**

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 16.**

Counseling

SEE MENTAL HEALTH

Crystals

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.

ANGELIC ROOTS CRYSTALS, WELLNESS CENTER & APOTHECARY

8612 & 8659 S Market Place, Oak Creek
414-304-5184
AngelicRoots.com



Angelic Roots offers two retail spaces & a wellness center featuring crystals, jewelry, metaphysical tools, sound healing instruments, apothecary, and gifts. Wellness services

including Reiki, Sound Baths, classes, workshops, and more! **See ad on page 2.**

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 readings, 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.**

HOLISTIC DENTISTRY OF PORT WASHINGTON

222 N Franklin St, Port Washington
262-235-4525
HolisticDentistryWI.com



Accepting new patients! Dr. Jana Ledic has been practicing dentistry since 2011 and believes in helping patients in the most natural way possible. **See ad on page 27.**

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 dentistry.

See ad on back cover.

Education

MIDWEST COLLEGE OF ACUPUNCTURE AND HERBAL 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 on page 7.**

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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 ad on page 8.**

Energy Healing

BODYIGNITE, LLC

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



Dawn walks in both the Seen and Unseen worlds. She is a Shamanic healer and Reiki practitioner as well as a personal trainer, combining the Healing Arts.

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.

PURPLE LOTUS HEALING, LLC

Jean Brandt, RN BSN, MS EEM - CP
Eden Energy Medicine
Certified Practitioner
414 651-0941
PurpleLotusHealing322@gmail.com



Eden energy medicine believes in the body's innate healing abilities. It works directly with the body's energy systems to help create health, healing and vitality.

Equine Therapy

HORSE POWER HEALING CENTER

3101 W34628 Cty Rd LO, Eagle, WI
262-594-3667
HorsePowerHealingCenter.com



Individuals and families can benefit from a wide range of activities with horses and other farm animals. Equine-Assisted Services programs include therapeutic riding or groundwork lessons. All are welcome: children, adults, veterans and those with special needs.

Fitness

AWELL + VITALITY FITNESS • SKINCARE • RECOVERY

414-331-8852
222 E Erie St, #150, Milwaukee
AestheticallyWell.com



Milwaukee's first holistic med spa and modern health club offer holistic medical skincare and facials, nutrition coaching, assisted stretching, personal training and more. Ask about our infrared sauna and cold plunge. **See ad on page 12.**

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.

Food/Restaurant

RUTA'S FRESH INDIAN FARE

207 W Freshwater Way,
Walker's Point, Milwaukee
414-509-6802
Hello@RutasMKE.com
RutasMKE.com



At Ruta's, we serve Indian fare that's light, bright and healthful, based on the Ayurvedic principle that food is the best medicine. Our regional Indian menu is fully customizable, and guests build their own Fresh Indian Bowl. **See ad on page 23.**

Forest Bathing

INTENTIONALLY OUTDOORS

Serving Southeastern Wisconsin
IntentionallyOutdoors.com
Connect@IntentionallyOutdoors.com



Led by Gwen, a certified Nature and Forest Therapy Guide, our guided Forest Therapy walks are sensory immersions designed to reconnect you with the natural world and, ultimately, with yourself. Public, private and corporate offerings available.

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 13.**

Hiking/Hiking Retreats

TRAIL DOG AND 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 ad on page 8.**

Mind. Body. Spirit. Planet. Community. **natural**
awakenings

Landscape/Lawncare 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.

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 16.**

Light & Laser Therapy

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 13.**

Your Wellness Business

HERE

Call/Text for details
262-623-7948

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 13.**

Massage Therapy

CELESTIAL COACHING & BODYWORK

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



Offering transformational, orthopedic and 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 ad on page 32.

FLORA & STONE MASSAGE THERAPY

Jessica Lueneburg
W62N563 Washington Ave, Ste C,
Cedarburg
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.

MAPLEROOTS MASSAGE LLC

Ellie Ziegner,
Licensed Massage Therapist
19395 W Capitol Dr, Suite L05,
Brookfield (inside Blazek Chiropractic)
414-367-7034
MaplerootsMassage.com



Mapleroots Massage offers personalized therapeutic and restorative massage therapy services, blending expert techniques with thoughtful enhancements including cupping, reiki, sound, herbals and aromatherapy for complete relaxation and tension relief.

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 10.**

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 19.**

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.

Mental Health cont'd

MBW LIFEART CONSULTING

Martha S. Bache-Wiig B.A., C.A.P.E.
2301 Sun Valley Dr, Suite 102, Office 216,
Delafield
262-510-4815 • CenterPerson.org



Whole person counseling and coaching for lasting wellbeing, in-person or virtual. Unlock your authentic talents, desires and goals with a unique approach. Martha is an International Counselor-Trainer in Existential Personalistic Anthropology.

PATHWAYS TO HEALING SOMATIC THERAPY AND CONSULTING, LLC

1037 W McKinley Ave, Milwaukee
262-289-5081
PathwaySomatic.com/About-Bonnie



I am a therapist and somatic worker focusing on working with adults in search of healing, from the inside out, with bottom-up approaches.

Myofascial Release

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W61N397 Washington Ave, Cedarburg
262-204-8383 • SBRTherapy.com



Specializing in training, recovery and support for swimmers, bikers and runners including myofascial release and bodywork. Now Hiring Wellness Professionals! **See ad on page 31.**

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 45.**

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 45.**

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, Yomassage and virtual nutrition services available.

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Karen D. Krchma, RDN, CD, CBS
163 N Green Bay Rd, Thiensville
414-315-8800
Info@NewNewtrition.com
NewNewtrition.com



Karen Krchma, owner, is a Registered Dietitian Nutritionist, Certified Dietitian and Biofeedback Specialist who has been practicing in Wisconsin for over 20 years to help individuals achieve goals for vitality.

NOURISHING WELLNESS

Jamie Kernen R.N., CNC
Sara Mehring R.N., CNC, GAPS Certified
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 and nutritional guidance.

Nutrition Supplements

ALIVE N VIBRANT

Superfood and Protein Powders
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AliveNVibrant.com



Locally made, 100 percent organic superfood powders to keep you feeling alive and vibrant no matter what your health history. Shop at your local Outpost Natural Foods or online: AliveNVibrant.com. **See ad on page 45.**

Physical Therapy

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 2.**

Pilates

EAST SIDE PILATES AND PHLOX BOUTIQUE

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



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Quantum Healing

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 Quantum Field Light and Brain Activation Method combines light frequencies, gentle touch, and guided breath-work to help clients achieve empowerment, self-trust, and body/mind integration through physical and quantum healing. **See ad on page 26.**

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 this page.**

Reflexology

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414-852-7870
Renewed-You-Reflexology.square.site



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

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414-304-5184
AngelicRoots.com



Angelic Roots offers two retail spaces & a wellness center featuring crystals, jewelry, metaphysical tools, sound healing instruments, apothecary, and gifts. Wellness services

including Reiki, Sound Baths, classes, workshops, and more! **See ads on page 2.**

KIRALILY HEALING

21755 Longview Dr, Waukesha
262-208-5193
KiralilyHealing@gmail.com
KiralilyHealing.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.



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Testimonials Available

Retreats/Retreats Center

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Amy Wilinski
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GoldenLightHealing.net



Offering workshops, sessions, group & personal retreats in shamanism, meditation, reiki, psychic development and more. **See ad on page 29.**

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Dawn Coleman
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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.

Salt Therapy (Halotherapy)

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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 13.**

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Angelic Roots offers two retail spaces & a wellness center featuring crystals, jewelry, metaphysical tools, sound healing instruments, apothecary, and gifts. Wellness services including Reiki, Sound Baths, classes, workshops, and more! **See ad on page 2.**

Women's Empowerment

GROWING ROOTS WELLNESS

Jacqueline McVann
414-477-3894
JacquelineMcVann@
GrowingRootsWellness.com



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Wellness Center

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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 ad on page 8.**

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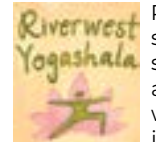
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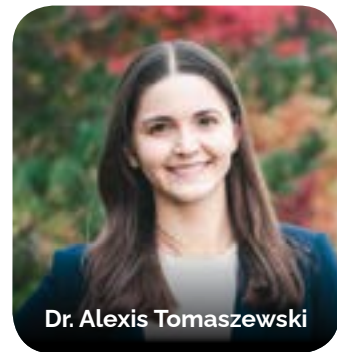
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