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2025



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Make a meaningful impact in your community by becoming the owner of a *Natural Awakenings* magazine. Empower others with current, valuable insights and resources to enhance their physical, mental, emotional and spiritual well-being.

As a franchise owner, you'll inspire positive change, provide readers with tools for healthier living and connect local businesses with an audience eager for transformation.

Why Own a *Natural Awakenings* Magazine?

- Create a Healthier Community: Be the go-to resource for wellness and personal growth in your area.
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**Celebrating 31 Years of Health, Wellness
and Natural Living**

Dear Readers,

As we step into 2025, our team at *Natural Awakenings* is elated to celebrate 31 years of empowering communities across the nation. We've passionately educated, connected and inspired millions to embrace holistic and integrative wellness, natural health and sustainable living.

When I joined *Natural Awakenings* in 2020, it felt like a perfect alignment with my passion for promoting the health of the mind, body and spirit while nurturing the planet. Looking ahead, this commitment feels stronger than ever.

We invite you to create a vibrant start to the year by embracing wellness, trying new services and connecting with like-minded individuals. Whether you're seeking fresh inspiration for healthy habits, exploring a new therapy or expanding your holistic health journey, we hope this issue serves as a trusted guide.

This special issue contains our annual *Health, Wellness and Natural Living Guide*—a comprehensive resource you can use all year long! The A-to-Z directory showcases a wide array of services to support your healthiest self. Share it with loved ones—it's a small act that furthers both their well-being and our mission.

What are your wellness dreams for 2025? Perhaps you want to reduce chronic pain and nothing has worked, or you wish to lose a few pounds to improve your health and energy. Maybe you want to sleep better, think clearer, move easier. The amazing thing about a holistic approach to health is that SO MANY of these modalities—from acupuncture and chiropractic care to massage and energy work—help support the body's innate healing ability, which means that they can help MANY health conditions, unlike a pill that might address only one thing. Even your holistic dentist recognizes that a healthy mouth impacts a healthy body, overall.

Thus, we encourage you to see the value of taking control of your health this year. We only have one body and mind—let's take care of it.

Thank you for being a vital part of our journey. Together, we cultivate a community rooted in health, kindness and balance. On behalf of our *Natural Awakenings* family, I wish you a bright, health-filled and harmonious 2025.

With gratitude,

Jordan Peschek, RN-BSN, Publisher


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Hira Chughtai, DDS

Udoka Holinbeck,
DDS, FAGD, AIAOMT

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Contents

Departments

- 8 News Briefs
- 13 Health Briefs
- 18 Feature Story
- 22 Conscious Eating
- 25 [2025 Health, Wellness & Natural Living Guide](#)
- 42 Community Spotlight
- 44 Healing Ways
- 46 Calendar



- 18 First Thoughts and New Experiences
- 22 Serving up Happiness
- 25 [2025 Health, Wellness & Natural Living Guide](#)
- 41 The Approach of Thiensville Health Alliance
- 42 Local Leader Inspires Strength and Connection on the Appalachian Trail
- 44 Advancing a Couple's Fertility

14 CONSECUTIVE YEARS
2023 BEST CRUISE LINE IN EUROPE
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11 CONSECUTIVE YEARS
2023 AWARD OF EXCELLENCE
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16 CONSECUTIVE YEARS
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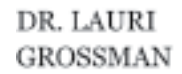
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Natural Product Sciences Degree at Concordia University Builds Leaders in Health and Sustainability

For individuals who are passionate about health, wellness and sustainability and are seeking a fulfilling career, Concordia University offers an excellent online degree program blending science and natural health principles. Concordia University Wisconsin is now enrolling students for its cutting-edge Natural Product Sciences master's degree and certificate programs. These provide an innovative, comprehensive curriculum that builds trusted leaders in discovering, developing and advancing natural products.

Whether a person is a returning college student looking pursue further education, a working professional who seeks a new career path, or one who simply wishes to gain wisdom



and open doors to possibility, this program is worth considering. With ever-increasing interest in holistic treatment and plant-based wellness resources, a degree like this will only become more sought after.

The program provides flexible learning options, making it accessible to working professionals and students from diverse backgrounds. Courses focus on areas including nutraceuticals and medicinal plants, natural product formulation, pharmacognosy and the sustainable sourcing of ingredients. It prepares graduates for careers in the natural health industry, product development, scientific research and more.

Participants will benefit from expert faculty, interactive learning experiences and a focus on real-world applications. Graduates can look forward to contributing to the growing demand for natural, science-based health solutions in both professional and entrepreneurial capacities.

For more information or to apply, visit CUW.edu/NPS. Interested individuals can also contact the admissions team through the website for additional guidance. See ad on this page.

Women's Herbal Conference Highlights Generosity, Care and Creativity

The 14th annual Midwest Women's Herbal Conference is set to take place May 23 through 25 at Camp Helen Brachman, in Almond, Wisconsin, offering a unique opportunity for women to gather in celebration of herbal wisdom, community and nature.

This year's theme, Embracing Generosity, Care and Creativity, is embodied by the keynote speakers: Robin Wall Kimmerer, Ph.D., a leading voice in indigenous plant



Robin Wall Kimmerer

knowledge; Cornelia Cho, M.D., a proponent of integrative medicine; and Gail Faith Edwards, an expert herbalist and author.

Attendees can explore nearly 100 workshops, plant walks and preconference immersions designed for both novice and seasoned herbalists. Held on more than 200 acres of lush natural beauty, the conference offers nourishing, locally prepared food and a vibrant community atmosphere.

Early registration is recommended, as the event typically sells out. More than 400 women, children and teens are expected to attend, creating a dynamic and welcoming herbal village.

Location: 9341 Asbury Dr., Almond, WI. For more information or to register (recommended), visit MidwestWomensHerbal.com. See ad on page 9.

Photo credit: Dale Kakkak

Flora & Stone Welcomes New Massage Therapist

Flora & Stone Massage Therapy is excited to welcome Lindsey Fillion to their growing team of massage therapists. Lindsey, a Licensed Massage Therapist since August 2023, graduated from Blue Sky Professional School of Massage Therapy, in Grafton, where she completed an intensive program in 2022 and 2023. Her experience working in high-end resorts and spas allowed her to blend relaxation techniques with therapeutic approaches and supportive stretches, creating a unique and rewarding massage experience. “I’m excited to build my clientele at Flora & Stone and continue to share the benefits of this rewarding career,” Lindsey shares.



Lindsey Fillion

Location: W62N563 Washington Ave., Ste C, Cedarburg. For more information or to arrange for a session with Lindsey, call 262-894-6915 or visit FloraStoneMT.com. See listings on pages 33 and 35.

Blue Pines Counseling Launches Blue Pines Botanicals

Tiernee Schatz, ATR-BC, LPC, NCC, CCTP, a trained herbalist and mental health therapist at Blue Pines Counseling, in Cedarburg, has launched Blue Pines Botanicals, an herbal body oil line designed to ease and nourish the nervous system.

Body oiling, an ancient practice found in folklore and historical records worldwide, cleanses and purifies the skin while delivering therapeutic benefits. “Our skin is covered in nerve endings, making it an ideal conduit for botanicals suited to heal and regulate the nervous system,” Tiernee explains.



New oil formulations will be released quarterly. For more information, visit BluePinesCounseling.com/Blue-Pines-Botanicals or email BluePinesCounseling@gmail.com. See listing on page 34.

14th Annual Midwest Women’s Herbal Conference

Featuring Key Note Speakers:



Robin Wall
Kimmerer



Gail Faith
Edwards



Cornelia Cho,
MD

May 23-25, 2025

Almond, WI



- ◆ A wide spectrum of acclaimed herbalists and speakers
- ◆ Pre-conference immersions
- ◆ 80+ incredible workshops
- ◆ Plant walks

- ◆ Topics including holistic immune support, storytelling, herbal traditions from around the world, wise woman ways, and much much more!

Registration & Early Bird Pricing Now Open!

For more information & to register, visit:

<https://www.midwestwomensherbal.com/herbalconference2025>



The Greener Guide: Enhancing Connection and Immunity Through Nature

In a world where modern life often disconnects us, nature can help re-connect us through microbes. These tiny living things, including bacteria and viruses, are shared between all living things, every day, often without anyone realizing it.

Direct contact with others and environmental activities like gardening and hiking provide opportunities to share microbes, exposing us to the beneficial organisms that can strengthen our immune function, enhance our mental health, support digestion and nutrient absorption. Microbial exchanges show our connection to the world, sharing traces of who we are with each other and the earth. Yes indeed, we really are all connected!

Each kiss with a mom, pet with a dog or walk in the snow supports a healthy and diverse microbiome that promotes overall well-being and strengthens the connection between humans, animals and the environment.

Patti Beres is the owner of Be Green Pro LLC, in Delafield. For info, call 262-361-4034 or visit BeGreen.pro.

Start the New Year Confident with Red Light Body Contouring

“Kick off your new year feeling amazing and looking your best!” shares Dr. Ann Bell at A New Compass for Wellness. “We are here to help you lose inches, tone up and feel unstoppable with the Zerona Z6 Body Contouring System. This cutting-edge, non-invasive, red light laser targets stubborn fat, helping you sculpt your dream body in easy, relaxing 60-minute sessions just one or two times a week.”



Dr. Ann Bell, a renowned natural health specialist, is offering 30-minute complimentary consults for the innovative **Zerona Z6 Body Contouring**. This holistic approach aligns with Dr. Bell’s commitment to healing the mind, body and soul through practical and sustainable health practices at the wellness center in Jackson.

The Zerona Z6 is a cold laser designed to help patients achieve their wellness goals efficiently and comfortably with a non-invasive and pain-free approach. For added effectiveness, it is paired with the **Brain-Tap bio-hacking**

program. “This incredible technology retrains the brain for success, helping you overcome those sneaky habits that hold you back. It boosts mental focus, relaxation and brain health—all while supporting your body-sculpting journey,” Dr. Ann explains. She has over 30 years of experience in chiropractic and the healing arts. Her extensive qualifications include Diplomate Level of B.E.S.T. Techniques, Mastery Level Higher Brain Living Facilitator and Professional Esethetic Color Puncture Practitioner.

Those interested in exploring the benefits of the Zerona Z6 can call the office to book a free 30-minute consultation. “Call us today. Let’s make this the year of confidence and transformation—together. Your dream body is waiting!” shares Dr. Ann.

Location: A New Compass for Wellness, W227N16855 Tillie Lake Ct., Jackson. Call 262-644-7050 today for the free 30-minute consultation, or bring a friend and save big with the special new year’s Offer: buy one program, get one half off. See ad on this page.

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DR. ANN BELL, D.C.
A New Compass for Wellness

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Ruta's New Retail Line Now Available: Indian Food Reimagined for Health and Convenience

Visit Farmer's Market TO GO on Capitol Drive, in Brookfield, to discover Ruta's Fresh Indian Fare's new retail offerings. Featuring heat-and-serve NaanMelts, vibrant veggie bowls, nutritious salads and refreshing drinks, this grab-and-go lineup provides wholesome Indian flavors crafted for modern lifestyles. Frozen curry sauces are also available for easy homemade meals—just add your choice of veggies or protein for a quick and easy curry you can make at home.

Farmer's Market TO GO, open daily, is an inviting mini market that exclusively stocks Wisconsin-made products and fresh produce to support growers and producers, making it the perfect destination for Ruta's healthful creations.

Ruta Kahate, the culinary innovator behind Ruta's Fresh Indian Fare, uses Ayurvedic principles and fresh, colorful ingredients to craft light, nutritious meals. Visitors can also find Ruta's creations at her Walker's Point restaurant in Milwaukee.

"Our Indian fare doesn't just taste good, it's actually good for you! We cook from scratch using spices that boost immunity and fight inflammation," Ruta shares. "We love vibrant veggies because they're chock-full of vitamins, minerals and phytonutrients. And we follow Ayurvedic wisdom: Food becomes your best medicine when you balance colors, textures and the six basic tastes."



Retail line location: *Farmer's Market TO GO, 17000 W. Capitol Dr, Brookfield.* **Restaurant location:** *207 W. Freshwater Way, Milwaukee. For more information, call 414-509-6802 or visit RutasMKE.com.* **See ad on this page.**



Now available: ruta's new retail line of healthy Indian food

Meet our new grab & go Indian fare: heat & serve NaanMelts, fresh Indian veggie bowls, nutritious salads, and healthy drinks. We also have frozen curry sauces, so you can easily make your own curries at home—just add veggies or protein.

Find them all at **Farmer's Market 2 Go** at 17000 W Capitol Drive in Brookfield. Open daily, this cute little mini market stocks items exclusively from Wisconsin growers and producers. Come by for your produce, meats, and of course, ruta's fare!





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“Would you rather pay for wellness, or for illness?” Hodgson asks. With 15 years of experience as a massage therapist, energy worker and transformational coach, she creates a uniquely holistic wellness experience for every client.

Contact Erica at 262-227-6548 to book a membership, or visit EricaHodgson.com. Location: 675 N. Brookfield Rd., Ste. 101, Brookfield, Wisconsin. See ad on this page.

Boosting NAD+ Levels: A Key to Anti-Aging and Vitality

Nicotinamide adenine dinucleotide (NAD+), a coenzyme present in all living cells, plays a pivotal role in energy metabolism and cellular functions, stress resistance, inflammation and nerve function. The natural decline of NAD+ levels with age has been associated with various age-related health issues.

Recent research highlights the potential benefits of NAD+ IV therapy. A 2022 study published in *Nature* examined the effects of nicotinamide mononucleotide (NMN), a precursor to NAD+, on aging. The findings suggest that elevating NAD+ levels with supplementation can lead to improved muscle function, energy and neuroprotective effects—supporting brain health, mental clarity and resistance to stress.

There are many benefits of maintaining optimal NAD+ levels. NAD+ is essential for converting nutrients into cellular energy, supporting overall vitality and energy levels. NAD+ also plays a critical role in repairing damaged DNA, thereby maintaining genomic stability. Adequate NAD+ levels are linked


to improved cognitive function and may protect against neurodegenerative diseases. NAD+ influences metabolic processes, potentially aiding in weight management and reducing the risk of metabolic disorders. While NAD+ supplementation shows promise, it's essential to consult with healthcare professionals to determine its suitability for individual cases.

VIVA Wellness, an integrative wellness center and leader in holistic health, stands out for its colon hydrotherapy services and cutting-edge weight-loss treatments. They provide IV therapy including NAD+, lymphatic drainage massage, Ketamine treatment and infrared sauna featuring red light and halotherapy. They emphasize a compassionate, root-cause approach to care with each and every client.

Location: 12625 W. Burleigh Rd., Brookfield. For more information, call 262-777-VIVA (8482) or visit VIVAWellnessWI.com. See ad on this page.

Photo by Susanne Jutzeler for pexels.com





We are so proud to announce our NEW services:

NAD+ and Ketamine Therapy

◆ The Incredible Benefits of NAD+ IV Therapy


NAD+ IV Therapy is a powerful way to restore cellular health and enhance your body's natural functions. With this therapy, you can experience a wide range of benefits, including:

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◆ Your Healing Journey with Ketamine Therapy

Ketamine treatments involve a series of IV infusions designed to help individuals break free from patterns of negative thoughts that contribute to mental health struggles.

<ul style="list-style-type: none"> • Depression • Post-traumatic Stress Disorder (PTSD) • Bipolar Disorder • Strengthens Synaptic Connections • Increased Neuroplasticity 	<ul style="list-style-type: none"> • Anxiety Disorders • Postpartum Depression • Rapid Onset of Action • Long-Lasting Relief
--	--

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We'll help you create the best version of yourself. Schedule your consultation today and embark on a transformative journey towards a healthier, happier you.

Acupuncture Benefits for Cold and Flu Season



Photo by cottonbro studio for pexels.com

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.

Recent research supports acupuncture's role in supporting immune and respiratory health. For example, 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.





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Skincare Practices for Healthy, Hydrated Skin this Winter

As temperatures drop and indoor heating rises, skin is more prone to dryness, irritation and redness. Adjusting your skincare routine for the colder months can help protect the skin's natural moisture barrier and maintain a healthy, hydrated glow all winter long.

Use a Hydrating Cleanser: Choose a gentle, hydrating cleanser that cleans without stripping the skin of its natural oils. Cream or oil-based cleansers can help preserve moisture better than foaming cleansers.

Check the Ingredients: Use a retinaldehyde serum to increase hydration and stimulate collagen production. Look for products with other helpful ingredients like hyaluronic acid, glycerin or aloe to attract moisture and keep the skin supple during dry winter months.

Fix Summer Damage: Advanced skincare treatments like microneedling support the skin, and feeling pampered is an added bonus!



Photo by Ron Lach for pexels.com

Moisturize More: Use a thicker, fragrance-free moisturizer to lock in moisture after cleansing, and consider applying it both morning and night. Switch to a richer moisturizer if needed.


Stay Hydrated: Drinking enough water supports overall hydration. Herbal teas or warm water with lemon are soothing, hydrating options for colder days.

Focus on Internal Well-being: With a lack of sunlight, strengthening the mind and body with mindfulness can help avoid the winter blues.

Winter-specific skincare practices can keep you feeling confident and your skin feeling nourished throughout the colder months.

Maggie Schaezel, holistic nutritionist and aesthetician, is the owner of AWELL, Milwaukee's first holistic med spa, located at 222 E. Erie St., Ste. 150, Milwaukee. For more information, call 414-331-8852 or visit AestheticallyWell.com. See ad on this page.

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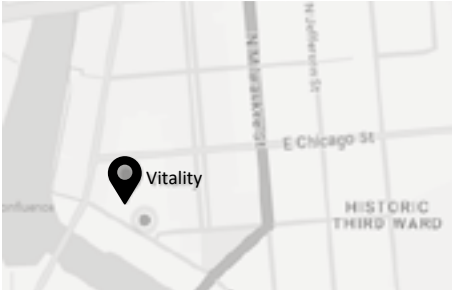
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10 Wellness Benefits of Sipping Tea in the Winter Season

Embracing tea during the colder months can offer a wealth of health benefits.

Immune Support: Regular tea consumption can strengthen the immune system and may help to prevent cold and flu.

Relief for Cold and Cough: Spiced teas featuring ginger, turmeric or cinnamon can ease throat irritation and reduce nasal congestion.

Enhanced Digestion: Blends with ginger, mint or star anise help soothe upset stomachs and promote digestive harmony.

Heart Health and Circulation: Black tea's theaflavins act as antioxidants, safeguarding cardiovascular health. Ingredients like cinnamon and chamomile support healthy blood flow and may help regulate sugar levels.

Anti-inflammatory Properties: Herbal infusions with cloves or saffron can ease swelling and alleviate aches.

Natural Energy Boost: Several types of tea provide a revitalizing pick-me-up without the jittery effects of caffeine-packed alternatives.

Stress Reduction: Green and herbal teas, rich in antioxidants, help calm the mind and combat stress.

Protection Against Chronic Conditions: Teas that are high in antioxidants can also reduce risks associated with high blood pressure, high cholesterol and obesity.

Skin Nourishment: Staying hydrated with antioxidant-rich teas help to support a radiant and healthy complexion.

Weight Management: Certain teas can support metabolism and



assist in weight regulation. Plus, opting for tea can be a healthy way to fend off food cravings.

Enjoying a warm cup of tea is not just about staying cozy—it's about nurturing your body, mind and spirit with each soothing sip.

One great option that checks all the boxes is SPORTea, which contains premium black and green teas and other herbs, including ginger, ginseng and mate. It contains trace minerals and electrolytes, along with a complete daily value of vitamin C. SPORTea comes in both cold and hot tea options.

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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 nonpharmacologic interventions as first-line approaches for treating neck pain.



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First Thoughts and New Experiences

Returning to Innocence Through Beginner's Mindset

by Carrie Jackson

The new year brings a fresh focus on growth and forward thinking. An intentional way to harness this is to adopt the Zen Buddhist idea of *shoshin*, or beginner's mind. This approach guides people to experience life with curiosity and openness, helping them let go of old patterns. It is a way of being that encourages practitioners to abandon preconceptions, embrace the world with a sense of wonder and see things from a more optimistic perspective. By examining and releasing old ways of thinking, expressing gratitude and incorporating different practices, the mind, body and heart open to novel opportunities.

The Beginner's Mindset

"The idea of being open to the situation comes up repeatedly in meditative traditions," says Steve Rogne, owner and director of Zen

Shiatsu, in Evanston, Illinois. He notes that in his practice, *shoshin* is an essential part of *shiatsu*, a form of massage therapy that uses gentle pressure to stimulate the body's acupressure points and meridian channels. *Shoshin* can aid in unblocking stagnant energy and harmonizing the flow of *qi*, or vital energy, in the body.

"As a situation arises, we have our natural responses, which may include wanting to change what is happening. Another perspective is to ask, 'What if I accept things the way they are?'" Rogne explains. "Accepting situations for the way they are is the foundation from which we can respond. It's like a preparation for action without being the endpoint. We can simultaneously be open and respond mindfully."

Learning to accept what is happening can also help us break old patterns of thinking and reacting. "There is a very common human dynamic to move toward the things we want and away from the things we don't want; however, this can lead to a fixed response pattern that limits our growth," says Rogne. "In *shiatsu*, we help people to recognize those patterns and find the balance between active response and trusting with faith. This trains us to listen to our inner wisdom and relax into outcomes that aren't what we prefer."

Mindfully changing patterns can open us up to new experiences that we had previously shut out. "You may find a willingness to move forward in new relationships, even though you've experienced that relationships can be painful, or perhaps you find the willingness to speak up even though there's a chance you won't be heard in the way that you want," Rogne notes.

Keeping a receptive mind helps to open us up physically, as well. "In both *shiatsu* and the *shoshin* mindset, we trust that every person's body is already working on its own healing. When we let go of our fixed holding patterns, the internal circulation is freed up, leaving the best possible opportunity for the body to regain all the healthy rhythms of the organs and reduce conditions such as chronic pain," Rogne asserts.



Pixels from pixabay/CanvaPro

Optimism

Having hope and confidence about the future is essential in cultivating a beginner's mind, helping to counter some of the fear and intolerance that can undermine our lives. "A shoshin principle is that there is not anything fundamentally wrong with us or with the world. This allows us to move forward with positive faith and engagement," says Rogne.

"Optimism is a belief that good things will happen and that things will work out in the end," says Victor Perton, founder of the Centre for Optimism, an Australian-based think tank dedicated to fostering realistic and infectious optimism around the world. "With optimism, we enter each experience expecting fresh possibilities, guided by a sense that there's something meaningful to discover."

This positive outlook has myriad benefits. "Optimism nurtures healthy longevity and acts as a powerful protector against major health threats like heart disease, cancer and dementia," says Perton. "Optimism also lowers the risk of cognitive decline, as optimistic people tend to be more socially and physically active, helping stave off dementia and age-related memory loss." A 2022 study of more than 150,000 racially diverse, older women published in the *Journal of the American Geriatrics Society* found that the most optimistic women were healthier, lived 4.4 years longer than the least optimistic women and were more likely to live past age 90.

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A positive outlook can help navigate the stress and anxiety of life. “Optimism doesn’t mean ignoring the challenge; it means approaching it with the belief that solutions are possible. Optimism and a beginner’s mind work together in this way, helping us to stay open to new paths, resilient in the face of setbacks and appreciative of life’s small, beautiful details,” opines Pertone.

“Optimism doesn’t mean ignoring the challenge; it means approaching it with the belief that solutions are possible.”

Incorporating small, intentional practices into our day can help us cultivate optimism. “Smiling with genuine warmth—even at strangers—can shift our outlook, and asking others, ‘What’s the best thing in your day?’ brings a positive energy to conversations,” says Pertone. He also recommends simple grounding practices like gardening, yoga and meditation to nurture curiosity and positivity, noting, “Through these small habits, optimism becomes a daily practice and, in time, a personal superpower for resilience and joy.”

Reframing Our Outlook

Reflective practices encourage us to explore our goals with a fresh outlook. “Journaling is a practice that is just for you, and you’re not intending to share it with anyone else,” explains Shawn Brown, a Baltimore-based wellness facilitator and yoga teacher who helps clients find a path to being their authentic selves. “It really allows you to examine what is popping up and what you are curious about. This might be learning a new language or starting a new yoga practice. When we look at things as a beginner, we are open to what we are truly interested in.”

A regular gratitude practice also helps bring us back to a place of grounding. “When we tap into gratitude, it expands our propensity to be creative and allows us to drop into the present moment. This is where we live, but when we think of the future or ruminate on something that happened in the past, we are pulled out,” says Brown. She encourages clients to take breaks throughout the day and recall a person, place or experience for which they are grateful. “Think about something that makes the corner of your mouth turn into a smile,” she suggests. “It can be as simple as gratitude for your partner who bought dog food or a neighbor who moved a package off the porch. This brings us back into our lives right now, and that’s where the beginner is.”

“Releasing the need for control and perfection opens us up and expands us for so many other options and possibilities.”

Cultivating a sense of play can also tap into a shoshin mindset. “As adults, there’s a need to have a goal or expected result in any situation. When you’re a beginner, you don’t have a specific outcome

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because you're just learning. Play, especially with kids or an animal, is free-form engagement without the need to get it right or check something off our to-do list. Releasing the need for control and perfection opens us up and expands us for so many other options and possibilities," Brown says.

Brown encourages her yoga students to be open in the way they approach their practice. "Coming into a pose in a different way can give us a new experience of it," she says. "My approach to yoga is not that we're trying to do the posture, it's that we're trying to feel the posture. It's a mirror of our being and can indicate if you are feeling strong, tired, energized or wobbly. Rather than attaching a label of good or bad, you just notice, and that opens us up."

Especially in the new year, Brown urges clients to replace "I have to" with "I get to," which presents more of a growth mindset. "This is the time to reframe our goals," she points out. "Trying something new, like taking a West African dance class instead of your regular spin class, shakes up the routine and keeps your mind and body learning. You get to be pushed out of the comfort zone, and that's where the magic happens."

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.

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Serving up Happiness

Foods for Better Moods

by Zak Logan

Most of us feel a little grumpy when we're hungry, but a diet that is dominated by ultra-processed packaged foods and drive-through meals increases our chances of experiencing chronic mood swings and symptoms of depression. Ultra-processed foods are characterized by a long list of additives—artificial flavors, colors, sweeteners, preservatives, salt and more—resulting in products that do not resemble their original natural state.

In a 2022 study published in *JAMA Network Open* involving more than 10,000 participants aged 18 or older, individuals with a higher percentage of their total energy intake from ultra-processed foods were significantly more likely to report mild depression and more mentally unhealthy and anxious days. Research involving more than 31,000 middle-aged women published last year in *JAMA Network Open* linked a higher consumption of ultra-processed foods, especially artificial sweeteners, to a higher risk of depressive disorders. Reducing ultra-processed food intake by at least three servings per day lowered the risk of depression.

In order to produce serotonin, dopamine and other neurotransmitters that are crucial for balanced mental health, our bodies require vitamins, minerals and other nutrients found in real, whole foods. The Mayo Clinic recommends avoiding processed meats, sugary beverages, sweets and refined grains, and it gives a thumbs-up to feel-good fare on the Mediterranean diet that includes

plant-based foods, such as fruits, vegetables, legumes, nuts, seeds and whole grains; healthy fats like olive oil; lean meats, including fish and poultry; and some dairy, such as natural cheese and yogurt.

Brain Changers

According to Holly DeLong, a registered dietitian and the founder of Food & Mood, in Malvern, Pennsylvania, “Food is a form of medicine, and we truly can make big improvements in our mental and emotional well-being using the intersection between nutrition and mental health. Food, gut health and nutrient status all affect neurotransmitter production and balance. Certain nutrients are required to produce neurotransmitters.” She recommends the

consumption of mood-friendly, B-vitamin-rich leafy greens, avocados, lentils, sunflower seeds and nutritional yeast, as well as magnesium-packed whole grains, tofu and bananas.

“What we eat influences key systems in our body, especially blood sugar, gut health and inflammation, and these impact mood, energy, stress and anxiety,” says Amy Fox, a certified functional food coach and life coach in Cincinnati, Ohio. “Think of each meal as your ‘nutrition prescription.’ These choices almost always predict how you’ll feel in a few hours. A helpful rule of thumb is to aim for foods with five ingredients or less and limit boxed, bagged or wrapped items.” She also notes that high-sugar items, especially before bed, are the worst offenders.

What we eat, and when, can improve the body’s chemical balancing act. “Meal timing can be a huge factor in how food affects mood. Skipping meals and eating too close to bedtime can contribute to poor energy, lower moods and higher anxiety for some people,” explains DeLong.

Fox notes that consuming alcohol can also backfire. “Sometimes we think a glass of wine will help us unwind after a long day, but it has the opposite effect. Even small



RossHelen/CanvaPro

amounts of alcohol can disrupt the production of our natural happiness chemicals.”

Gut Health

Because 95 percent of serotonin is produced in the gut, nutritionally dense foods and those containing probiotics and prebiotics promote the presence of good bacteria in the belly, which ensures the production of this neurotransmitter. Fox recommends three daily servings of fermented foods like kefir, kombucha, kimchi, plain Greek yogurt and naturally fermented sauerkraut found in the refrigerated section with “live cultures” on the label.

DeLong’s favorite go-to allies are sources of omega-3 fatty acids like salmon, walnuts and chia seeds to combat inflammation, an integral factor in fighting the blues. She praises the antioxidant potential of berries, acai and pomegranates, and suggests swapping coffee for L-theanine-rich matcha green tea to decrease systemic patterns of anxiety.

Protein Power

Protein is an unsung hero in eating to feel better. “A craving for sweets might indicate a serotonin deficiency often linked to stress and low energy,” says Fox. “When you eat protein-rich foods, they help slow digestion, keeping blood sugar levels stable and providing a longer-lasting energy source.” She recommends lean chicken, beef, eggs, Greek yogurt, cottage cheese and legumes.

Consistent Change

According to DeLong, “Neurotransmitter health is not a predetermined, unchangeable defect as it is often seen. We can make an impact with the choices we make.”

Simple, consistent changes in the diet can produce lasting effects. “It’s about small, supportive choices that build up over time, shifting focus from restriction to nourishment,” says Fox.

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



MOOD BOOST PROTEIN SMOOTHIE

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3/4 cup milk or plant-based milk
1 scoop protein powder (such as all-natural Alive N Vibrant protein powder, found at AliveNVibrant.com)
1/2 frozen banana
1/2 cup frozen berries of choice
1 Tbsp of flaxseeds
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Handful of kale or spinach

Place all ingredients in a blender and blend well. If desired, add a few ice cubes to thicken. Enjoy!

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YIELD: 3 SERVINGS

- 1 yellow onion, roughly chopped*
- 3 cloves garlic, peeled and chopped*
- 2 celery stalks, roughly chopped*
- ¾ tsp dried thyme*
- 5 cups bone broth*
- 1 cup raw cashews*
- 1½ lb Yukon gold or white potatoes, diced (approx. 3½ cups)*
- 7 cups broccoli florets (approx. 1 large head of broccoli)*
- ½ tsp sea salt or to taste*
- ½ tsp black pepper or to taste*

Add onion, garlic, celery and 2 to 3 tablespoons of water to a pot. Sauté for 3 to 4 minutes until softened, adding more water as needed to prevent sticking. Add the thyme and sauté another 30 seconds until fragrant.

Add broth, cashews, potatoes, broccoli florets, salt and pepper to the pot and bring to a boil over high heat. Once boiling, lower the heat to medium and cook for approximately 6 to 8 minutes until the potatoes are fork tender.

Use an immersion blender to puree the soup in the pot or carefully transfer the contents of the pot to a stand blender in batches and puree.

Serve with crusty bread or garnish with croutons.

Recipe courtesy of Holly DeLong.



SUSTAINING GRAIN BOWL

YIELD: 1 TO 3 SERVINGS

- 1 cup whole grain of choice, cooked (millet; wild, brown or black rice; buckwheat; quinoa; farro; or amaranth)*
- 1 to 3 cups vegetables, raw, lightly steamed, roasted or sautéed*
- 4 to 6 oz of lean protein of choice, cooked (lean meat, egg, beans, legumes, tempeh, tofu or fish)*
- ½ cup nuts, seeds, sprouts or avocado*

Cook grain, vegetables and protein, depending on choice of ingredients. To build, layer grain as the base and add vegetables, protein and toppings.

Recipe courtesy of Holly DeLong.



EASY SERENITY SALAD BOWL

YIELD: 1 SERVING

- 2 cups mixed greens of choice (baby lettuce, mustard, chard, spinach, arugula or chicory)*
- ¼ cup fermented veggies (kimchi or sauerkraut)*
- ¼ cup cooked beans (kidney, black or garbanzo)*
- 1 Tbsp flaxseeds*
- 2 Tbsp walnuts*
- 1 Tbsp lemon juice*
- ½ Tbsp olive oil*
- Optional: grilled salmon or avocado slices*

Mix greens, fermented veggies, beans, flaxseeds and walnuts in a bowl. Drizzle with lemon juice and olive oil. Top with grilled salmon and/or avocado slices.

Recipe courtesy of Amy Fox.

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intelligence to heal and stay healthy. Offering corrective exercises for pain and posture, wellness care and supplements, custom orthotics and soft tissue treatments.

See ad on page 17.

Coaching, Empowerment

COACHING BY CHANDI

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



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

and success!

Angel's Touch Healing, LLC

Pam Wargin
Inside the Angel Light Center,
2331 S. 108th St., West Allis
414-531-4234 | PamWargin1@gmail.com
AngelsTouchHealing.org



REIKI AND ENERGY HEALING THROUGH THE HANDS OF AN EXPERIENCED PHYSICAL THERAPIST

Using the power of human touch, Pam provides a unique integration of manual physical therapy techniques, Reiki and other ancient healing techniques to reduce stress, increase relaxation and promote overall well-being.

SPECIALTY:

"At Angel's Touch Healing, I offer a unique therapeutic experience by blending my three decades of experience in physical therapy with specialized training in Reiki and energy healing. Together, this allows me to help restore balance, health and wholeness to every client I work with. I am eager to help you move forward on your path in life with love, light and purpose."

WHAT LED YOU HERE?

"Throughout my journey, I've worked in a variety of medical settings, designing and managing physical therapy care plans. I found that for some people, something more than our physical approach was necessary. This drew me to look at Reiki as an addition to my practice, and I have found it to add another piece of the puzzle that can further a person's wholeness and balance. I earned my Bachelor of Science in Physical Therapy from Marquette University and completed my Reiki Master training at Golden Light Healing, in Sobieski, Wisconsin.

CLIENTS CAN EXPECT:

"Healing is more than just physical, and I work harmoniously with the other medical and mental health care my clients may be receiving. I screen each client's physical symptoms and recommend they seek appropriate medical care when needed. It is important to me that clients feel safe, both medically and physically, and that they understand that I am not an advocate of an exclusively holistic approach."

"I believe that true healing goes beyond addressing physical symptoms—it embraces mental, spiritual and emotional wellness, fostering a complete sense of well-being."

GLOSSARY

Acupuncture: Acupuncture stimulates the body's ability to heal and balance itself, based on the theory that an electromagnetic life force (qi or chi) flows through the body via meridians. Disease is seen as an imbalance in this system. Practitioners insert needles at specific points to regulate/rebalance the life force.

Aesthetician (Holistic): Under the notion that skin, mind & body wellness are all linked, licensed professionals provide a more natural, holistic approach to beauty & wellness. This often includes non-invasive facials & skin-care treatments, quality skincare products & nutritional support.

The Johnston Group

Tom Johnston
Whitefish Bay, Wisconsin
414-301-3422
Tom@TheJohnston.Group
TheJohnston.Group



EMOTIONAL BALANCE COURSES, GUIDED MEDITATIONS AND COACHING FOR MENTAL CLARITY AND RESILIENCE.

The Johnston Group empowers individuals with the skills to achieve mental clarity and resilience through foundational emotional balance courses, guided meditations and private coaching. Evidence-based techniques such as emotional timelining help clients effectively manage their emotions, improve relationships and reduce stress.

SPECIALTY:

Specializing in emotional education and mindfulness, The Johnston Group offers a non-therapeutic approach to improving emotional well-being. Unlike traditional mental health services, our supportive programs blend modern science with time-tested contemplative practices, empowering clients to constructively navigate their emotions, as well as foster deeper personal connections and balance in day-to-day life.

CLIENTS CAN EXPECT:

Founder Tom Johnston is the only certified Cultivating Emotional Balance instructor in Wisconsin. When working with him, you can expect an engaging, supportive environment in which to master practical tools and techniques that help you better understand and navigate your emotions. Each session will leave you feeling more balanced, mindful and empowered to handle life's challenges with clarity and confidence.

WHAT LIES AHEAD:

We are launching an emotional timelining workbook in 2025 along with a broad spectrum of in-person and virtual courses focused on building emotional literacy and awareness. We also plan to offer weekly drop-in meditation sessions and timelining workshops to help establish a regular practice.

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

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

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

Coaching, Trauma Healing

CELESTIAL COACHING & BODYWORK

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



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

See ad on page 12.

Colon Hydrotherapy

NATURAL ESCAPE, LLC

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



Natural Escape elevates wellness through a holistic approach, integrating colon hydrotherapy, advanced massage techniques, health coaching, red light therapy and infrared sauna. Our holistic coaching empowers clients to detox, heal and thrive, addressing stress at its root.

VIVA WELLNESS

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



Boutique Medical Weight Loss blended with holistic wellness treatments to help you become your best. See ad on page 13.

Compost Service

BLUE RIBBON ORGANICS

262-497-8539
BlueRibbonOrganics.com



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

Counseling

SEE MENTAL HEALTH

Crystals

ANGEL LIGHT CENTER FOR THE HEALING ARTS

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



Experience over 20,000 amazing crystals, rocks, gemstones, natural stone jewelry and metaphysical supplies, all at affordable prices. Angel Light also of-

fers great workshops, intuitive readings and personal healing sessions.

ANGELIC ROOTS CRYSTALS, WELLNESS CENTER & APOTHECARY

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



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

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

REMEDY WITHIN MASSAGE THERAPY & SPIRITUAL GIFTS

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



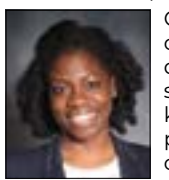
We provide a diverse assortment of crystals, minerals and stones. Locally made jewelry, spiritual items, sage, candles, cleansing sprays, CBD and essential oils are available

along with intuitive readings, crystal healing and massage therapy.

Dentistry

BIONICA DENTAL WELLNESS

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



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

page 5.

HOLISTIC DENTISTRY OF PORT WASHINGTON

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



Accepting new patients! Dr. Jana Ledic has been practicing dentistry since 2011 and believes in helping patients in the most natural way possible. **See ad on page 21.**

INTEGRATIVE DENTAL SOLUTIONS

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



"...Because a healthy Body, starts with a healthy Mouth." Our office specializes in treating the cause of the problem and not just the symptoms; we offer the latest advances in dentistry. **See ad on back cover.**

Detoxification

NATURAL ESCAPE, LLC

Chandra Houser, LMT, CCH
11203 N Buntrock Rd, Mequon
262-895-5078 | Natural-Escape.com



Natural Escape elevates wellness through a holistic approach, integrating colon hydrotherapy, advanced massage techniques, health coaching, red light therapy and infrared sauna. Our holistic coaching empowers clients to detox, heal and thrive, addressing stress at its root. **See profile on page 31.**

Doula (Birth)

SELFISH EVOLUTION YOGA/MINDFULNESS/BIRTH DOULA/SOUND HEALING

3614 W N Ave, Milwaukee
608-509-3299
SelfishEvolution.com



Whitney is a seasoned wellness expert, utilizing self-healing tools for over 10 years, supporting diverse clients in Milwaukee, Kenosha and Racine with customizable wellness packages and personalized plans for optimal wellness.

The 16th Dare to Be Aware Fair April 12

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



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

SPECIALTY:

The "Dare Fair" is for people that want to explore alternative healing methods such as Reiki, crystals, herbs, organic products, animal communication, sound healing, psychic readings and more. There is a lot to explore with over 100 exhibitors and 13 workshops for enlightenment & wellness inspiration.

VENDORS AND ATTENDEES CAN EXPECT:

The Dare Fair is not just an event; it is an opportunity to join a vibrant community that fosters growth, vitality & well-being. If you are seeking a community of like-minded individuals & practitioners, a wealth of healing options and an unforgettable experience, mark your calendar for April 12. Tickets are \$15, available for pre-purchase online or cash-only at the door. Children 16 & under are free.

WHAT LIES AHEAD:

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

The Dare Fair is set to mark its 16th anniversary on April 12, 2025. The 2025 theme, "World of Wellness," invites all visitors to expand their awareness and immerse themselves in a world of holistic well-being.

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

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

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

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

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

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

Education

CONCORDIA UNIVERSITY WISCONSIN
School of Pharmacy
CUW.edu/NPS



Take the next step toward a career that makes a difference! Discover Your Future

in Natural Product Sciences with our flexible graduate programs. Choose from a 30-credit online Master's degree or a 12-credit graduate certificate, both designed to fit your life and goals. Specialize in medical cannabis or nutraceuticals, and prepare for exciting roles in healthcare, pharmacy, research and development, manufacturing, business and beyond. **See ad on page 8.**

MIDWEST COLLEGE OF ACUPUNCTURE AND HERBAL MEDICINE
Racine, WI and Skokie, IL
800-593-2320
MWC2010@aol.com | Acupuncture.edu



Start your path to a more rewarding career as an acupuncturist! Earn a Bachelor of Science in Nutrition (TCM) combined with a Master of Science in Oriental Medicine. License available in 46 states. Call today to learn more.

Energy Enhancement System

BROOKFIELD HEALTH & WELLNESS, LLC
150 S Sunnyslope Rd, Ste 148, Brookfield
262-395-4023
BrookfieldHealthAndWellness.com



Our passion is helping patients maximize their health, allowing you to live life to the absolute fullest. We approach each patient as an individual by assessing the body with state-of-the-art, bio-energetic technology to identify underlying root cause issues. **See ad on page 2.**

Energy Healing

BODYIGNITE, LLC
Dawn Coleman
Mind, Body and Soul Practitioner
414-339-6688 | Bodyignite.com



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

LUX EXTERNA HEALING
262-510-1012
Ann@LuxEternaHealing.com
LuxEternaHealing.com



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

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



Eden energy medicine believes in the body's innate healing abilities. It works directly with the body's energy systems to help create health, healing and vitality. **See profile on page 35.**

Equine Therapy

HORSE POWER HEALING CENTER
S101 W34628 Cty Rd LO, Eagle, WI
262-594-3667
HorsePowerHealingCenter.com



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

Fitness

AWELL + VITALITY
FITNESS • SKINCARE • RECOVERY
414-331-8852
222 E Erie St, #150, Milwaukee
AestheticallyWell.com



Milwaukee's first holistic med spa and modern health club offer holistic medical skincare and facials, nutrition coaching, assisted stretching, personal training and more. Ask about our infrared sauna and cold plunge. **See ad on page 15.**

BODYIGNITE, LLC

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



I am a Life Transformation Coach. I am here to offer all who are open to co-creating a plan to put goals and dreams into action and make them a reality. Your goals and well-being are accessible to you! I offer the tools and the template to create a sustained and joyful life filled with purpose.

IRONGIRL FITNESS & NUTRITION

Casey Zimmerman, CPT, PNI-NC
608-577-4102
IronGirlCasey.com
IronGirlCasey@gmail.com



Customized fitness and nutrition coaching. Targeted fitness regimens based on your goals. Nutrition plans for a healthy lifestyle that are sustainable. Providing confidence, strength and courage through your wellness journey.

Food/Restaurant

RUTA'S FRESH INDIAN FARE

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



At Ruta's, we serve Indian fare that's light, bright and healthful, based on the Ayurvedic principle that food is the best medicine. Our regional Indian menu is fully customizable, and guests build their own Fresh Indian Bowl. **See ad on page 11.**

Forest Bathing

INTENTIONALLY OUTDOORS

Serving Southeastern Wisconsin
IntentionallyOutdoors.com
Connect@IntentionallyOutdoors.com



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

and corporate offerings available. **See profile on page 32.**

Natural Escape

Chandra Houser, CNHC, LMT, CCH
11203 N Buntrock Ave, Ste 102, Mequon
262-895-5078
Natural-Escape.com | Info@Natural-Escape.com



COLON HYDROTHERAPY, RED LIGHT THERAPY, INFRARED SAUNA, THERAPEUTIC MASSAGE, FACIALS AND NATURAL HEALTH COACHING:

Natural Escape elevates wellness through a holistic approach, integrating colon hydrotherapy, advanced massage techniques, coaching, red light therapy and infrared sauna. We empower clients to detox, heal and thrive, addressing stress at its root.

SPECIALTY:

We specialize in colon hydrotherapy—a safe, natural and gentle way of cleansing the body naturally. It enhances the digestive and lymphatic system, supporting healthy waste elimination. And by releasing free radicals and other toxins in the body, weight loss is natural following a healthy lifestyle.

Colonics have been used for centuries to clear toxins and provide relief from a range of conditions. The Angel of Water, a gravity-fed open design, is the system chosen by the finest medical spas and integrative wellness centers around the world.

CLIENTS CAN EXPECT:

"We care about our community, our clients, our exclusive services and the environment in which we provide care, since 2006. We use sterile equipment, a state-of-the-art customizable colonic system, ionize and ozone the water, and offer guidance on the inoculation of beneficial gut flora. Our aim is to create a holistic cleansing experience to help you heal by addressing the root cause naturally."

Contrast Therapy (Contrast Suite): Alternates hot and cold exposure, often with a sauna and a cold tub, to improve circulation, reduce pain, promote detoxification and overall healing. Heat increases blood flow and relaxes muscles, while cold reduces inflammation and numbs pain. Commonly used by athletes for recovery and injury management, it also benefits anyone seeking improved circulation or relief from discomfort. See Sauna.

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

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

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

Intentionally Outdoors

Gwen Ripp, certified Nature and Forest Therapy Guide serving Southeastern Wisconsin
Connect@IntentionallyOutdoors.com
IntentionallyOutdoors.com



FOREST BATHING: GUIDED FOREST THERAPY WALKS

Public, private, and corporate sessions are available. Each walk is tailored to deepen connection to both nature and oneself.

Inspired by the Japanese practice of *Shinrin-Yoku*, or forest bathing, these intentional walks offer a chance to slow down, be present and de-stress through mindful interactions with the natural world.

Forest Therapy involves immersive experiences in nature using the five senses to foster relaxation and self-connection. This practice helps to renew a sense of calm, balance and ease of mental clutter.

WHAT CLIENTS CAN EXPECT:

No prior experience required; all adults are welcome. Walks can be in forests, meadows, beaches or green spaces—anywhere that humans and nature meet. They differ from strenuous hikes, as the intention is a gentle, restorative experience to support emotional and energetic wellness. Walks happen rain or shine, except in dangerous conditions, and conclude with tea and sharing.

NEW IN 2025:

There are several upcoming Guided Forest Therapy Walks that welcome newcomers each month. Each event is \$35 and provides a chance to embrace 2025 with a sense of reconnection and renewal. Check NaturalMKE.com/Calendar for upcoming walks or visit IntentionallyOutdoors.com. We will offer a Forest Therapy & nature connection retreat in August of 2025. Sign up for our newsletter or follow us on Instagram @beintentionallyoutdoors to book your spot.

WHAT DREW YOU TO THIS PROFESSION?

“My journey with nature started as a child, running barefoot on the grass and tending to our family’s farm in central Wisconsin. As life took me to the city, I lost touch with that deep connection. Despite a busy and productive life, I struggled with depression, anxiety, and various health issues. Forest Therapy was transformative for me and rekindled the relationship I once knew. My goal is to help others nurture a richer connection with the natural world and experience the healing benefits it has to offer.”

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

Energy Enhancement System (EESystem): A wellness technology that uses scalar energy fields and bio-photonic light waves to promote healing, relaxation and energy balance. Participants sit comfortably in a room with screens emitting these frequencies, believed to aid cellular regeneration, reduce inflammation & enhance well-being.

Functional Medicine

PROVITA WELLNESS CLINIC

21415 W Greenfield Ave, New Berlin
inside the Guild of Modern Wellness
262-276-0300
MyProvitaWellness.com



Functional medicine and weight loss with a personalized root cause approach. Achieve optimal health and correct dysfunction. We treat GI, cardiac, inflammatory/immune, POTS, post viral, hormones/endocrine, weight loss and more. **See ad on page 17.**

Hiking/Hiking Retreats

TRAIL DOG AND COMPANY

TrailDogAndCompany.com
IG: @traildogandcompanyllc
FB: Facebook.com/traildogandcompany
TrailDogAndCompanyLLC@gmail.com



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

Holistic Health

BROOKFIELD HEALTH & WELLNESS, LLC

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



Our passion is helping patients maximize their health, allowing you to live life to the absolute fullest. We approach each patient as an individual by assessing the body with state-of-the-art, bio-energetic technology to identify underlying root cause issues. **See ad on page 2.**

NATURAL ESCAPE, LLC

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



Natural Escape elevates wellness through a holistic approach, integrating colon hydrotherapy, advanced massage techniques, health coaching, red light therapy and infrared sauna. Our holistic coaching empowers clients to detox, heal and thrive, addressing stress at its root. **See profile on page 31.**

Hormone Health

LIFESTYLE WELLNESS COACH

Tally Hayden
Hormones.Blood Sugar.Weight Loss
414.793.4168
TallyHayden.com



Life Changing Drops: Struggling with hormonal weight gain? Plant-based, homeopathic weight loss drops that actually work (1 million+ droppers) to break insulin resistance and activate your GLP-1.

Integrative Health

THIENSVILLE HEALTH ALLIANCE

136 N Main St, Thiensville
262-242-3369
ThiensvilleHealthAlliance.com



One-stop shop for all health needs—where modern Western medicine and complementary therapies meet, and the patient comes first. Contact Joette or Dr. Gary Lewis for leasing opportunities. New patients are welcome to call for more information.

Landscape/Lawncare Service

BE GREEN PRO LLC

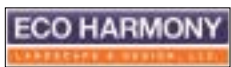
Patricia Beres
Delafield, WI
262-361-4034
Hello@BeGreen.pro | BeGreen.pro



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

ECO HARMONY LANDSCAPE

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



Ecologically minded, full-service landscape company servicing SE Wisconsin. Specializing in sustainable ideas and low-maintenance solutions. Professional craftsmanship inspired by nature. **See ad on page 20.**

Light & Laser Therapy

GUILD OF MODERN WELLNESS

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



Now offering Laser and Infrared Light Therapy. Call today and ask about a free demo. The Guild of Modern Wellness is a unique space of respite

for mind, body and soul with a variety of evidence-based treatments and services for safe, effective and natural healing and wellness maintenance. **See ad on page 17.**

RESTORATIVE LASER THERAPY

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



Laser therapy is non-invasive, pain-free, and used to stimulate cells and healing. It helps reduce pain, inflammation and appearance of scars. Boosts circulation, improves tissue repair, arthritis, fibromyalgia, carpal tunnel,

TMJ and more. Call today. **See ad on page 17.**

Massage Therapy

CELESTIAL COACHING & BODYWORK

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



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

See ad on page 12.

FLORA & STONE MASSAGE THERAPY

Jessica Lueneburg
W62N563 Washington Ave, Ste C,
Cedarburg
Jess.info@FloraStoneMT.com
FloraStoneMT.com



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

Energy Healing (Energy Work):

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

Environmental medicine/Mold:

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

Functional Medicine:

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

Holistic Health:

Similar to integrative and functional medicine, this approach seeks to improve the physical, mental, emotional & spiritual components of wellness & often involves the integration of both traditional Western and alternative, natural, complimentary health practices to achieve optimal wellness. See Integrative Medicine & Functional Medicine.

Homeopathy:

A therapy that uses small doses of specially prepared plants & minerals to stimulate the body's defense mechanisms & healing processes in order to cure illness.

Hypnotherapy: Bypasses the conscious mind to access the subconscious, unlocking the psyche's natural healing abilities. It aids in addiction recovery, mental health, resolving past events & fostering a positive outlook.

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

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

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

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

Massage Therapy cont'd

KNEADED PAUSE MASSAGE

17345 W Capitol Dr #103, Brookfield
262-202-6467
KneadedPauseMassage.GlossGenius.com



Give your body the relief it needs with a massage personalized for you! Hot stones, aromatherapy, and DNA Hemp CBD. Ask about the New Client Discount! Let's work together!

MAPLEROOTS MASSAGE LLC

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



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

MIND & BODY CONNECTION ORTHOPEDIC MASSAGE

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



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

See ad page 12.

Medicine - Naturopathic

LAKESIDE NATURAL MEDICINE

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



Naturopathic doctors with a focus on autoimmune diseases, gastrointestinal disorders, hormone imbalance, weight loss and hypothyroidism. See ad on page 23.

Meditation

FROM SUFFERING TO PEACE

414-235-7704
FromSufferingToPeace@gmail.com
FromSufferingToPeace.com



From Suffering to Peace offers meditation & mindfulness classes, guiding individuals toward inner peace, joy, and personal growth.

THE JOHNSTON GROUP

Tom Johnston
Whitefish Bay, WI
414-301-3422
Tom@TheJohnston.Group
TheJohnston.Group



The Johnston Group empowers individuals with the skills to achieve mental clarity and resilience through foundational emotional balance courses, guided meditations and private coaching. Evidence-based techniques such as emotional timelining help clients effectively manage their emotions, improve relationships and reduce stress. See profile on page 28.

Mental Health

BLUE PINES COUNSELING

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



Blue Pines Counseling offers a holistic approach to healing, growth and transformation. Tiernee Schatz, ATR-BC, LPC, NCC, CCTP, is a nationally certified licensed professional counselor, board certified art

therapist with advanced training in trauma therapies and nutritional psychiatry.

JACK CINCOTTA

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



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

MBW LIFEART CONSULTING

Martha S. Bache-Wiig B.A., C.A.P.E.
405 E Forest St, Oconomowoc
262-510-4815 | CenterPerson.org



Whole-person counseling and coaching for lasting well-being—in-person, virtual and group options. Unlock your authentic talents, desires and goals with a unique approach. Martha is an International Counselor-Trainer

in Existential Personalistic Anthropology. **See profile on page 40.**

OPEN DOOR WELLNESS

9205 W Center St, Suites 201-202
414-563-7341
OpenDoorWellness.org



Affordable holistic psychotherapy, bodywork, movement and other classes offered in a

peaceful welcoming space. Come as you are, share what you know, explore who you want to be, and build community. **See ad on page 19**

PATHWAYS TO HEALING SOMATIC THERAPY AND CONSULTING, LLC

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



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

Myofascial Release

SBR THERAPY & WELLNESS

W61N397 Washington Ave, Cedarburg
262-204-8383 | SBRTerapy.com



Specializing in training, recovery and support for swimmers, bikers and runners including myofascial release and bodywork. Now Hiring Wellness Professionals! **See ad on page 43.**

SPECIALIZED THERAPY SERVICES

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



Specialized Therapy Services began in 2002, providing comprehensive MFR treatment programs. Currently, it is the only private MFR clinic accepting multiple insurance plans including Medicare. **See ad on page 40.**

Natural Cleaning

ROXY'S NATURAL CLEANING, LLC

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



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

through. **See ad on page 21.**

Nutrition

FLORA & STONE MASSAGE THERAPY

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



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

and virtual nutrition services available.

IRONGIRL FITNESS & NUTRITION

Casey Zimmerman, CPT, PNI-NC
608-577-4102
IronGirlCasey.com
IronGirlCasey@gmail.com



Customized fitness and nutrition coaching. Targeted fitness regimens based on your goals. Nutrition plans for a healthy lifestyle that are sustainable. Providing confidence, strength and courage

through your wellness journey.

NEW NEWTRITION

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



Karen Krchma, owner, is a Registered Dietitian Nutritionist, Certified Dietitian and Biofeedback Specialist who has been practicing in Wisconsin for over 20 years to help individuals achieve goals for vitality. **See ad on page 23.**

over 20 years to help individuals achieve goals for vitality. **See ad on page 23.**

Purple Lotus Healing

Jean Brandt
675 N. Brookfield Rd., Brookfield
414-651-0941
PurpleLotusHealing322@gmail.com



ENERGY HEALING AND SOUND HEALING

Supporting the body's natural, innate healing ability

Jean Brandt is a certified Eden Energy Medicine (EEM) practitioner who provides unique healing sessions at Purple Lotus Healing, in Brookfield. EEM is a holistic healing modality that taps into the body's natural healing abilities through energy and muscle testing. Each session is tailored to address the specific imbalances discovered, making it effective for both emotional and physical wellness support.

In addition to EEM, Brandt integrates sound healing techniques using tuning forks and Tibetan singing bowls when appropriate, enhancing the overall healing experience. "Unlike traditional Western medicine, EEM allows for a personalized approach where even clients with similar issues may experience different treatments based on their unique energy imbalances."

CLIENTS CAN EXPECT:

Imbalance in the body can manifest as many different mental and physical conditions—anxiety, stress, aches and pains in various parts of the body, trouble sleeping or concentrating and more.

"For those seeking to improve their overall well-being, this extraordinary healing modality offers a path to healing through a combination of energy and sound healing."

To learn more or to book a session, readers can call or email Jean.

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

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

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

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

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

NOURISHING WELLNESS

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



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

SEED OF LIFE NUTRITIONAL HEALTH AND WELLNESS

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



Nutrition counseling service specializing in personalized health and wellness plans. Karen Krchma, is a Registered Dietitian Nutritionist, Certified Dietitian and Biofeedback Specialist who has been practicing in Wisconsin for over 20 years to help individuals achieve goals for vitality. **See profile on page 37.**

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. Shop at your local Outpost Natural Foods or online: AliveNVibrant.com.

Physical Therapy

REVITALIZE PHYSICAL THERAPY
Hales Corners & Wauwatosa
414-708-8066 | Revitalize-PT.com



We specialize in helping women from preconception, pregnancy, postpartum, menopause, and everything in between to resolve common pelvic floor issues through a hands-on, personalized, cohesive approach to live healthy and active lives. **See ad on page 45.**

Pilates

EAST SIDE PILATES AND PHLOX BOUTIQUE
2445 N Farwell Ave, Milwaukee
414-915-7100
Jesse@EastSidePilates.com
EastSidePilates.com



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

Psychics/Mediums

INTUITIVE SPIRITUAL COACH
Half off with this ad
608-253-0022



Are you seeking answers to life's biggest questions? Trust your intuition and unlock your inner clarity from a gifted, accurate and compassionate psychic who can guide you through love, career and personal growth. Whether you're at a crossroads or simply curious about what the future holds, a psychic reading offers the clarity you need.

Quantum Healing

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



Dr. Ann's Quantum Field Light and Brain Activation Method combines light frequencies, gentle touch, and guided breath-work to help clients achieve empowerment, self-trust, and body/mind integration through physical and quantum healing. **See ad on page 10.**

Real Estate

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



Buyer and seller consultations available. Trust and communication from our first meeting to closing. Clients can expect a relationship beyond the closing table to ensure their home needs are always met. **See ad on page 12.**

Reflexology

RENEWED YOU REFLEXOLOGY

414-852-7870

Renewed-You-Reflexology.square.site



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

Reiki

ANGELIC ROOTS

Crystals, Wellness Center & Apothecary
8612 & 8659 S Market Place, Oak Creek
414-304-5184

AngelicRoots.com



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

ANGEL'S TOUCH HEALING, LLC

Pam Wargin

Inside Angel Light Center, 2331 S. 108th St., West Allis

414-531-4234

PamWargin1@gmail.com

AngelsTouchHealing.org



Offering Reiki and energy healing through the hands of an experienced Physical Therapist. I am blessed to share these gifts and help restore bring physical relief, stress release, relaxation and spiritual support to each and every client. **See profile on page 27.**

KIRALILY HEALING

21755 Longview Dr, Waukesha

262-208-5193

KiralilyHealing@gmail.com

KiralilyHealing.com



Kiralily Healing is a reiki and energy healing practice. Every session is customized using sound

tools, crystals and aromatherapy. Distance healing, group sessions and soy candles are also offered.

Retreats/Retreats Center

GOLDEN LIGHT HEALING

RETREAT CENTER

Amy Wilinski

920-609-8277 | GoldenLightHealing.net



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

SACRED SPACES FOR SPIRITUAL HEALING

Dawn Coleman

W62N563 Washington Ave, Ste A,

Cedarburg

414-339-6688 | BodyIgnite.com



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

Salt Therapy (Halotherapy)

EAST SIDE PILATES AND PHLOX BOUTIQUE

2445 N Farwell Ave, Milwaukee

414-915-7100

Jesse@EastSidePilates.com

EastSidePilates.com



EAST SIDE PILATES

Our unique health and fitness space strives to strengthen and empower individuals. Now offering salt therapy! A detoxifying and calming way to reduce stress, improve sleep, support the immune and nervous systems.

Seeds of Life: Nutritional Health and Wellness

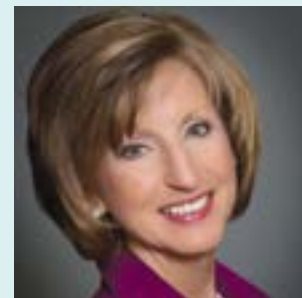
Karen Krchma, RDN, CD, CBS,

163 Green Bay Rd, Thiensville

414-315-8800

Info@SeedsOfLifeNutrition.com

SeedsOfLifeNutrition.com



HOLISTIC NUTRITION COUNSELING SPECIALIZING IN PERSONALIZED HEALTH AND WELLNESS PLANS.

Starting with an initial Functional Analysis, we aim to find and address the root causes of malaise. Initial recommendations often include a biofeedback session and a personalized plan to meet your health and vitality goals.

"My work is different in that I consider additional info: your lifestyle, past or present traumas, and what kinds of things have impacted your overall well-being. Each person is unique—though good food is essential, your environment plays a role in health. These aspects are woven together to bring out the best in your life and well-being."

WHAT LED YOU HERE?

"My family was in the restaurant business, and I always considered food as an important aspect of life and health. I became a dietitian to share that passion with people and to learn all I can about how food is involved with true health.

"I love to share my passion of nourishing the body through food and nutrition, with self-respect and a balanced lifestyle that includes play, rest, friends, family and joyous acceptance. Healing takes place—and health occurs—when these attributes to life are joined for one purpose, health and happiness."

AGING WITH GRACE AND GUTS

"This year, I have added a healthy weight protocol, as well as a focus on aging with grace and guts! It takes guts, i.e., healthy guts to be healthy, no matter what the health history or other issues are. The earlier you start the better, but it is NEVER TOO LATE to jump in. I will teach you how, step by step. You will love yourself like never before for taking on this endeavor! Join our email list to receive the special offers."

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

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

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

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

Pilates: Emphasizes development of the abdominal power center, or core. More gentle than conventional exercises, Pilates—like yoga—yields long, lean, flexible muscles with gracefully balanced movements that help improve fitness and activities of daily living, as well as overcoming injuries.

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

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

Red Light Therapy: See *Light Therapy*.

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

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

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

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

Sauna

AWELL + VITALITY FITNESS • SKINCARE • RECOVERY

414-331-8852

222 E Erie St, #150, Milwaukee

AWELL Milwaukee's first holistic med spa and modern health club offer holistic medical skincare and facials, nutrition coaching, assisted stretching, personal training and more. Ask about our infrared sauna and cold plunge. **See ad on page 15.**

GUILD OF MODERN WELLNESS

Trish Beckman, RN

21415 W Greenfield Ave, New Berlin

262-391-3876

Trish@GuildOfWellness.com

GuildOfWellness.com



Now offering Laser and Infrared Light Therapy. Call today and ask about a free demo. The Guild of Modern Wellness is a unique space of respite for mind, body and soul with a variety of evidence-based treatments and services for safe, effective and natural healing and wellness maintenance. **See ad on page 17.**

Skin Care / Spa

AWELL + VITALITY FITNESS • SKINCARE • RECOVERY

4 1 4 - 3 3 1 - 8 8 5 2

222 E Erie St, #150, Milwaukee

AWELL Milwaukee's first holistic med spa and modern health club offer holistic medical skincare and facials, nutrition coaching, assisted stretching, personal training and more. Ask about our infrared sauna and cold plunge. **See ad on page 15.**

Snow/Ice Removal

BE GREEN PRO LLC

Delafield, WI

262-361-4034

Hello@BeGreen.pro | BeGreen.pro



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

Sound Healing

ANGELIC ROOTS

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



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

Weight Loss

LIFESTYLE WELLNESS COACH

Tally Hayden
Hormones.Blood Sugar.Weight Loss
414.793.4168
TallyHayden.com



Life Changing Drops: Struggling with hormonal weight gain? Plant-based, homeopathic weight loss drops that actually work (1 million+ droppers) to break insulin resistance and activate your GLP-1.

VIVA WELLNESS

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



Boutique Medical Weight Loss blended with holistic wellness treatments to help

you become your best. **See ad on page 13.**

Wellness Center

BROOKFIELD HEALTH & WELLNESS, LLC

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



Our passion is helping patients maximize their health, allowing you to live life to the absolute fullest. We approach each patient as an individual by assessing the body with state-of-the-art, bio-energetic technology to identify underlying root cause issues. **See ad on page 2.**

GUILD OF MODERN WELLNESS

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



Now offering Laser and Infrared Light Therapy. Call today and ask about a free demo. The Guild of Modern Wellness is a unique space of respite for mind, body and soul with a variety of evidence-based treatments and services for safe, effective and natural healing and wellness maintenance. **See ad on page 17.**

NATURAL ESCAPE, LLC

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



Natural Escape elevates wellness through a holistic approach, integrating colon hydrotherapy, advanced massage techniques, health coaching, red light therapy and infrared sauna. Our holistic coaching empowers

clients to detox, heal and thrive, addressing stress at its root. **See profile on page 31.**

Wellness Events/Expos

THE 16TH DARE TO BE AWARE FAIR SATURDAY, APRIL 12, 2025

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



The largest holistic and alternative wellness fair in the Midwest is an opportunity to explore over 100 exhibits and join a vibrant community that fosters growth,

vitality, and well-being. **See Profile on page 29.**

WELLNESS, BODY, MIND & SPIRIT EXPO: SUNDAY, APRIL 27, 2025

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



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

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

Tai Chi: See Qigong.

Thermography (Thermal Imaging): A diagnostic technique that doesn't involve radiation. It reveals abnormal tissue growth and inflammation, which is recognized as the earliest stage of most major health challenges, using an infrared camera to measure temperature variations on the surface of the body.

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

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

MBW LifeArt Consulting

Martha S. Bache-Wiig, BA, CAPE
2301 Sun Valley Dr, Suite 102, Office 216,
Delafield
262-510-4815
CenterPerson.org



WHOLE-PERSON COUNSELING, COACHING, ASTROLOGY AND HUMAN DESIGN READINGS

Martha helps you align with your unique soul-centered talents to balance your energy, inner life, relationships, work, career and relationship with money for lasting well-being.

Following the philosophy of Life as a Work of Art, Martha helps individuals transform pain and trauma into opportunities for growth and love. She is an International Counselor-Trainer in Existential Personalistic Anthropology and obtained her degree in clinical psychology in Italy.

CLIENTS CAN EXPECT:

Both in-person and virtual, individual and group sessions are available. Utilizing tools like talk therapy, Family Constellations, somatic awareness techniques, astrology and Human Design, Martha focuses on helping you develop a deeper connection within mind, body and spirit.

"I help you foster self-knowledge, healing and the ability to confidently make new choices that can lead to a more fulfilling life. This work empowers you to embrace your unique ways of being, to stand strong in life, improve your relationships and contribute to the greater well-being of humanity."

"Embark on a journey to heal from trauma and negative conditioning, and align with your authentic Self. Unlock your talents, desires and goals with a unique approach. You CAN heal and evolve through self-discovery and transformation."

Wellness Marketing

NATURAL AWAKENINGS MAGAZINE

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

natural Are you passionate
awakenings about wellness? Try-

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

Women's Empowerment

GROWING ROOTS WELLNESS

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



Helping you uncover the beauty that lies within with a transformative coaching experience. Are you ready for your 3-month journey to self-love? Embrace your body. Embody your power. **See ad on page 21.**

Yoga

OPEN DOOR WELLNESS

9205 W Center St, Suites 201-202
414-563-7341
OpenDoorWellness.org



Affordable holistic psychotherapy, bodywork, movement and other classes offered in a peaceful welcoming space. Come as you are, share what you know, explore who you want to be, and build community.

SELFISH EVOLUTION YOGA/MINDFULNESS/BIRTH DOULA/SOUND HEALING

3614 W N Ave, Milwaukee
608-509-3299 | SelfishEvolution.com



Whitney is a seasoned wellness expert, utilizing self-healing tools for over 10 years, supporting diverse clients in Milwaukee, Kenosha and Racine with customizable wellness packages and personalized plans for optimal wellness.

YOGA 4 ALL WI

208 East Oak Crest Drive,
Wales, WI 53183
414 559 3852 | Yoga4AllWI.com



Yoga 4 All is a welcoming studio catering to all levels. We are experienced teachers in a beautiful studio ready to help you connect with your body, mind and spirit.

Myofascial Release Offers Relief

Fibromyalgia • TMJ • Headaches • Acute/Chronic Pain

Providing comprehensive Myofascial Release programs since 2002

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



Call now to begin YOUR healing journey!

Specialized Therapy Services

Dave Vollmers

Licensed Occupational Therapist
890 Elm Grove Rd, Ste 1-1
Elm Grove, WI 53122
414-778-1341



Testimonials Available

SpecializedTherapyServices.com



The Approach of Thiensville Health Alliance: An Integrative Medical Clinic

In downtown Thiensville, a charming town just northwest of Milwaukee, the Thiensville Health Alliance is not just another clinic—it's a revolutionary space where modern medicine integrates seamlessly with complementary and alternative therapies. This one-stop medical resource is designed to meet diverse patient needs while fostering a unique philosophy of holistic care.

The Concept for Integrative, Holistic Medical Care

Thiensville Health Alliance truly embodies holistic and integrative health where the patient comes first. It is comprised of a group of independent practitioners who offer a variety of complementary services, all in one location. "We are a holistic family practice and network of allied health professionals—an integrated medical center and a one-stop resource for medical care," explains Dr. Gary Lewis, M.D., and owner of Thiensville Family Health Care. "At Thiensville Health Alliance, we provide the key ingredients to support you in achieving your wellness goals."

The building was designed as an integration of medical care which involves all the facets of allopathic traditional medicine, as well as complementary and alternative medical care. In this approach, the very best non-invasive therapies are integrated seamlessly with traditional Western medicine. At its core is a team led by an experienced M.D. who acts as a gatekeeper, personally evaluating each patient and coordinating a tailored treatment plan. This philosophy prioritizes understanding the root causes of illness, focusing on proactive and personalized health care solutions.

Services Offered

The Alliance offers a broad spectrum of complementary therapies, including:

- Massage Therapy
- Chiropractic Care
- Holistic Lifestyle Counseling
- Stress Management Programs
- Psychotherapy
- Diet and Nutritional Counseling
- Weight Loss and Obesity Management
- Physical Therapy
- On-site Compounding Pharmacy: Welltopia Pharmacy
- Traditional Chinese Medicine Acupuncture
- Medical Acupuncture

Whether addressing chronic pain, chronic diseases, stress-related disorders, ill-understood conditions or a desire for preventative wellness, Thiensville Health Alliance supports patients through a

unique blend of therapies rooted in evidence-based research. "Optimal health is more than just the resolution of a medical condition. It is being proactive about changing the course of your health away from pain and disease toward healing and wellness," Lewis shares.

Some patients come in seeking answers, and others simply want to feel better or stay well in the first place. Thus, the approach at the wellness center emphasizes both treatment and prevention with the most natural, safe, comprehensive and non-invasive solutions possible.

The holistic health center embraces several key values:

- Respect for the doctor-patient relationship, emphasizing shared responsibility in the health care treatment plan.
- Blending traditional and complementary approaches for the best outcomes backed by evidence-based research.
- A commitment to education, empowering patients to be active participants in their health journeys.
- Emphasis on looking upstream at the causes of disease instead of putting Band-aids on symptoms.
- As the team says: "Your medical journey should not be alone. The delivery of medical care, like the experience of illness, is best viewed as a shared journey."

Join Us: A Call for Practitioners

To expand its capacity to serve, Thiensville Health Alliance is actively seeking independent integrative practitioners. Professionals specializing in complementary therapies are invited to join this dynamic network of care providers. Leasing opportunities are available within the wellness center.

Thiensville Health Alliance invites you to become a part of a thriving community devoted to healing and wellness. Whether as a patient seeking transformative care or a practitioner looking to collaborate in an integrative environment, the Alliance offers an unparalleled opportunity to contribute to and benefit from the future of holistic health care.

Interested practitioners can contact Joette at 262-242-3369 or Gary Lewis, M.D., at 414-313-0879 for more information about leasing.

New patients can call 262-242-3369 or visit ThiensvilleHealthAlliance.com. Location: Thiensville Health Alliance, 136 North Main Street, Thiensville. **See listing page 33.**





Local Leader Inspires Strength and Connection on the Appalachian Trail

Hiking Retreats with Trail Dog and Company



In the face of unexpected challenges, Trail Dog and Company, led by its passionate founder Liz Pfeifer, continues to empower women and connect outdoor enthusiasts with the spirit of the Appalachian Trail. Hurricane Helene brought unforeseen trials in 2024 as it devastated sections of the southern Appalachians, necessitating the cancellation of Trail Dog & Co.'s three women's hiking retreats in Virginia and North Carolina. However, the setback has only strengthened the resolve of Trail Dog & Co. and a growing community of hikers.

Trail Dog's Commitment to Empowerment

"Every hiker has a WHY," Liz shares, describing the deeply personal motivations that lead women to join her trips—from celebrating personal milestones like retirement or health recoveries to finding new connections after losing loved ones.

An advocate for outdoor education and inspiring women, Liz ensures that every Trail Dog trip is a transformative experience. Her approach goes beyond leading hikes—she offers complimentary assistance to help each hiker physically, mentally and emotionally prepare for the trip. She provides detailed gear advice, monthly instructional emails and training hikes in the Milwaukee area. "Although we have hikers registered from all over the country, many are from the Milwaukee area, so those locals can take advantage of the practice hikes," Liz explains. These practice sessions allow participants to get familiar with their equipment, break in their trail shoes and gear, taste-test trail snacks together and simply have fun in the beauty of nature.

A Season of Giving Back

In response to the devastation caused by Hurricane Helene, Trail Dog has turned its focus to recovery efforts, rallying its community to support the impacted regions. Hikers have made donations, given blood and committed to rebuilding efforts. To foster solidarity, Liz hosted a special, donation-based hike last November in Wisconsin, exclusively for the 23 hikers whose trips were canceled.

Looking Ahead: Appalachian Adventures in 2025

As the Appalachian Trail recovers, Trail Dog is planning a spectacular lineup of slackpacking trips in 2025. These hikes offer the perfect blend of adventure and comfort—participants explore scenic trails by day and unwind in cozy accommodations by night.

September 27–October 2, 2025: *Hiking with Wild Ponies*

This co-ed retreat, already fully booked, offers the magical experience of encountering wild ponies along the Appalachian Trail. *Location: Damascus, Virginia. Cost: \$2,400 (single room), \$2,300 (double occupancy)*

October 25–30, 2025:

Hot Springs Hiking Retreat

A signature Trail Dog experience, this retreat combines moderate-intensity scenic day hikes with the comforts of a charming vacation rental. "The hiking retreats are slackpacking, so no camping required! We'll hike 7 to 11 miles along the scenic Appalachian Trail during the day, and come home to hot showers, a warm dinner and a comfy bed," shares Liz. *Location: Hot Springs, North Carolina.*





Cost: \$2,400 (single room), \$2,300 (double occupancy)

November 1–6, 2025:

North Carolina Appalachian Trail Retreat

Another signature retreat, offering the same unique blend of adventure with moderate-intensity day hikes of 7 to 11 miles at a comfortable pace, and the comforts of a charming vacation property to relax and rest each evening. *Location: Hot Springs, North Carolina. Cost: \$2,400 (single room), \$2,300 (double occupancy)*

Trail Dog and Company is not only supporting the Appalachian Trail communities, but also helping to create a memorable experience for all participants. As Liz shares with a smile, “We’re making the comeback greater than the setback!”

There are still a few spots available to explore the magic of the Appalachian Trail with Trail Dog & Co in 2025, and they tend to fill up quickly.

To join a hike or learn more, visit TrailDogAndCompany.com or email TrailDogAndCompanyllc@gmail.com.

Follow on Instagram:

[@traildogandcompanyllc](https://www.instagram.com/traildogandcompanyllc) and on Facebook:

[Facebook.com/traildogandcompany](https://www.facebook.com/traildogandcompany).

See listing on page 32.

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Advancing a Couple's Fertility

Natural Solutions for Women and Men

by Madiha Saeed, M.D.

The prospect of parenthood can bring a range of emotions to couples trying to conceive—from excitement and jubilation to worry, frustration and sadness. According to the World Health Organization, one in six people worldwide experience infertility in their lifetime. Many couples hoping to conceive turn to costly medications and painful procedures designed to manipulate hormones, help with ovulation issues and prepare a woman's body for pregnancy.

In addition to researching such medications and procedures, couples should explore natural alternatives that nurture and support their ability to conceive. "Fertility is not just about hormones," says Nashat Latib, a certified functional medicine doctor specializing in natural fertility. "Consider what is going on in your whole body."

"Males and females are equally at the root of fertility struggles, and sometimes the roadblocks can come from both sides," observes Aumatma Simmons, a naturopathic doctor, endocrinologist and author of *Fertility Secrets: What Your Doctor Didn't Tell You About Baby-Making*. "It is essential to pinpoint the root causes of fertility problems."

For women, fertility rates naturally decline with age, from a 25 to 30 percent chance of pregnancy in their early-to-mid-20s to about a 5 percent chance by age 40. Other health concerns such as ovulation issues,

endometriosis, uterine fibroids and polycystic ovary syndrome can complicate conception and the ability to carry a baby to term.

When fertility issues arise, often the focus is placed on women, but about half of the cases can be attributed to the men. The Centers for Disease Control and Prevention report that 12.8 percent of men aged 25 to 49 experience infertility, and the rate is rising. Factors like low sperm production, poor sperm quality, oxidative stress, blockages preventing sperm release, undescended testicles and cancers contribute to male infertility. Other health problems, including diabetes, infections, hormone imbalances, autoimmunity and tumors, can impact both men and women.

Rainbow Nutrition

Diet plays a significant role in overall reproductive health. Simmons stresses the need for a diet that includes a variety of fruits, vegetables, lean protein, healthy fats and whole grains to provide the essential nutrients that support fertility. Phytonutrients—natural compounds in plants that provide health benefits—optimize male and female fertility and help the body eliminate toxins. Simmons also recommends limiting processed foods and refined sugar, which can negatively impact hormone balance.

"Nutrients found in cruciferous vegetables like broccoli, cabbage, Brussels sprouts, bok choy and kohlrabi can help regulate and metabolize hormones," says Latib. "Nutrients

found in grapes and berries can improve the quality of the eggs and sperm by reducing oxidative stress; protect reproductive cells from damage; support successful embryo implantation; regulate ovulation by modulating hormone levels; and promote hormonal balance. Compounds like lycopene in tomatoes and watermelon have been shown to improve sperm motility and boost immune function by providing antioxidants and anti-inflammatory compounds."

Latib adds that pairing foods from different color categories in meals helps maximize the positive effects of phytonutrients. Examples include a berry smoothie with spinach, a stir-fry dish with a rainbow of vegetables, a tomato and mushroom frittata, a cauliflower rice bowl with turmeric and veggies, and a kale salad topped with sweet potato.

A Clean Lifestyle

Toxins are all around us, and hormone-disrupting chemicals found in cosmetics, plastic packaging, toys, carpets and pesticides can have serious consequences for male and female fertility. Latib suggests using glass instead of plastic whenever possible and eating organic fruits and vegetables to reduce the pesticide and herbicide exposure.

"Be cautious of endocrine disruptors such as bisphenol A, commonly known as BPA, and phthalates that are used to make plastics. They are found in food packaging, water bottles and food-can linings," says Simmons, adding, "Even ingredients like 'fragrance'



atlasstudio/CanvaPro

Reducing Inflammation

Chronic inflammation can negatively impact fertility by disrupting hormone balance and damaging reproductive tissues. Oxidative stress occurs when the body's free radicals and antioxidants are not balanced, leading to damaged reproductive cells and fertility issues.

Both Latib and Simmons recommend working with a fertility specialist to assess a couple's health, fertility and lifestyle factors. The assessment should include hormone testing to measure levels of testosterone, luteinizing hormones, follicle-stimulating hormones and prolactin; nutrient testing for zinc, selenium and antioxidant levels; a gut-health assessment; and a thorough evaluation of environmental toxin exposures.

can contribute to hormonal imbalances and gut-health issues."

Stress can negatively affect fertility, underscoring the need for stress management. Simmons recommends quitting tobacco use, reducing alcohol intake and practicing yoga or meditation to improve overall reproductive health. Exercise can also reduce tension, improving health and fertility.

Latib recommends high-intensity exercise during the first half of a woman's menstrual cycle and restorative movement and exercise in the second half of the cycle. For men, she notes the importance of supporting testosterone levels with regular exercise and sufficient sleep, limiting unhealthy environmental exposures and consuming adequate levels of nutrients like zinc and vitamin D.

"Your body is smart," emphasizes Latib. "Nothing is unexplainable. If you are having trouble conceiving, there is a root cause. A functional fertility practitioner can guide you through the process."

Madiha Saeed is a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnoWEwell.



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Calendar of Events

Friday, January 3

Community Seated Gong Bath + Reiki – 7-8pm. Experience soothing vibrations of a gong bath and Reiki energy for relaxation and balance. Open to all. \$25. Angelic Roots, 8612 & 8659 S. Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Saturday January 4

New Year Intention Workshop – 10am-5pm, **Jan 4 or 5**. A transformative day releasing and recharging for 2025 with reflection, healing and manifesting. Led by Laurie and Djuro. \$144. Angelic Roots, 8612 & 8659 S Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Saturday, January 18

Spirit Fairs 2025. 11am-4pm
Jan 18, Feb 8, Mar 22, Sep 13,
Oct 25, Nov 15

Join us for a day of enlightenment with a variety of readers, including mediums, clairvoyants, animal communicators and tarot readers.

Location: Nico's Pizzeria Pub & Grill
9638 W National Ave, West Allis
SpiritualEnlightenment.me

Tuesday, January 21

Breathwork Meditation: Energize Your Intentions – 6-7pm. Harness the power of breath to align your mind, body and spirit; set meaningful intentions for the new year. \$30. Angelic Roots, 8612 & 8659 S. Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Thursday, January 23

Glisten: Winter Wellness Weekend
Jan 23 – Jan 26
4-Day Retreat, 8am-10pm daily

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

The Abbey Resort & Avani Spa
269 Fontana Blvd, Fontana
847-722-9653

Saturday, January 25

Pendant Carving Workshop – 1-5pm. Learn the art of carving a stone pendant featuring an eagle or hawk design. All materials provided; no experience needed. \$100. Angelic Roots, 8612 & 8659 S. Market Place, Oak Creek. 414-304-5184. AngelicRoots.com.

Finding Peace in Uncertain Times – 6:30-8:30pm, **Jan 25, Feb 22, Mar 22**. Explore strategies to cultivate inner peace during challenging times with inspiring speakers and guided meditations. \$20. 608-661-3211. Trinity Lutheran Church, N60W6047 Columbia Rd, Cedarburg.

Thursday, February 20

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

Friday, April 12

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

Saturday, April 19

Beginning Crystal Healing Class – 9:30am-4pm. Learn the basics of crystal healing with Diane Bloom: selecting, cleansing and using crystals for energy work. Healing Place Energy School, 950 W Rawson Ave, Oak Creek. GoldenLightHealing.net.

Thursday, May 29

Peruvian Shamanism Training – 6:30-8:30pm. Immerse yourself in the teachings of Peruvian shamanism and its transformative practices with José Luis Herrera. Unity Milwaukee, 1717 N 73rd St, Wauwatosa. GoldenLightHealing.net.

Saturday, September 27

Women's Hiking Retreat: Virginia – Sept. 27-Oct. 2. Join a transformative hiking retreat on the Appalachian Trail. Hike 7-11 miles daily, enjoy a comfy cabin to rest, connect with like-minded women. Space is limited! TrailDogAndCompany.com.

Saturday, October 25

Women's Hiking Retreat: North Carolina – **Oct. 25-30** or **Nov. 1-6**. Join a transformative hiking retreat on the Appalachian Trail. Hike 7-11 miles daily, enjoy a comfy cabin to rest, connect with like-minded women. Space is limited! TrailDogAndCompany.com.

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Yoga4Allwi.com/Passes

PILATES CLASSES at EAST SIDE PILATES
Classes every day: see website for schedule
414-915-7100
2445 N Farwell Ave, Milwaukee
EastSidePilates.com

Wednesday

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

Friday

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

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CBD PRODUCTS – Organic, all-natural, farm fresh, sun-grown, third-party lab tested CBD plant goodness for pain, anxiety and so much more. Live your best life, from our family to yours. DNAHempLLC.com. **See ad on page 20.**

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PLUMERIA ACUPUNCTURE – Seeking compassionate and licensed acupuncturist to join our team, full-time or part-time. Email CV: PlumeriaWellness.com. **See ad on page 14.**

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