



HEALTHY LIVING | HEALTHY PLANET

FREE

natural awakenings



**Soulful
Holiday
Gifts**

**Healthier
Holiday Cookies:**
Easy Switches That Don't
Skimp on Taste

**12 Ways
to Fitness**

**Something To
Smile About:**
Natural Dental Hygiene

Keeping Pets Calm



Turn Your Passion Into a Business

Own a Natural Awakenings Magazine!

**30th anniversary—Once in a
lifetime opportunity!**

**First time ever, save \$10,000
on new franchise purchases
that close before 12/31/24.**

**New franchise owner training
starts January 2025.**

Imagine the impact that *Natural Awakenings* would have in your community. As an owner, you will be providing the public with insights and information to improve their quality of life physically, mentally, emotionally and spiritually. Through your magazine you will provide thousands of people with the resources they are looking for to assist them along this path of health and transformation.

Don't wait for success to come to you. Create a healthier community while improving your income by owning your very own *Natural Awakenings* magazine.

We offer a complete training program and ongoing support. Be part of a dynamic franchise network that is helping to transform a new era in health care.

- LOW INVESTMENT
- WORK AT HOME
- COMPREHENSIVE TRAINING
- PROFESSIONAL SUPPORT TEAM
- SALES & MARKETING TOOLS
- HIGH JOB SATISFACTION
- FINANCING OPTIONS AVAILABLE



Own a business that makes a difference

Call for a free evaluation of your community's potential at 239-206-2000

To apply or learn more visit Corp.NaturalAwakenings.com

Natural Awakenings Now Publishing in:

- Atlanta, GA
- Boston, MA
- Broward County, FL
- Bucks/Montgomery Counties, PA
- Central Florida/Greater Orlando, FL
- Central New Jersey, NJ
- Charlotte, NC
- Chicago, IL
- Columbia, SC
- Dallas, TX
- Daytona/Volusia/Flagler Counties, FL
- Detroit/Wayne County, MI
- Fairfield & Southern Litchfield Counties, CT
- Gainesville/Ocala/The Villages, FL - *Coming soon*
- Grand Traverse Region/Northern Michigan, MI
- Greater Ann Arbor, MI
- Greater Lansing, MI
- Greater Oakland, Macomb, Livingston, Genesee, MI
- Gulf Coast, Alabama/Mississippi
- Hartford/Tolland, CT - *Coming soon*
- Houston, TX
- Hudson County, NJ
- Jacksonville/St. Augustine, FL
- Lancaster/Berks, PA
- Lehigh Valley, PA
- Long Island, NY
- Milwaukee, WI
- Monmouth/Ocean Counties, NJ
- Naples/Fort Myers, FL
- New Haven, CT
- New London/Windham, CT - *Coming soon*
- New York City, NY
- North Central New Jersey, NJ
- North New Jersey, NJ
- Northwest Florida, FL
- Palm Beach, FL
- Philadelphia, PA
- Phoenix, AZ
- Pittsburgh, PA
- Rhode Island, RI
- Richmond, VA
- Sarasota, FL
- South Central Pennsylvania, PA
- South Jersey, NJ
- Southeast North Carolina, NC
- Space & Treasure Coast, FL
- Tampa, FL
- Tucson, AZ
- Twin Cities, MN
- Westchester/Putnam/Dutchess, NY
- Western Michigan, MI

This information is not intended as an offer to sell, or the solicitation of an offer to buy, a franchise. It is for informational purposes only. Currently, the following states regulate the offer and sale of franchises: California, Hawaii, Illinois, Indiana, Maryland, Michigan, Minnesota, New York, North Dakota, Oregon, Rhode Island, South Dakota, Virginia, Washington, and Wisconsin. If you are a resident of one of these states, we will not offer you a franchise unless and until we have complied with applicable pre-sale registration and disclosure requirements in your jurisdiction.



PAUL STAMETS IS SPREADING THE MYCELIAL MESSAGE

By Host Defense Mushrooms

Renowned Mycologist, Paul Stamets, is an industry leader in fungi production, habitat, and research who has made it his life's work to bridge the divide between people and fungi.

In 1980 Paul started Fungi Perfecti, LLC, makers of Host Defense® Mushrooms™, and quickly became synonymous with cutting-edge research and innovative mycological solutions. This serves as the foundation for the formulations and product development for Host Defense® mycDrafelium-based supplements and products.*

At their home base near the Olympic Rainforest in Washington state, Fungi Perfecti employs a full-time internal R&D team. Under Paul's leadership, projects they work on include uncovering the endless potential for the use of fungi in everything from mycofiltration and mycoremediation, to harnessing the power of beneficial mushroom mycelium to help bees, trees, people, and planet.*

Eco-conscious and people-first business efforts are a natural extension of the Fungi Perfecti mission to explore, study, preserve, and spread knowledge about the use of fungi to help people and planet. As of 2021, they calculate their scopes 1, 2 and 3 emissions. Scope 3 is by far the biggest source of emissions for any organization, and includes emissions that fall outside the direct control of the organization. They then offset the total combined emissions by 110% — that's 10% MORE than they produce — making them climate positive.



Additionally, as of 2023, Fungi Perfecti is a Certified B Corporation, joining a group of businesses around the world committed to creating a more sustainable future through conscientious choices, transparency in operations, and corporate responsibility. B Corp organizations take into consideration the ways in which their operations affect all stakeholders, including their employees, their customers, the environment, and the local communities where they operate and do business.

Paul has dedicated his life to discovering, understanding, and spreading knowledge

about the unique, mysterious, and fantastic world of fungi. And the team at Fungi Perfecti and Host Defense are united in spreading the mycelial message and seeing his vision come to life.

"To ensure the future of our planet and our species, I believe we must act now, adopting and applying the natural intelligence of the vast mycelial networks sustaining life in ecosystems everywhere. Applying what we learn from the mycelium, we must work together to build our own networks, in our families, our communities, and around the world — for the sake of our collective future."

— Paul Stamets

Scan the QR Code below to read the Fungi Perfecti 2021/2022 Impact Report!



Find Host Defense® Mushrooms™ at Mastel's Health Foods



1526 ST. CLAIR AVE, ST. PAUL, MN
651-690-1692 MASTELS.COM

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

TWIN CITIES EDITION

Publisher **Jordan Peschek**

Editor **Randy Kambic**

Design & Production **Suzanne M. Siegel**

Sales & Marketing **Jordan Peschek**

Website **Nicholas Bruckman**

Distribution **Metro Periodical Partners**

CONTACT US

Sales: 262-623-7948

Publishing/Editing:

P.O. Box 2413

Brookfield, WI 53008-2413

Ph: 262-623-7948

Publisher@NATwinCities.com

NATwinCities.com



NaturalAwakeningsTwinCities



@natural_twin_cities



NATIONAL TEAM

CEO **Kimberly B. Whittle**

CMO **Vee Banionis**

Sr. VP Operations **Brian Stenzler, DC**

National Sales **Darlene Lee**

National Editor **Sandra Yeyati**

Editor **Brooke Goode**

Copy Editor **Melanie Rankin**

Print Production Specialist **Kevin Rankin**

Design Director **Agnes Mazeikaite**

Production **Flip180**

Customer Service **Dani Bucad**

CONTACT US

Natural Awakenings

Publishing Corporation

350 Main Street, Suite 9B

Bedminster, NJ 07921

Ph: 239-206-2000

NaturalAwakenings@KnoWEwell.com

Cover image courtesy of

Meggy Kadam Aryanto from Pexels / CanvaPro
and **Kotenko / CanvaPro**

© 2024 by Natural Awakenings. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. *Natural Awakenings* is a free publication distributed locally and is supported by our advertisers. Please call to find a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. Check with a healthcare professional regarding the appropriate use of any treatment. AI was used in some editing and production of this issue.

Natural Awakenings is printed on partially recycled and fully recyclable newsprint with black soy ink.

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

Jordan Peschek, RN-BSN, Publisher

Mind. Body. Spirit. Planet. Community.

Departments

- 6 News Briefs
- 8 Health Briefs
- 12 Feature Story
- 14 Conscious Eating
- 18 Fit Body
- 20 Healing Ways
- 22 Green Living
- 24 Natural Pet
- 26 Calendar
- 28 Classifieds
- 28 Community Resource Guide

Contents



12



14



24

- 12 Soulful Holiday Gifts
- 14 Healthier Holiday Cookies
- 18 12 Ways to Fitness
- 19 6 Ways to Stay Active This Winter
- 20 Something To Smile About: Natural Dental Hygiene
- 22 Click Local
- 24 Caring for Anxious Pets While We're Away

14th Annual
Midwest
Women's
Herbal
Conference

May 23-25, 2025
Almond, WI

Featuring Key Note Speakers:

Robin Wall
Kimmerer

Gail Faith
Edwards

Cornelia Cho,
MD

Join us for a gathering of the feminine with a wide spectrum of acclaimed herbalists and speakers, pre-conference immersions, 80+ incredible workshops, plant walks, and topics including holistic immune support, storytelling, herbal traditions from around the world, wise woman ways, and much much more!

Save the Date – Registration Opens in December

For more information & to register, visit:
<https://www.midwestwomensherbal.com/herbalconference2025>



AcuEnergetics Level 1 Energy Medicine Workshop



Reiki practitioners, acupuncturists, and healing touch professionals—as well as anyone eager to learn more—are invited to the AcuEnergetics Level 1, Energy Medicine Essentials workshop. This transformative workshop, led by experts, will be held Saturday and

Sunday, January 18 and 19, 2025, at Healing Waters Health Center in Stillwater.

Participants will enhance their understanding of bioelectricity and energy flow within the body. Known for its unique approach, AcuEnergetics integrates principles from Traditional Chinese Medicine and Western anatomy to offer a precise energy healing system beneficial for both beginners and seasoned professionals. Attendees will deepen their understanding of how bioelectricity supports physical and emotional wellness, gaining new tools that can enhance their existing practice. Whether to support client wellness or foster personal growth, this workshop promises transformative insights into the workings of the body's energetic system.

“We have had several Reiki practitioners take the AcuEnergetics course, and they state that this is the missing link to their practice,” explains Deb Peltier, concierge at Healing Waters.



To learn more or register, visit [Healing Waters Health Center at 6150 Oren Ave. North, Stillwater](https://HealingWatersHealth.com), call 651-430-2866, or explore HealingWatersHealth.com. **See ad on this page.**

We are the future

of holistic wellness!

We bring you back to your natural state of being; restoring energy flow in body and mind with hands-on treatments and cutting-edge technology.

AcuEnergetics® Balance & Treatment
Energy Enhancement System™ • Biomat
 Opus Sound Bed • The Perfect Triangle
 Mind Body Classes & Retreats

50% off
1-hour or 2-hour
EESystem Session
Call 651-430-2866
 Mention this ad
one per person, cannot combine with other specials

Energy Enhancement System™

Opus Sound Bed

AcuEnergetics®

HealingWatersHealth.com

6150 Oren Ave N, Stillwater, MN

Contrast Suite Special at Cadence Chiropractic

Cadence Chiropractic & Contrast Suite is offering a \$30 special for new patients to experience their state-of-the-art Contrast Suite, featuring infrared sauna and cold plunge therapy. “The primary goal of contrast therapy is to optimize the adaptability of the nervous system, just like chiropractic!” explains Dr. Amanda Haeg, Eden Prairie Chiropractor.



Dr. Amanda Haeg

This form of contrast therapy alternates between hot and cold treatments. Besides relaxation, research points to numerous wellness benefits. Dr. Haeg explains that sessions are designed to rejuvenate and invigorate, providing comprehensive wellness support:

Infrared Sauna Health Benefits

- Promote detoxification
- Muscle relaxation

Cold Plunge Health Benefits

- Aid in weight loss
- Muscle recovery
- Reducing anxiety

Benefits of Contrast Therapy (alternating Sauna and Cold Plunge)

- Increased blood flow
- Boosted metabolism
- Reduced chronic pain
- Improved sleep
- Lower inflammation

Cadence Chiropractic aims to offer a holistic approach to health, combining modern technology with natural therapies to achieve optimal results. This special offer is a great opportunity for new patients to explore the benefits of contrast therapy in a welcoming and professional environment.

For more information or to book your \$30 intro special, visit CadenceChiroMN.com/Contrast-Suite or call 952-855-7656. *See ad on this page.*

Decrease Chronic Pain · Improve Sleep
Boost Energy, Immune Support and Blood Flow



Experience the benefits of HOT infrared sauna & COLD plunge with our new Contrast Suite

60-min Contrast Suite \$30 Intro Special
Book Now! 952.855.7656



6409 City W Pkwy #105
Eden Prairie, MN
CadenceChiroMN.com

Look and feel
your **BEST**
in 2025!




**AARK ADVANCED ELECTROLYSIS
& ADVANCED WELLNESS**

Whole-Body Solutions
for Health, Beauty & Vitality

Permanent Hair Removal
Thermolysis - Galvanic - Blend

Ionic Detoxification
Support clear skin, immune health,
weight loss, pain and circulation
Slow down aging and sleep better

Diane C. Christofferson, LC, LE
Certified Professional Electrologist &
Certified Natural Health Professional
AARKelectrolysis.com
704 9th Avenue NW
New Brighton, MN
(651) 636-4049



**HOLIDAY
SPECIAL**

**MYOFASCIAL RELEASE
SPECIAL**

**FIRST 3 60-MIN MFR
SESSIONS \$85/EACH
(\$115 THEREAFTER)**

**FIRST 3 90-MIN MFR
SESSIONS \$145/EACH
(\$175 THEREAFTER)**

**CALL/TEXT
(651) 757-6244**

*Sale ends Jan 31. Must book
sessions within 60 days of purchase



NEW LIFE
MASSAGE AND REIKI
NEWLIFEMASSAGEANDREIKI.COM

Rewire the Brain in 21 Days

AO Hub™ is a revolutionary Mind Engagement System that works directly with AO Scan to optimize your physical, emotional and mental state of mind, allowing improved body and cognitive performance.

With its dynamic and adaptive design, AO Hub™ serves as a powerful conduit, enabling you to integrate and utilize cutting-edge therapies as they become available.

We use four essential mind states to perform and accomplish daily tasks, as well as improve our performance and reach our far-reaching and long-term goals. The AO Hub™ helps engage and train our minds to harness these important mind states using frequency waves. The power of frequencies is extremely effective in balancing the body, mind and soul.

Theta Waves (4-8 Hz): Ideal for deep relaxation and internal healing. This state aids in brain repair and rejuvenation.

Alpha Waves (8-12 Hz): Enhances creativity and mental clarity while maintaining a calm yet alert mind.

Beta Waves (12-35 Hz): Boosts cognitive activity and problem-solving, although it can be linked to stress.

Gamma Waves (35 Hz and above): Facilitates hyper-focus and advanced cognitive processing, enabling rapid information handling.

FYT Health & Wellness will be offering 21-and 28-day programs to clients to help with a large variety of mental, physical and emotional issues such as Parkinson's, MS, ADHD, hormone balance and weight management. It takes the brain about 21 to 28 days to rewire and form new neural pathways. It is imperative for the body to do its repair in Theta and other wave states for this timing to create lasting change. Sessions are 30 minutes and begin at the end of December and the start of January. Sessions are in Eden Prairie, but there is potential to come to you. This state-of-the-art equipment can be purchased for in-home use as well at Shop.Solexnation.com/FYTHealthWellness.

Vanessa Nordstrom is the owner of FYT Health & Wellness, where they utilize multiple modalities to help bring the human or animal body back into balance including the Emotion Code, Body Code, Belief code, as well as The Healy and the AO Scanner tools that work with individual healing frequencies. Find out how at FYTHealthWellness.coach. See listing on pages 29 and 31.



The Natural Choice: Chiropractic Care for Neck Pain Relief



massageanddayspa.co.nz

Chiropractic care offers a holistic and cost-effective strategy for managing neck pain, emphasizing patient-centered approaches that prioritize natural healing and functional restoration. Chiropractic care serves as a non-invasive, drug-free approach to managing neck pain, focusing on the body's natural healing processes.

A research article from the *Journal of Manipulative and Physiological Therapeutics* reminds us that neck pain is a leading cause of disability. Their study indicated that chiropractic "manipulation and mobilization as part of a multimodal approach" are front-line approaches to patients with uncomplicated neck pain and neck pain accompanied by headaches. By emphasizing spinal adjustments and other manual therapies, chiropractors aim to restore proper alignment and function, thereby addressing the root causes of neck discomfort. This aligns with current guidelines that recommend non-pharmacologic interventions as first-line approaches for treating neck pain.

Planet Gratitude Chiropractic provides holistic health services in Bloomington. Previously Golden Sun Chiropractic and Healing Taj Holistic Stretching and Massage, the integrative wellness center provides chiropractic, acupuncture, acupressure, supplements, stretching and massage.

For information, call 952-922-1478 or visit Planet-Gratitude.com. See listings on page 28 and 29.

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.

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.



Photo courtesy 5D Wellness

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.

5D Wellness offers infrared sauna, red light therapy, contrast therapy, salt therapy and more, located at 18447 Highway 65, Ste. C, in East Bethel. For more information, call 612-322-9989 or visit 5DWellnessMN.com. See ad on this page.

GIVE THE GIFT OF HEALTH & WELLNESS

\$180/MO. - TWO MEMBERSHIP:
24/ACCESS FOR YOU & LOVED ONE
COMPLIMENTARY SMALL TOWEL
KEY FOB ACCESS FOR 2ND USER

\$99/MO. - PREMIUM MEMBERSHIP
24/7 ACCESS TO FACILITY
UNLIMITED ACCESS TO ALL THERAPIES
COMPLIMENTARY SMALL TOWEL

GIFT CARDS AVAILABLE FOR:

- MASSAGE
- MEMBERSHIPS
- SPA THERAPIES
- HOLISTIC PRODUCTS

SPA THERAPIES INCLUDE:

- RED LIGHT
- CRYSTAL MAT
- COLD PLUNGE
- INFRARED SAUNA
- SALT HALOTHERAPY

Happy Holidays from 5D WELLNESS!

(612)322-9989 5DWELLNESSMN.COM 18447 HWY 65, SUITE C, EAST BETHEL, MN 55011

Acupuncture Benefits for Cold and Flu Season

The cold and flu season is here, and many seek natural methods to bolster their immune systems and alleviate symptoms. Acupuncture offers a holistic approach to enhancing immune function and managing respiratory ailments.



Africa Images/CanvaPro

Recent research supports acupuncture's role in supporting immune and respiratory health. For examples, a 2020 study published in *Frontiers in Pharmacology* found that TCM approaches, such as acupuncture, have been utilized to alleviate symptoms and may inhibit viral replication. Further clinical trials can help substantiate these findings, and individuals considering acupuncture for flu symptoms should consult healthcare professionals to ensure appropriate and safe care. The benefits of acupuncture during cold and flu season include:

Immune System Enhancement: Acupuncture may stimulate the production of white blood cells, strengthening the body's defense against pathogens.

Symptom Relief: Regular sessions can alleviate common cold and flu symptoms such as congestion, sore throat and body aches.

Stress Reduction: By promoting relaxation, acupuncture helps reduce stress, which can otherwise weaken immune function.

Improved Circulation: Enhanced blood flow ensures efficient delivery of immune cells throughout the body, aiding in quicker recovery.

Alloy Acupuncture is an all-encompassing acupuncture clinic utilizing acupuncture, cupping, herbal remedies, ultrasound and more to bring patient-focused, customized and holistic care to Woodbury. For information or to book your free initial consult, call 920-838-1526 or visit AlloyAcu.com. See ad on this page.



ALLOY
ACUPUNCTURE

We treat YOU - not your symptoms -
to prevent and reverse disease with
natural, holistic strategies



Miriah Cox, LAcOM

920.838.1526
7850 Currell Blvd, Woodbury

**Want to know if ACUPUNCTURE
is the right treatment for you?**

Consults are ALWAYS FREE,
by phone or in person.

**Acupuncture can help with many physical
and mental health conditions including:**

- Digestive Disorders
- Sleep Disorders
- Anxiety
- Neuropathy
- Vertigo and Dizziness
- Blood Pressure Concerns
- Post/Long COVID Symptoms
- Colic and Digestive Issues in Babies
- Post-surgical Inflammation
- Prenatal Conditions
- Acute Injury
- Wellness Maintenance & Disease Prevention

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.*

Ayurveda Helps Holiday Travelers

Traveling can take a toll on the body and mind, from disrupted routines to jet lag and stress. Ayurveda, the ancient Indian system of holistic health, offers solutions to maintain balance and vitality while on the go. Try packing a travel-sized bottle of these health solutions to stay well no matter where you are, and consult an ayurvedic practitioner for more information.

Sleep Support: Jet lag, irregular sleep, and stress are common challenges for travelers. Try using herbs that are known to support immunity such as ginger, turmeric, gotu kola and holy basil to help the body adapt to new environments and regulate sleep patterns.



Photo by Galiya Tenisheva

Oral Hygiene: Oral health is essential for overall wellness. Oil pulling, with oil intended for this purpose, is an effective ayurvedic practice that promotes oral hygiene, supports detoxification and freshens breath.

Moisturize: Daily self-massage is a key ayurvedic practice to ease stress and promote circulation, ensuring travelers feel calm and centered even during hectic schedules. Find a revitalizing massage oil supports relaxation and balance with herbs such as lavender and lemon verbena.

Digestion and Gut Health: Maintaining digestive health while traveling is crucial. Consider using triphala, a renowned ayurvedic formula that supports gut health and a balanced microbiome to help manage digestive disruptions brought on by travel.

Leah Moss is a board-certified Ayurvedic Practitioner and owner of Simply Veda in Marine on Saint Croix, Minnesota. To see what ayurvedic herbs and practices are right for you, book a free introductory call at 612-293-5168 or visit SimplyVeda.net. See ad on this page.



Authentic Ayurveda

Healthy living, the way nature intended.

Call and schedule your free introductory consult.



WWW.SIMPLYVEDA.NET | 612-293-5168



Barb Ryan, CMT

Teach Your Body Calm

NEW Hands-on Bodywork to Reduce Anxiety

To learn more, ask questions, or book your session:
WisdomSisterStudio.com



Bhakti Wellness Center, Edina

Mind.
Body.
Spirit.
Planet.
Community.

natural
awakenings

Do you want to build more wealth?

Do you have a plan?

Do you want to be a better steward with money?

Money is a tool that helps you along your path.

Whether at the beginning of your financial journey, looking at retirement or somewhere in-between... When you are ready for a holistic guide, I am here to help you navigate that journey.

ST. CROIX
WEALTH MANAGEMENT
Helping all people navigate their financial journey.



Jody McDonough,
CERTIFIED
FINANCIAL
PLANNER™
Financial Advisor
651-491-8295

Securities and investment advisory services offered through Osac Wealth, Inc. member FINRA/SIPC. Osac Wealth is separately owned and other entities and/or marketing names, products or services referenced here are independent of Osac Wealth.



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

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.

Book your Free Consult Today

Get out of your own way and go where you are meant to be

Self Mastery Specialist | Mystery School training

+763-222-8600 | GenevieveWachutka.com



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 Medjool 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.

For cookie dough recipes that do not require



rimmabondarenko/CanvaPro

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
- 1 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 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.

Discover the Power of Natural Healing

"I have been to all of the appointments at other places with little help. Then a friend recommended Dori, and I am so glad they did. I have never had support in healing like this before!" - Ted. H

Dori Trossen, Natural Health Practitioner
763-639-9133 Mind Body Soul LLC

Optimal Wellness Solutions
for mind body & soul

Our Mission: To help individuals heal physically, emotionally, mentally and spiritually, utilizing a well-rounded menu of holistic, integrative healing practices.

Services Offered

- Network Spinal Massage
- Cranio-Sacral Therapy
- Footcare Services
- Detox Ionic Footbath
- Thermography
- Reiki

2489 Rice Street N., Suite 130
Roseville, MN 55113
651-340-1233
RosevilleOptimalWellness.com

Natural Mental Healthcare
Anxiety and Depression
Postpartum Depression
Bipolar Disorder
ADD, OCD, PTSD

Dr. Krissy Haglund, NMD
Naturopathic Medical Doctor

Scott County, MN
DrKrissy.NMD@gmail.com
DrKrissy.com • 952-226-4221

Locally owned and independent since 1968!

Mastel's
HEALTH FOODS

EST. 1968

VITAMINS, MINERALS, SUPPLEMENTS, HERBS, GROCERY,
PERSONAL CARE, HOMEOPATHY, TCM

1526 ST. CLAIR AVENUE, ST. PAUL, MN 55105
T. 651-690-1692 • WWW.MASTELS.COM
OPEN WEEKDAYS 9-8 • SATURDAY 9-6 • SUNDAY 12-5



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.



12 WAYS TO FITNESS

by David J. Sautter, NASM CPT, FNS, PES; ACE SCS



Squat



Lateral Raises



Reverse Lunge



Fire Hydrant



Russian Twist



Donkey Kick



Wall Squats



Superman



Single Leg Glute Lift



Plank



High Knees



Side Plank

“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.

Connecting to the New Year Within Retreat

Enter this New Year with renewed empowerment, hope, and connection.


Part-retreat, part-workshop.

Connect with this New Year in a deep and meaningful way. First, connect with yourself and your sovereignty, and then with your neighbors and community.

Become more self-aware through **breathwork and somatic movements**, connect with your **community** through Authentic Relating, learn the 2025 **astrological outlook**, receive your personalized natal chart, and soak in all the goodness with a **sound bath**. Snacks, refreshments and worksheets provided.

Sunday, January 19, 2025
1-5 PM
Prajna Den
249 Water Street, Excelsior, MN

More info:
612-708-5998
PrajnaDen.com



PRAJNA DEN
the art of being

be well

your way

*Do you have a **health goal** for 2025?*

Beth Cline Chris Fuller

Movement & Injury Prevention Specialists
Health Coaches



50% off Coaching in January
Receive 3 one-on-one sessions
One group session

Receive the support you need to be healthier this new year!!

Find out more at:
www.bewellyourway.com





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

We all want whiter teeth, but popular 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 chloride and citric acid in whitening trays, pens

ZERAMEX® P6

STRONG. BRIGHT. RIGHT.

100% Metal free ZERAMEX® ceramic implants



Situation after possible gingival recession.
Left: restoration with ZERAMEX®
Right: restoration with conventional titanium implant.



Corrosion resistant—ceramics today are being used more often in dental applications.

The 100-percent metal-free ZERAMEX® ceramic implants resemble the natural tooth root in aesthetics and function. The use of ZERAMEX® metal-free ceramic implants minimizes the risk of plaque and inflammation caused by metal corrosion.

+ swiss made

Call Today For
A Consultation,
651-735-4661
or go to our website,
ToothBuilder.com

1815 Suburban Ave., Ste. 200,
St. Paul, MN 55119

**Sedation
& Implant
Dentistry**

**Dr. Karl
Anderson**





madproduction/canvaPro

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 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.

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




Tooth by the Lake


HOLISTIC GENERAL DENTISTRY

Kari Seaverson DDS
John Seaverson DDS


1401 Mainstreet
Hopkins, MN 55343
952-475-1101
ToothByTheLake.net




Experience healthier dentistry






Pure Dental
Holistic, Biological, Cosmetic, and Family Dentistry
Dr. Amy Ha Truong, DDS
(651) 731-3064
www.PureDentalMN.com



Natural. Simple. Pure.



-  **Biological Dentist**
-  **BPA-Free White Fillings**
-  **Bio-Compatibility Testing**



Click Local

How Online Shopping Boosts Neighborhood 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,



RyanKing999/CanvaPro

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.



ENERGIZE YOUR DAY!®

100% Natural, Feel Good & Good For You

Gluten Free, Decaf Energy Tea

0 Calories 0 Sugar 0 Sodium

SPORTEa® is a delicious, high-performance beverage for health-conscious people who desire a nutritious alternative to coffee, soda, alcohol and sugary drinks.

Mind. Body. Spirit.

Peak Performance and Balance

The Ultimate Daily Beverage!®

KEEP A BOX & GIFT A BOX!

New customers:

Buy any 2 boxes of SPORTEa, get FREE shipping!

Scan QR code:



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 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.

Reduce Tension.
Improve Mobility.
Restore Energy.

Try
Myofascial Release

WisdomSisterStudio.com

Barb Ryan, CMT
Barb@WisdomSisterStudio.com
SW Edina Location

Your Healthiest Year Starts Here.



Aliven Vibrant
SUPERFOODS

Greens • Superfruits • Protein
Nutrient Dense
Vegetarian/ Vegan
Ideal for weight loss
Rich in fiber, antioxidants & vitamins
Midwest-made in small batches

100% ORGANIC SUPERFOOD POWDERS

Buy yours at
Alivenvibrant.com

"I am so happy to have found Aliven Vibrant! The truly all-natural ingredients make me confident to give to my family. I also love the Vibrant Greens Superfoods Blend to complement my smoothies, along with the protein powder." – Tara S.

Relieve Pain. Reduce Stress. Sleep Better.

THCABOGO 50% OFF

The Gift of Wellness to Elevate & Ignite this season!

Use Code:
NATURALBOGO
dnahemp LLC.com



GUMMIES



FLOWER



PREROLLS

Licensed. Insured. All-Natural.
Don't cross the border,
support your local grower

Subscribe to
our HIGH VIBE TRIBE!



  @DNahemp



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.



DO YOU WANT THE WORLD’S BEST FOOD FOR YOUR PET?

EVOLUTION DIET PROVEN BEST HEALTH – LONGEST LIFE EXPECTANCY PET FOODS

THE HEALTHIEST AND LONGEST LIVING CATS AND DOGS IN NORTH AMERICA EAT EVOLUTION DIET PET FOODS. ORGANIC, NON-GMO, RESEARCH-PROVEN BY INTERNATIONAL UNIVERSITY STUDY.

In 2018, University of Guelph-Ontario Veterinary College, Dr. Sarah Dodd et al., compared EVOLUTION DIET FED CATS & DOGS TO CATS & DOGS FED RAW MEAT DIETS, PRESCRIPTION DVM DIETS, AND COMMERCIAL PREMIUM MEAT BASED PET FOODS. The Governor of Canada funded the study. Results showed EVOLUTION DIET FED CATS AND DOGS LIVE HEALTHIER, LONGER, IN THE HIGHEST PERCENTAGE COMPARED TO ALL CATS AND DOGS FED ALL OTHER TYPES OF PETS FOOD DIETS IN THE US & CANADA INCLUDING RAW FOOD DIETS, VETERINARY PRESCRIPTION DIETS & PREMIUM BRANDS. EVEN EXPENSIVE RAW FLESH DIETS CAN CONTAIN CANCER-CAUSING CHEMICAL PRESERVATIVES, STEROIDS & ANTIBIOTICS. SCIENTIFIC RESEARCH SHOWS PLANT-BASED CARBON-NEUTRAL FOODS LIKE EVOLUTION DIET REQUIRE ABOUT 79% LESS WATER, 71% LESS GREENHOUSE GAS EMISSIONS & 41% LESS LAND DESTRUCTION.

WHY? 1 Cleaner, Safer Plant-Based Protein 2 No Steroids or Antibiotics 3 No Sick Animals, Sick Animal Parts or Waste Parts 4 No Filth Residues 5 No Tortured Abused Animals 6 No Ethoxyquin/Cancer-Causing Preservatives 7 Extra-High Nutraceutical Fortification 8 Organic, NON-GMO ingredients 9 Carbon-Neutral Planet-Saving Plant Ingredients - Saving the Planet’s Atmosphere Instead Of Destroying it with Animal Slaughter/Sewage Gasses, Carbon Dioxide, Methane and Nitrous Oxide 10 The lowest vet bills you will ever have with this pet food 11 No Toxic Recalls

PetFoodShop.com

\$5 delivery to the Twin Cities area

651-492-2190

Save 15% IN STORE

Mention this ad

531 Phalen Blvd, Saint Paul, MN

Mon-Fri: 11 - 7

Sat: Closed

Sun: Closed





Email Publisher@NATwinCities.com for guidelines and to submit entries. We advise confirming in advance directly with the business or organization.

Friday, December 6

7 Ancient Mystery Schools Presentation – 7-9pm. Discover the 7 authentic Mystery School lineages and experience rituals from each. Learn about the Modern Mystery School and its teachings. \$50. 7801 East Bush Lake Rd, Suite 240. 763-222-8600. GenevieveWachutka.com.

Saturday, December 7

Crystal Healing Fair & Holiday Market 10am-2pm

Join us for crystal healing sessions, intuitive readings, workshops, silent auction and a holiday market.

Hosted by MMS MSP community. All proceeds benefit YouthLink, supporting homeless youth in MN.

Modern Mystery School
7801 E Bush Lake Rd, Ste 240
Bloomington
763-222-8600

Wednesday, December 11

Healing Waters Presentation and Energy Enhancement System™ Experience – 6:30-8pm. Learn about restoring energetic flow to body, mind and spirit, including 30 minutes in the EESystem™. FREE. Register: 651-430-2866. Healing Waters Health Center, 6150 Oren Ave N, Stillwater.

Saturday, December 14

Volunteers Needed at Sanya's Hope For Children – 7am-4pm. Help assemble eco-friendly Christmas bags filled with school supplies, toys, and winter essentials for homeless children. Sanya's Hope For Children, 3611 N Berens Rd NW, Prior Lake. SanyaHopeForChildren.org. Contact info@SanyaHopeForChildren.org.

Tuesday, December 17

Sound Bath & Energy Enhancement System 6:30-7:30pm

Experience relaxation and healing with a unique combination of soothing sound bath frequencies and bio-active energy fields of the EESystem. \$65.

651-430-2866

Healing Waters Health Center
6150 Oren Ave N, Stillwater

Thursday, December 19

Winter Solstice Ceremony – 7-8:30pm. Celebrate Yule and the re-birth of light with ritual, meditation, and a seasonal potluck. Led by Genevieve Wachutka, Wiccan priestess with the Modern Mystery School. \$25 pre-register, \$35 walk-in. 7801 East Bush Lake Rd, Ste 240, Minneapolis. Info & registration: 763-222-8600. ModernMysterySchool.com.

plan ahead

Friday, January 3

First Fridays: Meditation Refresh – 7-8:30pm. Join Genevieve to learn tips and techniques for starting or refreshing your meditation practice. Includes guided meditation for de-stressing and personalized support. No prior experience needed. \$20. Modern Mystery School, 7801 E Bush Lake Rd, Ste 240, Bloomington. 763-222-8600.

Saturday, January 4

"I AM" Empowerment Retreat

9am-3pm. A journey of self-exploration to reconnect with your authentic self and live your purpose. Space limited to 10 people. \$147, lunch included, hosted by Healing Waters Health Center.

651-430-2866

HealingWatersHealth.com

Wednesday, January 8

Healing Waters Presentation and Energy Enhancement System Experience – 6:30-8pm. Learn about restoring energetic flow to body, mind and spirit, including 30 minutes in the EESystem. FREE. Register: 651-430-2866. Healing Waters Health Center, 6150 Oren Ave N, Stillwater.

Saturday, January 18

AcuEnergetics Level 1 Energy Essentials – Jan 18-19, 9am-6pm. Weekend course. Learn meditations, energetic techniques, and healing methods to increase energy awareness and open the heart. \$595 (\$50 discount for cash/check). Healing Waters Health Center, 6150 Oren Ave N, Stillwater. 651-430-2866.

Sunday, January 19

Connecting to the New Year Within Retreat 1-5pm

Connect with your sovereign self, community, and the New Year through astrology, breathwork, sound bath, Authentic Relating, and somatic movement with four practitioners. \$111. Organic snacks and beverages included.

Prajna Den, 249 Water St, Excelsior.

612-708-5998

Saturday, February 1

"I AM" Empowerment Retreat – 9am-3pm. A journey of self-exploration to reconnect with your authentic self and live your purpose. Space limited to 10 people. \$147, lunch included, hosted by Healing Waters Health Center. Location: TBD. 651-430-2866. HealingWatersHealth.com.

Saturday, March 8

"I AM" Empowerment Retreat – 9am-3pm. A journey of self-exploration to reconnect with your authentic self and live your purpose. Space limited to 10 people. \$147, lunch included, hosted by Healing Waters Health Center. Location: TBD. 651-430-2866. HealingWatersHealth.com.

Healing Waters Presentation and Energy Enhancement System Experience – 6:30-8pm. Learn about restoring energetic flow to body, mind and spirit, including 30 minutes in the EESystem. FREE. Register: 651-430-2866. Healing Waters Health Center, 6150 Oren Ave N, Stillwater.

Ongoing Events



Friday

Discover Your Highest Purpose Fridays at 7pm

Sri Harold Klemp, spiritual leader of Eckankar, shares wisdom through stories & spiritual insights that bring meaning, connection & humor to the workings of Spirit in everyday life. Watch on Channel 6 or via MCN6.org.

For more information, visit

TempleOfECK.org or
Facebook.com/Eckankar



CALENDAR

Find and Post Events at NATwinCities.com

Basic Listings: FREE
Featured Listings:
start at just \$20.



Enter!
to Win!

CARIBBEAN ISLAND CRUISE & AIR FARE

Plus

- VIP Event Tickets
- Author-Signed Books
- Natural Beauty Products
- Health Programs and more!



NO PURCHASE NECESSARY TO WIN

GIVEAWAY

SCAN
ME! >>



Prizes Courtesy of Sponsors and Exhibitors of
THE BEST PREP FOR PREGNANCY EVENT AND EXPO

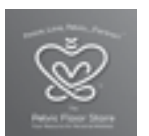
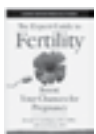
KnowEwell

natural
awakenings



DR. ANNA CABECA
the girlfriend doctor

DR. LAURI
GROSSMAN



Classifieds



\$20 for up to 20 words, then \$1 extra per word. Email content to Publisher@NATwinCities.com. Deadline is the 10th.

Natural Products

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.

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.

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 23.**

ORGANIC PANCREAS DETOX TEA – Cleanse and support your pancreas with this targeted blend. Samples available. Visit EarthSanaStore.com/tea.

Pet Health & Nutrition

THE HEALTHIEST FOOD FOR YOUR PET – EVOLUTION DIET PET FOOD: 100% Natural and Organic pet food for dogs and cats. The best thing you can buy for your pet. Safe, highly awarded, non-GMO. Shop online at PetFoodShop.com. **See ad on page 25.**

Wellness Services

LIST YOURS HERE! Text 262-623-7948 or email Publisher@NATwinCities.com.

Community Resource Guide



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@NATwinCities.com to request our media kit.

Acupuncture

ALLOY ACUPUNCTURE

7650 Currell Blvd., Woodbury
920-838-1526
AlloyAcu.com



Acupuncture, cupping, herbal treatments, ultrasound and more brings patient focused, customized healing. Get treatment today for infertility, headaches, auto accident injuries, pain, and more! **See ad on page 10.**

PLANET GRATITUDE

220 W 98th St, Ste 7, Bloomington
952-922-1478
Planet-Gratitude.com



Planet Gratitude provides holistic health services including chiropractic, acupuncture, acupressure, supplements, stretching and massage. A unique feature is our Planet Gratitude Comedy Club where laughter is indeed the best medicine!

Advertising/Marketing

NATURAL AWAKENINGS MAGAZINE

Jordan Peschek, RN-BSN, Publisher
262-623-7948
NATwinCities.com



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 45,000 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

EVOLUTION DIET PET FOOD NATURAL, ORGANIC PET FOOD

531 Phalen Blvd, 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. **Save**

15% in store: mention this ad. **See ad on page 25.**

Ayurveda

SIMPLY VEDA

Leah Moss-Parham
Marine on Saint Croix
612-293-5168
Leah_Moss@SimplyVeda.net
SimplyVeda.net



At Simply Veda, we offer Ayurvedic consultations, seasonal detox plans, diet and digestion consultations and Shirodhara treatment. Ayurveda is individualized, holistic medicine for acute and chronic disease treatment and prevention. **See ad on page 11.**

Bio-Resonance

SAGE WELLNESS AND NUTRITION

Michele Jaeger
SageWellnessAndNutrition@gmail.com
SageWellnessAndNutrition.com



Mystery symptoms you can't get to the bottom of? Pairing bio-resonance and frequency medicine with health coaching, I help you peel back the layers keeping you from vibrant health.

Bodywork

MYOFASCIAL RELEASE & CRANIOSACRAL THERAPY

Barb Ryan, CMT, CSD • 612-922-2389
Bhakti Wellness Center
7300 Metro Blvd., Suite 340, Edina
WisdomSisterStudio.com



Specializing in persistent and chronic pain and mysteries of the body. Also for people seeking the experience of deep relaxation and increased self-connection. Skilled and compassionate care. **See ads on pages 11 and 23.**

Chiropractic

CADENCE CHIROPRACTIC & CONTRAST SUITE

Dr. Amanda Haeg
6409 City W Pkwy, Eden Prairie
952-855-7656 • CadenceChiroMN.com



Rev up your blood flow, flush out those toxins and slip into a blissful state with our new Cadence Contrast Suite, featuring an infrared sauna and Plunge ice bath. Chiropractic, sound healing & massage are also offered. **See ad on page 7.**



Photo by Antoni Shkraba for pexels.com

PLANET GRATITUDE

220 W 98th St, Ste 7, Bloomington
952-922-1478 • Planet-Gratitude.com



Planet Gratitude provides holistic health services including chiropractic, acupuncture, acupressure, supplements, stretching and massage. A unique feature is our Planet Gratitude Comedy Club where laughter is indeed the best medicine!

Coaching, Health

BE WELL YOUR WAY

BeWellYourWay.com

be well
your way

Are you ready to improve your quality of life? Join us in community to discover your best path to health and well-being. You are the expert of your experience, and we're here to help you achieve your wellness goals! We are movement & injury prevention specialists, health coaches and ChiRunning/ChiWalking instructors. **See ad on page 19.**

MIND BODY SOUL, LLC

DORI TROSSEN

NATURAL HEALTH PRACTITIONER

763-639-9133

BalancedDori.com



As a Health Coach and holistic practitioner, Dori guides clients to reach their health goals with individualized plans, bioresonance and complementary therapies that get to the root cause of issues to heal and stay well.

See ad on page 15.

Dentist

HEALTH CENTERED DENTISTRY

N7915-902 St

River Falls, WI • 715-426-7777

HealthCenteredDentistry.com



Whole Person Dentistry observes and deals with the mind, body and spirit, not just your teeth. This approach to dentistry encompasses both modern science and knowl-

edge drawn from the world's great traditions in natural healing.

NATURAL SMILES DENTAL CARE

3434 Lexington Ave. N., Ste 700

Shoreview • 651-483-9800

NaturalSmilesDental.com



We're an integrative practice committed to promoting dental wellness and overall assistance to the whole person. We desire to participate in the creation of healthier lives, while being sensitive to physical, philosophical, emotional and financial concerns.

See ad on back cover.

PURE DENTAL

Dr. Amy Ha Truong

6230 10th St. N., Ste 520, Oakdale

651-731-3064

PureDentalMN.com



Pure Dental offers integrative, holistic, alternative and biological dentistry for your dental health. We take pride in providing quality, holistic dental care and service for our patients. **See ad on page 21.**

SEDATION AND IMPLANT DENTISTRY

1815 Suburban Ave, St. Paul

ToothBuilder.com • 651-735-4661



We are a holistic dental practice devoted to restoring and enhancing the natural beauty of your smile using conservative, state-of-the-art dental procedures that result in beautiful, long-lasting smiles! We specialize in safe removal of infected teeth, ceramic implants and restorations. **See ad on page 20.**

TOOTH BY THE LAKE

1401 Main St, Hopkins

952-475-1101 • ToothByTheLake.net



We build a foundation of trust by treating our patients as individuals. Understanding how uneasy some patients may feel about dental visits, we make a difference by providing a relaxing, positive experience. **See ad on page 21.**

Electrolysis

AARK ADVANCED ELECTROLYSIS & ADVANCED WELLNESS

704 9th Avenue NW New Brighton

651-636-4049

AARKelectrolysis.com



Whole-Body Solutions for health, beauty & vitality including ionic detoxification and permanent hair removal. Support clear skin, immune health, weight loss, pain and circulation. Slow down aging and sleep better. **See ad on page 7.**

Energy Enhancement System

HEALING WATERS HEALTH CENTER

6150 Oren Ave N, Stillwater

651-430-2866

HealingWatersHealth.com



We bring you back to your natural state of being; restoring energy flow in body and mind with hands-on treatments and cutting-edge technology. **See ad on**

page 6.

Energy Healing

EMOTION CODE HEALING

Master Hong

Certified Emotion Code Practitioner

11012 Cedar Lake Rd., Minnetonka

952-513-7285 or 914-708-9463



Chronic pain? Suffering from emotions? Relationship problems? Life not going as planned? The Emotion Code is a tool I use to help you break through any emotional and spiritual blocks so you can live your best life. Trial session is only \$35.

F.Y.T. HEALTH & WELLNESS

Vanessa Nordstrom

Eden Prairie, MN

(in office & distance sessions)

612-382-3653

FYTHHealthWellness@gmail.com

FYTHHealthWellness.coach



Offering a unique combination of 5 healing modalities for energy healing and trauma release with the Emotion Code, Body Code, Belief Code, Reiki and Healy sessions. I use Individualized Microcurrent Frequency (IMF) programs to harmonize the Bioenergetic Field.

Financial Advising

JODY MCDONOUGH FINANCIAL ADVISOR

651-491-8295

7815 3rd St. N., #201, Oakdale, MN

Jody@StCroixWM.com

StCroixWM.com



Whether you or your family are just starting out on your financial journey, or you are nearing retirement with important decisions to make, WE CAN HELP. Financial health is part of overall wellness. **See ad on page 11.**

Fitness

BE WELL YOUR WAY

BeWellYourWay.com

be well
your way

Are you ready to improve your quality of life? Join us in community to discover your best path to health and well-being. You are the expert of your experience, and we're here to help you achieve your wellness goals! We are movement & injury prevention specialists, health coaches and ChiRunning/ChiWalking instructors. **See ad on page 19.**

Grief

EMBODIED GRIEF SUPPORT

Virtual services available
EmbodiedGriefSupport.com
651-322-0300
Cami@EmbodiedGriefSupport.com



Holistic healing for life's deepest losses. Cami Thelander is a Grief Coach, Yoga Instructor, and Craniosacral Therapist specializing in a mindful approach that leans into the body's inherent wisdom, supporting wellness on all levels—physical, emotional, and spiritual.

Health Food Stores

MASTEL'S HEALTH FOODS

1526 St Clair Ave, St Paul
651-690-1692
Mastels.com



Mastel's Health Foods is Minnesota's oldest health and wellness store. We carry a full line of vitamins, minerals, supplements, herbs and more. We emphasize organic, biodynamic, biodegradable, holistic and hypoallergenic products, and pride ourselves on stocking hard-to-find items. **See ads on pages 3 and 15.**

Holistic Health

SAGE WELLNESS AND NUTRITION

Michele Jaeger
SageWellnessAndNutrition@gmail.com
SageWellnessAndNutrition.com

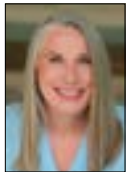


Mystery symptoms you can't get to the bottom of? Pairing bio-resonance and frequency medicine with health coaching, I help you peel back the layers keeping you from vibrant health.

Hyperbaric Oxygen Therapy

DR. KRISSY HAGLUND, NMD

Naturopathic Medical Doctor
DrKrissy.com
DrKrissy.NMD@gmail.com



Caring for patients skeptical of the conventional paradigm. Experienced treating mental health & the brain naturally: anxiety, depression, ADD, autism, behavioral disorders, postpartum, OCD and TBI.

See ad on page 15.

Integrated Health

GENEVIEVE WACHUTKA

7801 East Bush Lake Rd., Suite 240,
Bloomington
763-222-8600
GenevieveWachutka.com



Genevieve specializes in the practical application of time-tested tools and metaphysical wisdom to embody more of your potential, and experience greater clarity, joy, and purpose in life. Benefits include increased intuition and clarity; upheveled daily baseline of joy; peace of heart and mind; improved relationship with self; and the ability to navigate a path of self-mastery to realize your greatness. Text 763-222-8600 or email Hello@GenevieveWachutka.com to schedule a complimentary discovery session. **See ad on page 13.**

Massage

OPTIMAL WELLNESS SOLUTIONS

2489 Rice Street N., Suite 130
Roseville, MN, 55113
651-340-1233
RosevilleOptimalWellness.com



We provide a well-rounded menu of holistic, integrative healing practices to support your mind, body and spirit including massage, network spinal, craniosacral therapy, thermography, detox ionic footbaths, Reiki and footcare services. **See ad on page 15.**

PRANJA DEN

249 Water St. Suite 201 inside Masonic Lodge #113, Excelsior
612-708-5998



Release, recalibrate, restart at Prajna Den with a Quantum Massage Ceremony (90min or 2hour). Includes channeling your spirit team, accessing quantum codes, cleaning & energizing chakras with Pranic Healing, cutting cords and a full body therapeutic Ashiatsu massage. **See ad on page 19.**

Mental Health

DR. KRISSY HAGLUND, NMD

Naturopathic Medical Doctor
DrKrissy.com
DrKrissy.NMD@gmail.com



Experienced treating mental health & the brain naturally: anxiety, depression, ADD, autism, behavioral disorders, postpartum, OCD and TBI. Caring for patients skeptical of the conventional paradigm.

See ad on page 15.

Myofascial Release

MYOFASCIAL RELEASE & CRANIOSACRAL THERAPY

Barb Ryan, CMT, CSD • 612-922-2389
Bhakti Wellness Center
7300 Metro Blvd., Suite 340, Edina
WisdomSisterStudio.com



Specializing in persistent and chronic pain and mysteries of the body. Also for people seeking the experience of deep relaxation and increased self-connection. Skilled and compassionate care. **See ads on pages 11 and 23.**

NEW LIFE MESSAGE AND REIKI

651-757-6244
South Minneapolis
Info@NewLifeMassageAndReiki.com
NewLifeMassageAndReiki.com



As a massage therapist, hypnotherapist, reflexologist, reiki and myofascial release practitioner, I enjoy helping clients explore what living a more vibrant physical, spiritual and emotional life means to them. **See ad on page 7.**

Naturopathic Doctor

DR. KRISSY HAGLUND, NMD

Naturopathic Medical Doctor
Scott County, MN
DrKrissy.com
DrKrissy.NMD@gmail.com



Caring for patients skeptical of the conventional paradigm. Experienced treating mental health & the brain naturally: anxiety, depression, ADD, autism, behavioral disorders, postpartum, OCD and TBI. **See ad on page 15.**

Nutrition Supplements

ALIVE N VIBRANT

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



Locally made, 100 percent organic superfood powders to keep you feeling alive and vibrant no matter what your health history. **See ad on**

page 23.

Reflexology

NEW LIFE MESSAGE AND REIKI

651-757-6244

South Minneapolis

Info@NewLifeMassageAndReiki.com

NewLifeMassageAndReiki.com



As a massage therapist, hypnotherapist, reflexologist, reiki and myofascial release practitioner, I enjoy helping clients explore what living a more vibrant physical, spiritual and emotional life means to them.

See ad on page 7.

Salt Therapy

5D WELLNESS

Brittney Yares

18447 Hwy 65 NE, Suite C, East Bethel

612-322-9989

5DWellnessMN@gmail.com

5DWellnessMN.com



Offering top-of-the-line services to increase overall wellness including infrared sauna, cold plunge, red light therapy, contrast therapy with

a hot and cold tub in one private room, salt/halotherapy and a king-sized crystal healing mat with bioacoustic features. See ad on page 9.

Sauna Therapy & Contrast Suite

5D WELLNESS

Brittney Yares

18447 Hwy 65 NE, Suite C, East Bethel

612-322-9989

5DWellnessMN@gmail.com

5DWellnessMN.com



Offering top-of-the-line services to increase overall wellness including infrared sauna, cold plunge, red light therapy, contrast therapy with

a hot and cold tub in one private room, salt/halotherapy and a king-sized crystal healing mat with bioacoustic features. See ad on page 9.

CADENCE CHIROPRACTIC & CONTRAST SUITE

Dr. Amanda Haeg

6409 City W Pkwy, Eden Prairie

952-855-7656

CadenceChiroMN.com



Rev up your blood flow, flush out those toxins and slip into a blissful state with our new Cadence Contrast Suite, featuring an

infrared sauna and Plunge ice bath. Chiropractic, sound healing & massage are also offered. See ad on page 13.

Spiritual Teaching

ECKANKAR TEMPLE OF ECK

7450 Powers Blvd., Chanhassen

952-380-2200 • TempleofECK.org



Are you looking for the personal experience of God? Eckankar can help you fulfill your dream. We offer ways to explore your own unique and natural relationship with the Divine through personalized study to apply in your everyday life.

Thermography

OPTIMAL WELLNESS SOLUTIONS

2489 Rice St. N., Ste. 130

Roseville, MN, 55113

651-340-1233

RosevilleOptimalWellness.com



We provide a well-rounded menu of holistic, integrative healing practices to support your mind, body and spirit including massage, network spinal, craniosacral therapy,

thermography, detox ionic footbaths, Reiki and footcare services. See ad on page 15.

Trauma Healing

F.Y.T. HEALTH & WELLNESS

Vanessa Nordstrom

Eden Prairie, MN

(in-office & distance sessions)

612-382-3653

FYTHealthWellness@gmail.com

FYTHealthWellness.coach



Offering a unique combination of 5 healing modalities for energy healing and trauma release with the Emotion Code, Body Code, Belief Code, Reiki and Healy sessions. I use Individualized Microcurrent Frequency (IMF) programs to harmonize the Bioenergetic Field.

Wellness Center

5D WELLNESS

Brittney Yares

18447 Hwy 65 NE, Suite C, East Bethel

612-322-9989

5DWellnessMN@gmail.com

5DWellnessMN.com



Offering top-of-the-line services to increase overall wellness including infrared sauna, cold plunge, red light therapy, contrast therapy with a hot and cold tub in one private room, salt/halotherapy and a king-sized crystal healing mat with bioacoustic features. See ad on page 9.

CADENCE CHIROPRACTIC & CONTRAST SUITE

Dr. Amanda Haeg

6409 City W Pkwy, Eden Prairie

952-855-7656

CadenceChiroMN.com



Rev up your blood flow, flush out those toxins and slip into a blissful state with our new Cadence Contrast Suite, featuring an infrared

sauna and Plunge ice bath. Chiropractic, sound healing & massage are also offered.

See ad on page 7.

HEALING WATERS HEALTH CENTER

6150 Oren Ave N, Stillwater

651-430-2866

HealingWatersHealth.com



We bring you back to your natural state of being; restoring energy flow in body and mind with hands-on treatments and cutting-edge technology. See ad on page 5.

OPTIMAL WELLNESS SOLUTIONS

2489 Rice St. N., Ste. 130

Roseville, MN, 55113

651-340-1233

RosevilleOptimalWellness.com



We provide a well-rounded menu of holistic, integrative healing practices to support your mind, body and spirit including massage, network spinal, craniosacral therapy, thermography, detox ionic footbaths, Reiki and footcare services.

See ad on page 15.

Wellness Marketing

NATURAL AWAKENINGS MAGAZINE

Jordan Peschek, RN-BSN, Publisher

262-623-7948

NATwinCities.com



Natural Awakenings is our community's beloved multimedia resource for natural, holistic health and eco-friendly living. Reaching over 45,000 loyal print and digital loyal readers each month. Learn more: text 262-

623-7948 or book your 10-minute discovery call today.

Mind. Body. Spirit.
Planet. Community.

natural
awakenings



NATURAL SMILES — DENTAL CARE — & WELLNESS CENTER

Dental Services Offered

- Mercury / Amalgam / Silver Filling Removal
- Biocompatible Dental Materials
- Orthopedic Orthodontics
- Tongue & Lip-Tie Revision
- Ceramic / Biocompatible Implants
- Biological Extractions with PRF
- Ozone Therapy
- Invisalign

Alternative Health Services Offered

- Myo-Functional Therapy
- Craniosacral Therapy
- BioMeridian Testing
- Acupuncture
- Dynamical Neurofeedback



*Promoting health and wellness through
compassionate and holistic dental care since 2009.*

3434 Lexington Ave. N Shoreview, MN 55126 (651) 483-9800 www.NaturalSmilesDental.com

Come see what
dentistry looks
like inside
Minnesota's
most
comprehensive
Integrative
Dental Clinic!





Do YOU want to GROW YOUR BUSINESS?

Help clients get healthier?
Improve our community?
Make a bigger impact?

**EARLY BIRDS
Save \$20!**

Reserve your space in the 2025
HEALTH, WELLNESS & NATURAL LIVING
*Natural Awakenings Magazine
Directory Issue*

Pricing:
1 listing: \$129
2nd listing: 50% off
3rd listing: Free

Add a **Premium Online Business Page**: only \$10/mo
Ask about our **Wellness Profiles!**

Your chance to
be seen all year,
coming this
January

Call or text us today.
262-623-7948

natural
awakenings

The #1 Healthy Living Healthy Planet Magazine