

WELCOME

to our Special 2025

natural
awakenings

**Health, Wellness and
Natural Living Guide.**

At Natural Awakenings, our priority is to inspire our readers and to support local businesses, especially those that bring wellness to our community. We educate and empower the community to better support our mental, physical and spiritual health, as well as the health of our community and planet.

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

HEALTH,
wellness

& NATURAL LIVING GUIDE
2025

MIND. BODY. SPIRIT. PLANET.

In order to serve you even better, we offer this special edition featuring a convenient directory to keep at your fingertips all year long.

Refer to this handy resource for the things you need to live a healthier, more balanced life.

Acupuncture

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



Dr. Mizuno, DAOM, L.Ac, has a passion for helping clients regain their beautiful and happy smiles while transforming to a healthier version of themselves. She doesn't treat symptoms, she treats patients. **See ad on page 14.**

Advertising/Marketing

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

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

Animal & Pet Health

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



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

full service list.

TAMI FRIDAY ANIMAL COMMUNICATOR

414-214-0219
TamiFriday.com



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

Sessions are by phone or Zoom.

Aromatherapy

B. DIVINE AROMATHERAPY

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



life.

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

Astrology/Human Design Readings

MBW LIFEART CONSULTING

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



Helping you align with your unique soul-centered talents to balance your energy, your inner life, relationships with others, your work /career and your relationship with money. **See profile on page 40.**

Body Contouring

A NEW COMPASS FOR WELLNESS

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



DR. ANN BELL, DC.
A New Compass
for Wellness

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

ad on page 10.

CBD

DNA HEMP

414-531-8129 | DNAHempLLC.com



DNA HEMP

Farm fresh. Sun-grown in Wisconsin. Third-party lab tested, all-natural, organic, CBD plant goodness. That is what we cultivate at DNA Hemp! Live your best life, from our family to yours. Explore our offerings online. **See ad on page 20.**

Chiropractic

A NEW COMPASS FOR WELLNESS

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



DR. ANN BELL, DC.
A New Compass
for Wellness

Dr. Ann's specialty is helping clients redirect their life compass, guiding them to newfound purpose. Reach new possibilities with The Brain Activation Method program and ZeronaZ6 Laser for Fat Loss. **See ad on page 10.**

BRIGHT BEGINNINGS PEDIATRIC CHIROPRACTIC

7161 N Port Washington Rd, 1E,
Glendale
414-292-9585
Hello@BrightBeginningsChiro.com
BrightBeginningsChiro.com



Dr. Beau Blakeley specializes in providing drug-free and natural solutions for kids & families who are struggling with neuro-challenges such as ADHD, sensory processing, anxiety, autism and other behavioral or emotional issues.

COMMUNITY CHIROPRACTIC

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

Dr. Jill Schmitt

COMMUNITY CHIROPRACTIC

Chiropractic adjustments help to realign the body, supporting its innate

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

See ad on page 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.

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



Brookfield Health & Wellness
Empowering health for the body, mind & spirit

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 serving

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.

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.**

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



EAST SIDE PILATES

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 BELL, DC
A New Compass
for Wellness

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.**

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.**

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, non-invasive 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.

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