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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 personal 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



Jordan Peschek

**Mind. Body. Spirit. Planet. Community.**



## 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 Wisconsin offers an excellent online degree program blending science and natural health principles. Concordia University 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.

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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 to 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.

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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.

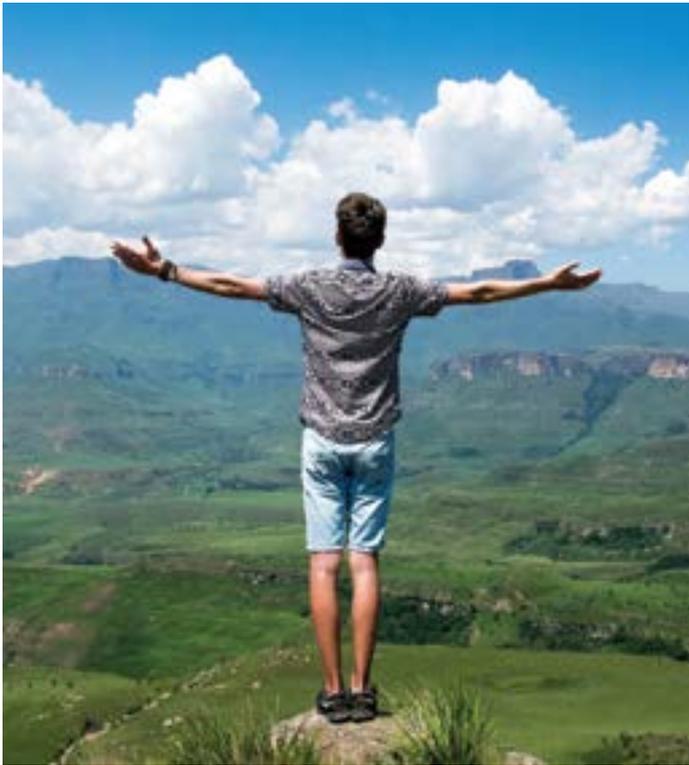
Keeping a receptive mind helps to open us up physically, as well. "In both *shiatsu* and the *shoshin* mindset, we trust that every person's body is already working on its own healing. When we let go of our fixed holding patterns, the internal circulation is freed up, leaving the best possible opportunity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

## 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.



Pexels from pixabay/CanvaPro

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.

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.”

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 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](http://CarrieJacksonWrites.com).*

An advertisement for Genevieve Wachutka, a Self Mastery Specialist. The ad features a dark blue background with white text. On the right side, there is a portrait of Genevieve Wachutka, a woman with long brown hair wearing a patterned top. The text on the left reads: "Book your Free Consult Today" in large, bold letters. Below this, in smaller text, it says "Get out of your own way and go where you are meant to be". To the right of this text is a QR code. At the bottom, it lists "Self Mastery Specialist | Mystery School training" and provides the phone number "+763-222-8600" and the website "GenevieveWachutka.com". The initials "GW" are visible in the top right corner of the ad.



# 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.*

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## GUT-FRIENDLY BROCCOLI NUT SOUP

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 lbs 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.*

VeselovaElena from Getty Images/CanvaPro



## MOOD BOOST PROTEIN SMOOTHIE

YIELD: 1 SERVING

- ¾ 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*
- 1/4 cup Greek yogurt or plant-base yogurt*
- Handful of kale or spinach*

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

*All Alive N Vibrant superfood, green and protein powders are made with all-natural, organic and vegan ingredients. Purchase at AliveNVibrant.com.*

GenAI/CanvaPro



idipepp/CanvaPro

## 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)

1/8 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.



Gen AI/CanvaPro

## EASY SERENITY SALAD BOWL

YIELD: 1 SERVING

2 cups mixed greens of choice (baby lettuce, mustard, chard, spinach, arugula or chicory)

1/4 cup fermented veggies (kimchi or sauerkraut)

1/4 cup cooked beans (kidney, black or garbanzo)

1 Tbsp flaxseeds

2 Tbsp walnuts

1 Tbsp lemon juice

1/2 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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**Our Mission:** To help individuals heal physically, emotionally, mentally and spiritually, utilizing a well-rounded menu of holistic, integrative healing practices.

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



# Simple Practices to Strengthen Our Immune System

by Joyce Sobotta

**W**ith a strong immune system, we are less likely to get sick. If our body is stressed or physically exhausted, the likelihood of contracting a virus is greater.

We can strengthen our immune system with a healthy lymphatic system. The lymphatic system is a vast network made up of tiny vessels, nodes and spleen. Its primary function is to isolate infection and toxins and transport it through the lymph nodes, which act as filters strung along the lymph vessels like pearls and lie next to the blood vessels. Part of the blood escapes from the capillaries and becomes lymph fluid. The lymphatic system is crucial for our immune system to function properly. These simple practices can improve our immune health.

**Clean up our diet:** Reduce our body's toxic burden by avoiding processed food. Eliminate simple sugars and carbohydrates, and eat organic when possible. Our bodies work best on whole natural food.

**Investigate food sensitivities** or allergies that may be affecting digestion. Look into probiotic supplements to help maintain a healthy ratio of intestinal flora.

**Drink plenty of purified water:** At least half of your bodyweight in ounces will help to carry oxygen and nutrients throughout the body and help to eliminate toxins and waste.



Photo by Nathan Cowley

**Breathe deeply and slowly** from your diaphragm and through your nose. This is one of the best ways to move lymph fluid throughout the body. Our breath goes directly to our lungs, stimulating the vagus nerve to rest and restore the nervous system.

**Get regular physical exercise:** Jumping on a rebounder five minutes a day will get our lymph system pumping. Walking, stretching, Tai chi, yoga, Pilates, dancing and swimming are all helpful. Sweating helps detoxify our body and supports lymphatic function.

**Avoid restrictive clothing** that press on our lymph nodes. Underwires and tight bras, jeans and skirts can impede lymph flow. A blocked lymph system can become a breeding ground for pathogenic materials. If not moved out with a light massage or movement, these infected lymph cells can travel to other parts of the body.

**Consider chiropractic care** that focuses on proper alignment of the spine which prevents stress on the nervous system and helps boost the immune system.

**Use essential oils or aromatherapy:** many are anti-microbial and support the immune system. They travel to the internal organs and the lymphatic system where they keep infections to a minimum.

**Understand and release pent-up emotions:** Most physical problems have an underlying emotional source. Awareness of these emotions offers a better understanding of the condition the body is experiencing.

Apply these simple practices to strengthen your immune system to ward off infections, colds, flu and other illnesses and diseases.

*Excerpt from Breast Health Is in Your Hands.*

*Joyce Sobotta is a published author of Breast health Is in Your Hands, Tips for Breast Vitality and Sensuality and founder of HealthyGirlsBreastOil, a unique effective essential oil blend for breast health. She offers consultations for natural breast health at AromatherapyNaturesWay.com.*



# Exercise With a Smile

## Turning Workouts Into Playtime

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

**W**hen it comes to exercise, many people think of rigid routines, grueling workouts and strict schedules, but joyful movement can make fitness fun, flexible and something to look forward to.

### Adding Joy to Workouts

**Listen to music** with an energizing playlist of favorites to boost a walking, running or strength-training routine.

**Exercise with friends or family.** Increase the fun quotient by turning a gym workout or outdoor hike into a social event.

**Try something new or revisit a childhood favorite.** Explore activities such as biking around the neighborhood, hula-hooping in the backyard or swimming at a local pool.

**Dance around the house.** Turn household chores into a dance party by moving to the rhythm while cleaning or cooking.

**Play with pets:** Get active by running, walking or playing fetch with the dog or by creating a fun obstacle course to do together.

### Releasing the Guilt and Pressure

Many people feel judged or intimidated when it comes to fitness. Embrace these strategies to break free from the pressure to exercise perfectly or to follow an intense workout routine.

**Let go of perfection.** Focus on progress, not perfection. Every bit of movement counts, and it's okay if goals or milestones are not achieved right away.

**Set a realistic pace.** Whether starting or returning to fitness, it is important to honestly evaluate exercise readiness. Joyful movement is about doing what feels right for the body.

**Avoid comparisons to others.** Everyone's fitness journey is different, and trying to match others can take the joy out of it. Celebrate personal achievements, no matter how small.

**Focus on fun, not performance.** Place less emphasis on the quality of the exercise movements and more on how pleasing those efforts are.

**Choose comfortable environments.** Whether a solo walk in nature, a quiet yoga session or dancing at home, choose settings that feel relaxing and happy.

**Dress for comfort.** Wearing feel-good workout clothes adds confidence and reduces self-conscious discomfort during exercise.

*David J. Sautter is a certified trainer, nutrition specialist, and health and fitness writer.*

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your way

Beth Cline Chris Fuller

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# WELCOME

to our Special 2025

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**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.

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.

HEALTH,  
*wellness*

& NATURAL LIVING GUIDE  
2025

MIND. BODY. SPIRIT. PLANET.

# 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.

**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.

**Bio-Resonance:** A non-invasive therapy that uses electromagnetic waves to identify and address health issues. It works on the idea that every part of the body emits specific frequencies, and imbalances may signal illness. Corrective frequencies are sent to restore balance, improve energy & support healing. It is used for allergies, detox, stress and chronic conditions.

**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.

## Acupuncture

### ALLOY ACUPUNCTURE

6053 Hudson Rd, Ste 152, Woodbury  
920-838-1526  
AlloyAcu.com



Acupuncture, cupping, herbal treatments, ultrasound and more brings patient focused, customized healing. Get treatment today for infertility, headaches, auto accident injuries, pain, anxiety and more! **See ad on page 27.**

### PLANET GRATITUDE

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



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

### TWIN CITIES ACUPUNCTURE

Nicole Larsen, L.Ac, MAcOM  
1700 West Hwy 36, Suite 400, Roseville  
651-636-0055  
MinnesotaAcupuncture.com



We provide expert care for acute and chronic pain, sports injuries, and women's health. With 17+ years of experience, we offer personalized acupuncture treatments to support your health. Visit our website to learn more.

## Advertising/Wellness Marketing

### NATURAL AWAKENINGS MAGAZINE

Jordan Peschek, RN-BSN, Publisher  
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Are you passionate about wellness? Trying to reach more clients you can help? *Natural Awakenings* is our community's #1 multimedia resource for natural, holistic health and eco-friendly living. Reaching over 45,000 loyal print and digital loyal readers each month. Call or text 262-623-7948 to learn more or book your 10-minute discovery call today.

## Gemini Healing

Megan Bekwelem and Rachel Hicks  
13759 Bird Song Ct, Minnetonka  
612-208-6280  
Info@GeminiHealing.org  
GeminiHealing.org



### ENERGY ENHANCEMENT SYSTEM

Gemini Healing provides alternative wellness services featuring a 24-unit Energy Enhancement System (EES), a groundbreaking bio-active energy technology.

### CLIENTS CAN EXPECT:

"By emitting scalar energy, EES recharges the body's cells, optimizing their natural self-healing abilities. Clients often experience improved energy, better sleep, pain relief, enhanced immune function and reduced stress. Sessions are held in a peaceful, home-based center with 6 reclining chairs and 2 beds, fostering deep relaxation and restorative healing. We offer two-hour sessions, packages and overnight stays."

### WHAT LED YOU HERE?

As identical twins, Megan and Rachel share a profound connection rooted in their experiences with metaphysical phenomena. Their fascination with the mind-body connection and unwavering belief in the body's innate ability to heal inspired them to open Gemini Healing in 2023.

"Our mission is to empower others to unlock their natural healing potential through this transformative technology."

## Prajna Den

Marne Skusa  
249 Water Street, Suite 201, Excelsior  
612-708-5998  
Marne@PrajnaDen.com • PrajnaDen.com



### MASSAGE, AKASHIC AND QUANTUM HEALING

Marne offers Quantum Massage Ceremony: clearing and energizing chakras, using quantum codes, channeling, therapeutic and barefoot massage. Akashic Quantum Healing helps deep trauma healing, chronic pain, loss of direction and purpose, anxiety, fears, PTSD and more.

### WHAT SETS US APART:

"Everything that shows up in our 3D world begins in our energetic field. I work at clearing and releasing blockages in the astral, mental and emotional bodies for deeper healing."

### WHAT LED YOU HERE?

Experiencing all sorts of trauma myself led me to explore avenues of healing work. My interest in deep quantum healing work ramped up after my third totaled car accident. I realized that I was manifesting these accidents and knew I needed to rewire the programming in my brain. Layer by layer of healing work has led me to dig deeper. I have a vibrant curiosity for the mysteries of the Cosmos that I love to share and explore with others.

### WHAT LIES AHEAD:

I am hosting a New Year's Retreat with three other amazing practitioners on January 19, a part-workshop, part-retreat. We'll be connecting with ourselves, each other and the new year in an intentional and rejuvenating way. You can sign up for newsletters with current events at PrajnaDen.com!

**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.

**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

## Animal & Pet Health

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## Ayurveda

### SIMPLY VEDA

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



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

**See ad on page 11.**

## Bio-Resonance

### SAGE WELLNESS AND NUTRITION

Michele Jaeger  
SageWellnessAndNutrition@gmail.com  
SageWellnessAndNutrition.com



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

## Bodywork

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7300 Metro Blvd., Suite 340, Edina  
WisdomSisterStudio.com

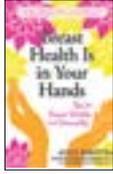


Specializing in persistent and chronic pain and mysteries of the body. Also for people seeking the experience of deep relaxation and increased self-connection. Skilled and compassionate care. **See ad on page 28.**

## Breast Health

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Learn what you can do for natural breast health. Watch videos on lymphatic breast self-massage and buy the book *Breast Health Is In Your Hands*.

### HEALTHY GIRLS BREAST OIL

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## Chiropractic

### CADENCE CHIROPRACTIC & CONTRAST SUITE

Dr. Amanda Haeg  
6409 City W Pkwy, Eden Prairie  
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CadenceChiroMN.com



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

### PLANET GRATITUDE

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



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

## Coaching, Health

### BE WELL YOUR WAY

BeWellYourWay.com

**be well**  
your way

Are you ready to improve your quality of life? Join us in community to discover your best path to health and well-being. You are the expert of your experience, and we're here to help you achieve your wellness goals! We are movement & injury prevention specialists, health coaches and ChiRunning/ChiWalking instructors. **See ad on page 15.**

### MIND BODY SOUL, LLC DORI TROSSEN

NATURAL HEALTH PRACTITIONER  
763-639-9133  
BalancedDori.com



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

**See ad on page 11.**

## Dentist

### HEALTH CENTERED DENTISTRY

N7915-902 St  
River Falls, WI • 715-426-7777  
HealthCenteredDentistry.com



Whole Person Dentistry observes and deals with the mind, body and spirit, not just your teeth. This approach to dentistry encompasses both modern science and knowledge drawn from the world's great traditions in natural healing. **See ad on page 3.**

### NATURAL SMILES DENTAL CARE

3434 Lexington Ave. N., Ste 700  
Shoreview • 651-483-9800  
NaturalSmilesDental.com



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

### PURE DENTAL

Dr. Amy Ha Truong  
6230 10th St. N., Ste 520, Oakdale  
651-731-3064  
PureDentalMN.com



Pure Dental offers integrative, holistic, alternative and biological dentistry for your dental health. We take pride in providing quality, holistic dental care and service for our patients. **See ad on page 7.**

### SEDATION AND IMPLANT DENTISTRY

1815 Suburban Ave, St. Paul  
651-735-4661  
ToothBuilder.com



We are a holistic dental practice devoted to restoring and enhancing the natural beauty of your smile using conservative, state-of-the-art dental procedures that result in beautiful, long-lasting smiles! We specialize in safe removal of infected teeth, ceramic implants and restorations. **See ad on page 29.**

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1401 Main St, Hopkins  
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We build a foundation of trust by treating our patients as individuals. Understanding how uneasy some patients may feel about their dental visits, we make a difference by providing a relaxing and positive experience. **See ad on page 29.**

## 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 5.**

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.

**Counseling & Psychotherapy: 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.

**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.

**Electrolysis:** a cosmetic procedure that permanently removes hair using an electric current. A fine needle targets the hair follicle, destroying it to prevent regrowth. Safe, effective & suitable for all hair types and skin tones, it's often used on small areas like the face or underarms.

**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.

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

## Electrolysis

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## Energy Enhancement System

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Info@GeminiHealing.org  
GeminiHealing.org



Gemini Healing offers alternative wellness services with a 24-unit Energy Enhancement System for optimized self-healing. Services include two-hour sessions, packages, and overnight

stays in a peaceful setting. **See Profile on page 17.**

### HEALING WATERS HEALTH CENTER

6150 Oren Ave N, Stillwater  
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We bring you back to your natural state of being; restoring energy flow in body and mind with hands-on treatments and cutting-edge

technology. **See ad on page 31.**

## Energy Healing

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Master Hong  
Certified Emotion Code Practitioner  
11012 Cedar Lake Rd., Minnetonka  
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Chronic pain? Suffering from emotions? Relationship problems? Life not going as planned? The Emotion Code is a tool I use to help you break through any emotional and spiritual blocks so you can live your best life. Trial session is

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

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651-491-8295  
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Jody@StCroixWM.com  
StCroixWM.com



Whether you or your family are just starting out on your financial journey, or you are nearing retirement with important decisions to make, WE CAN HELP. Financial health is part of overall wellness. **See ad on page 29.**

## Fitness

### BE WELL YOUR WAY

BeWellYourWay.com



Are you ready to improve your quality of life? Join us in community to discover your best path to health and well-being. You are the expert of your experience, and we're here to help you achieve your wellness goals! We are movement & injury prevention specialists, health coaches and ChiRunning/ChiWalking instructors. **See ad on page 15.**

## Grief

### EMBODIED GRIEF SUPPORT

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



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

physical, emotional, and spiritual. **See profile on page 21.**

## Health Food Stores

### MASTEL'S HEALTH FOODS

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



Mastel's Health Foods is Minnesota's oldest health and wellness store. We carry a full line of vitamins, minerals, supplements, herbs and more. We emphasize organic, biodynamic, biodegradable, holistic and hypoallergenic products, and pride ourselves on stocking hard-to-find items. **See ad on page 11 and profile on page 22.**

## Holistic Health

### SAGE WELLNESS AND NUTRITION

Michele Jaeger  
SageWellnessAndNutrition@gmail.com  
SageWellnessAndNutrition.com



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

## Hyperbaric Oxygen Therapy (HBOT)

### DR. KRISSEY HAGLUND, NMD

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



Caring for patients skeptical of the conventional paradigm. Experienced treating mental health & the brain naturally: anxiety, depression, ADD, autism, behavioral disorders, postpartum, OCD and TBI. **See ad on page 11 and profile on**

**page 23.**

## Integrated Health

### GENEVIEVE WACHUTKA

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



Genevieve specializes in the practical application of time-tested tools and metaphysical wisdom to embody more of your potential, and experience greater clarity, joy, and purpose in life. Benefits include increased intuition

and clarity; upleveled daily baseline of joy; peace within your heart and mind; improved relationship with self; and the ability to navigate a path of self-mastery to realize your greatness. Text 763-222-8600 or email Hello@GenevieveWachutka.com to schedule a complimentary discovery session. **See ad on page 9.**

## Embodied Grief Support

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



### GRIEF COACHING AND CRANIOSACRAL THERAPY

In a world where grief can feel isolating and overwhelming, Embodied Grief Support offers compassion, empowerment and transformative healing. Healing is approached as an integrative process—one that addresses the body, mind and spirit.

### CLIENTS CAN EXPECT:

We use a blend of holistic modalities tailored to meet individual needs. These may include grief coaching, craniosacral therapy, yoga and mindfulness practices, breathwork and creative expression—all carefully curated to create a nurturing environment for personal growth and emotional recovery.

Understanding that grief is deeply personal yet inherently communal, we foster connection through workshops, retreats, group programs and one-on-one sessions. By offering a space to share stories and experiences, participants discover strength in community while learning tools to navigate their individual paths of healing.

### WHAT LED YOU HERE?

"My path into this field is deeply personal, shaped by my own experiences with grief and loss. For a decade, I navigated through the complexities of unresolved grief, which manifested as chronic illness. This period of physical and emotional turmoil eventually led me on a path of learning to process my loss in a healthy, holistic manner. I focus on empowering my clients by teaching skills for processing grief in a healthy way, while guiding them on an inward journey of connection, healing and evolution."

**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.

**Hyperbaric Oxygen Therapy (HBOT):** 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.

**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/Health:** 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*.**

**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*.**

## Mastel's Health Foods

Alina Hornfeldt & Lauren Gaffney, Co-Owners  
1526 Saint Clair Ave, Saint Paul  
651-690-1692  
Alina@Mastels.com | Mastels.com

### HIGH-QUALITY NATURAL FOODS AND SUPPLEMENTS AND NON-TOXIC, SUSTAINABLE WELLNESS PRODUCTS

Since 1968, Mastel's Health Foods has been Minnesota's trusted source for health and well-being. As an independent, woman-owned store, they empower your health journey with premium products—from vitamins and supplements to organic herbs, clean personal care and functional foods. Come discover their curated selection of organic, biodynamic, non-GMO and sustainable products.

#### WHAT MAKES US UNIQUE:

"We have it all, from the newest trends on TikTok to the old standby remedies you know and trust. Can't find it on our shelves? We are happy to special-order items for you! When you shop at Mastel's, you can rest assured that you are getting a genuine, quality product because we work directly with the manufacturers. There are no questionable online brands here."

#### WHAT CUSTOMERS CAN EXPECT:

"Arriving at Mastel's, you'll find an expert staff member ready to assist you with your vitamin and supplement needs. Our consultation style means you get dedicated one-on-one time to ask questions and go over your needs. We look forward to helping you achieve your health goals!"

#### VISIT US:

Monday through Friday: 9 a.m. to 8 p.m., Saturday: 9 a.m. to 6 p.m.  
Sunday from 12 p.m. to 5 p.m.



## Massage

### OPTIMAL WELLNESS SOLUTIONS

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



We provide a well-rounded menu of holistic, integrative healing practices to support your mind, body and spirit including massage, network spinal, craniosacral therapy, thermography, detox ionic footbaths, Reiki and footcare services. **See ad on page 13.**

### PRANJA DEN

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



Release, recalibrate, restart at Pranja Den with a Quantum Massage Ceremony (90min or 2hour). Includes channeling your spirit team, accessing quantum codes, cleaning & energizing chakras with Pranic Healing, cutting cords and a full body therapeutic Ashiatsu massage. **See ad on page 27 and profile on page 18.**

## Mental Health

### DR. KRISSY HAGLUND, NMD

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



Caring for patients skeptical of the conventional paradigm. Experienced treating mental health & the brain naturally: anxiety, depression, ADD, autism, behavioral disorders, postpartum, OCD and TBI. **See ad on page 11 and profile on**

**page 23.**

### JACK CINCOTTA

Holistic Health Practitioner, AADP  
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 and offers services via phone and online.

## SERENITY HEALING

Breana Foley  
Supporting the central Twin Cities area  
BreanaFoley@gmail.com  
SerenityTherapyHub.com



Bre, MS, LMFT, integrates Reiki, Transforming Touch, Brain-spotting, and yoga to enhance traditional therapy. Her holistic, trauma-informed approach supports deeper healing and personal growth alongside talk therapy, emphasizing the profound connection between mind, body, and energetic health.

## Myofascial Release

### MYOFASCIAL RELEASE & CRANIOSACRAL THERAPY

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



Specializing in persistent and chronic pain and mysteries of the body. Also for people seeking the experience of deep relaxation and increased self-connection. Skilled and compassionate care. **See ad on page 28.**

### NEW LIFE MESSAGE AND REIKI

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



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

## Naturopathic Doctor

### DR. KRISSEY HAGLUND, NMD

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



Caring for patients skeptical of the conventional paradigm. Experienced treating mental health & the brain naturally: anxiety, depression, ADD, autism, behavioral disorders, postpartum, OCD and TBI. **See ad on page 11 and profile on**

**page 23.**

## Dr. Krissy Haglund, NMD

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



### ADDRESSING MENTAL HEALTH WITH NATUROPATHIC MEDICINE

Dr. Krissy specializes in treating mental health and the brain naturally. She helps patients with anxiety, depression, ADD, autism, behavioral disorders, postpartum depression, OCD, TBI and more.

### CLIENTS CAN EXPECT:

"I address and treat mental health on a cellular level with a multifaceted approach. Naturopathic medicine is its own distinct medical system that addresses root cause healing via a detailed medical intake, herbs, nutraceuticals, movement therapy, stress modulation, dietary support, restorative sleep, homeopathy and homeopathic drainage, hydrotherapy and personalized detox."

### WHAT LED YOU HERE?

"I became the person I needed as a child. I grew up with parents whose mental health was never properly addressed by the medical system. I always believed doctors held the key to my family's happiness. I hope I can influence individuals and families facing mental health challenges."

### WHAT LIES AHEAD:

Enjoy a Wellness Spa Day Package in 2025: Spend a few hours with your friends and enjoying hyperbaric oxygen therapy, wood burning sauna and a detox ionic foot bath. Lunch is included—decadent or healthy—your group's choice.

**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, which are all interrelated. Our mental health 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 & Naturopathic Medicine.**

**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 (Naturopathic Doctor):** 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.**

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

**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.

**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.

**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.**

## Nutrition Supplements

### ALIVE N VIBRANT

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



Locally made, 100 percent organic superfood powders to keep you feeling alive and vibrant no matter what your health history. **See ad on page 13.**

## Professional Listening

### PROFESSIONAL LISTENING

BarbBarb Ryan, CSD • 612-922-2389  
Wisdom Listening  
WisdomSisterStudio.com



Longing for someone who will listen without judgment? Facing a tough decision and need a space to explore possibilities? Have some secrets corroding your being? Need a place to vent about loved ones without repercussions? Wisdom Listening can help. It's not therapy or coaching. My sole objective is to provide a safe and supportive space for you to unburden and explore your mind, heart, and soul. Book your virtual session now. **See ad on page 28.**

## Reflexology

### NEW LIFE MESSAGE AND REIKI

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



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

## Reiki

**See Energy Healing**

## Salt Therapy

### 5D WELLNESS

Brittney Yares  
18447 Hwy 65 NE, Suite C, East Bethel  
612-322-9989  
5DWellnessMN@gmail.com  
5DWellnessMN.com



Offering top-of-the-line services to increase overall wellness including infrared sauna/cold plunge, red light therapy, contrast therapy with a hot and cold tub in one private room, salt/halotherapy combined with infrared sauna, and a king-sized crystal healing mat with bioacoustic features. **See ad on page 2.**

## Sauna Therapy & Contrast Suite

### 5D WELLNESS

Brittney Yares  
18447 Hwy 65 NE, Suite C, East Bethel  
612-322-9989  
5DWellnessMN@gmail.com  
5DWellnessMN.com



Offering top-of-the-line services to increase overall wellness including infrared sauna/cold plunge, red light therapy, contrast therapy with a hot and cold tub in one private room, salt/halotherapy combined with infrared sauna, and a king-sized crystal healing mat with bioacoustic features. **See ad on page 2.**

## CADENCE CHIROPRACTIC & CONTRAST SUITE

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



Rev up your blood flow, flush out those toxins and slip into a blissful state with our new Cadence Contrast Suite, featuring an infrared sauna and Plunge ice bath. Chiropractic, sound healing & massage are also offered. **See ad on page 15.**

**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.

## Spiritual Teaching

### ECKANKAR TEMPLE OF ECK

7450 Powers Blvd., Chanhassen  
952-380-2200  
TempleofECK.org



Are you looking for the personal experience of God? Eckankar can help you fulfill your dream. We offer ways to

explore your own unique and natural relationship with the Divine through personalized study to apply in your everyday life.

## Thermography

### OPTIMAL WELLNESS SOLUTIONS

2489 Rice St. N., Ste. 130  
Roseville, MN, 55113  
651-340-1233  
RosevilleOptimalWellness.com



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

phy, detox ionic footbaths, Reiki and footcare services. **See ad on page 13.**

## Trauma Healing

### F.Y.T. HEALTH & WELLNESS

Vanessa Nordstrom  
Eden Prairie, MN  
(in-office & distance sessions)  
612-382-3653  
FYTHHealthWellness@gmail.com  
FYTHHealthWellness.coach



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

## Wellness Center

### 5D WELLNESS

Brittney Yares  
18447 Hwy 65 NE, Suite C, East Bethel  
612-322-9989  
5DWellnessMN@gmail.com  
5DWellnessMN.com



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

and cold tub in one private room, salt/halo-therapy combined with infrared sauna, and a king-sized crystal healing mat with bio-acoustic features. **See ad on page 2.**

### CADENCE CHIROPRACTIC & CONTRAST SUITE

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



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

sauna and Plunge ice bath. Chiropractic, sound healing & massage are also offered. **See ad on page 7.**

### HEALING WATERS HEALTH CENTER

6150 Oren Ave N, Stillwater  
651-430-2866  
HealingWatersHealth.com



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

technology. **See ad on page 31.**

### OPTIMAL WELLNESS SOLUTIONS

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651-340-1233  
RosevilleOptimalWellness.com



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

footbaths, Reiki and footcare services. **See ad on page 13.**

## Wellness Marketing

### NATURAL AWAKENINGS MAGAZINE

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



Make an impact in 2025. Join *Natural Awakenings*: our community's beloved multimedia resource for natural, holistic health and eco-friendly living. Reaching over 45,000 loyal print and digital loyal readers each month. Text/Call 262-623-7948 to learn more or book your FREE 10-minute discovery call today.

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

### Sound Healing (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.

### Trauma Healing: see *Mental Health*

**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.***



# Feel Better the Natural Way with Alloy Acupuncture

In today's world, achieving wellness extends beyond physical health; it's about a balanced, holistic approach that aligns the mind and body, supporting people in leading their best lives. With a focus on natural and integrative healthcare, Miriah Cox is dedicated to helping clients find relief from pain and stress while promoting whole-body wellness.

Founder of Alloy Acupuncture and mother of three, Miriah specializes in treating a range of conditions, including musculoskeletal pain, digestive issues, anxiety, insomnia, infertility, prenatal issues, post-COVID-19 symptoms and neuropathy. Her own struggle with post-concussive migraines led her to acupuncture, inspiring her to pursue a master's degree in acupuncture and herbal medicine from Northwestern Health Sciences University. With over a decade of experience and dedication to ongoing education, Miriah is committed to helping her patients achieve their highest level of health and well-being.

## Caring for Your Health

Optimal health isn't just about treating symptoms, but nurturing balance and supporting both prevention and recovery. Miriah understands that the key to a vibrant life lies in achieving harmony within the body, whether you're recovering from an injury, managing a chronic condition or simply striving to maintain wellness.

"You are living your best life when your mind and body are balanced and healthy," she says. "Our goal is to provide alternative medical care to reverse and prevent disease naturally."



## Holistic Healing from Personal Injury to Overall Wellness

A specialist in auto accident injuries and personal injury recovery, Miriah treats patients at no cost by directly billing insurance. Acupuncture is increasingly recognized for its role in aiding recovery from personal injuries, including pain, concussions and associated anxiety. Research demonstrates many benefits of acupuncture post-injury including:

**Pain Reduction:** Acupuncture may decrease pain intensity by promoting the release of endorphins and enhancing blood circulation to injured areas.

**Neurological Support:** For concussion recovery, acupuncture can improve blood flow to the brain and reduce inflammation, facilitating neural repair.

**Anxiety Relief:** By balancing the autonomic nervous system, acupuncture may help alleviate anxiety and stress often accompanying injuries.

**Holistic Healing:** Addressing both physical and emotional aspects, acupuncture supports comprehensive recovery.

Miriah's gentle yet effective techniques aim to relieve pain and encourage the body's innate healing processes. Whether a person is



Miriah Cox

*You are living your best life when your mind and body are balanced and healthy.*

*Our goal is to provide alternative medical care to reverse and prevent disease naturally.*

dealing with a physical injury, mental health condition or simply wants to maintain their health, patients benefit from natural, personalized care.

### Acupuncture, Cupping, Herbal Remedies and Ultrasound

The variety of treatments offered reflects a commitment to treating the whole person. Acupuncture encourages healing by increasing circulation and releasing natural pain-relieving chemicals. Cupping therapy—an ancient technique involving suction cups placed on the skin—relieves pain, reduces inflammation and promotes relaxation.

Herbal remedies and nutrition are also used to cleanse and restore balance to the body, often in conjunction with acupuncture. For those needing a targeted approach, therapeutic ultrasound is a non-invasive option that uses gentle sound waves to accelerate healing, reduce pain and improve mobility for acute and chronic injuries.

### Why Choose Natural Solutions?

Miriah believes in addressing the root causes of illness, not just masking symptoms. “Many illnesses stem from toxins in our environment and foods,” she explains. She encourages clean, organic food alternatives and plant-based remedies. By avoiding pesticides and processed ingredients, clients reduce harmful substances in their bodies and promote self-healing. The use of herbs aligns with the body’s energy flow, harmonizing the opposing forces of yin and yang.

Miriah offers high-quality, safe and effective supplements and topical solutions, including CBD products and DesBio liposomal supplements, that support the body’s natural processes.

With a long history of success stories, many clients express deep gratitude for Miriah’s care. Kelly, a satisfied client, shared, “Miriah helped me through stress, immune support, fertility challenges and insomnia. She takes time to understand the whole picture.” Another client, Jade, initially sought support for fertility treatments and found Miriah’s holistic care greatly alleviated her migraines and anxiety, among other conditions.

Whether you’re struggling with chronic pain, managing injury recovery or simply seeking a more balanced life, now is the time to discover how natural, holistic care can transform your health.



*Alloy Acupuncture has recently relocated to*

6053 Hudson Rd., Ste. 152, in Woodbury. To schedule a free consult or learn about new-patient specials, call 920-838-1526. For more information, visit [AlloyAcu.com](http://AlloyAcu.com). See ad on this page.

Connecting to the New Year Within  
**Retreat**

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

**Part-retreat, part-workshop.**

Gift yourself the opportunity to reconnect with your **sovereign self**, deepen your connections with your **community & neighbors** & align with the **astrological energies** guiding the year ahead.

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

**Sunday, January 19, 2025**  
11 - 5 PM  
Prajna Den  
249 Water Street, Excelsior, MN

More info:  
**612-708-5998**  
[PrajnaDen.com](http://PrajnaDen.com)

**TRIED EVERYTHING and still not finding relief?**

Consults are ALWAYS FREE, by phone or in person.  
920.838.1526

**Acupuncture may help you.**  
Wellness Maintenance · Disease Prevention  
Digestion · Anxiety · Neuropathy  
Pain · Sleep · Energy · Vertigo  
Blood Pressure · Post/Long COVID  
Inflammation · Prenatal Conditions

**Auto injury recovery:**  
Covered 100% by insurance

**ALLOY ACUPUNCTURE**

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

**New Location!**  
Miriah Cox, LAcOM

6053 Hudson Rd, Ste 152, Woodbury  
[AlloyAcu.com](http://AlloyAcu.com)



# Listening and Bodywork:

## Barb Ryan's Holistic Healing Approach

Barb Ryan, founder of Wisdom Sister Studio, has dedicated her life to guiding others on their journeys toward self-discovery and holistic healing. Her path to becoming a healer and spiritual guide was anything but straightforward, marked by a series of profound personal transformations that ultimately led her to establish her unique practice.

She created Wisdom Sister Studio in 2015 to help others navigate life and health with greater ease and support.



Barb Ryan

Barb's story begins with a dutiful adherence to a rigid religious upbringing and deep family traditions. Striving to meet external standards of success, she excelled in school and found success in corporate work in a Fortune 100 company. By 1998, she felt she had achieved all she was told by the over-culture to have a good life—a nice house, fancy car, lots of travel, high paying job, vibrant social life—and still an emptiness prevailed.

A single moment in April of that year, when she failed to recognize her own reflection in the mirror, changed her course. This “mirror moment” at age 34 forced her to confront the dissonance between her external achievements and her inner dissatisfaction. It was the catalyst for a decade-long journey of self-discovery and healing on many levels.

Her journey involved an exploration of various holistic and spiritual practices, including massage therapy, acupuncture, retreats and consultations with psychics and herbalists. Though helpful, she still found herself overindulging in unhealthy coping mechanisms like alcohol and food. It wasn't until she quit drinking in 2008 that her true inner wisdom began to emerge, aided by her involvement in 12-step programs and subsequent certification as a Spiritual Director. Coming to terms with the addictions, though not easy, cleared the paths

for faster progress.

In 2014, Barb began her formal training in bodywork, studying massage in Costa Rica and myofascial release in the U.S. under the guidance of John Barnes. She combined these skills with her training in Health Touch and other energy healing modalities to create a comprehensive practice that integrates spiritual direction and bodywork. Her studio services were well-received and in high demand. She was lauded most for her level of attunement with clients.

Clients were shut out of in-person services by shut-downs ordered for COVID-19 pandemic in spring, 2020. Clients wanted to keep their connection, so Ryan offered Zoom sessions for energetic and emotional support which led to the creation of Wisdom Listening.

## Professional Listening

Through Wisdom Sister Studio, Barb offers two primary services: Listening and Bodywork. The Listening sessions are designed for those who need to process concerns, explore ideas, or make decisions without outside influence. These virtual sessions help clients access their inner wisdom, leading to greater self-understanding and clarity for navigating choices and life.

## Bodywork and Myofascial Release

Bodywork sessions, held on-site in Minneapolis, incorporate gentle yet profound

Reduce Tension.  
Improve Mobility.  
Restore Energy.

Try  
Myofascial Release

**WisdomSisterStudio.com**

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

**Teach Your Body Calm**  
NEW Hands-on Bodywork to  
Reduce Anxiety

Barb Ryan, CMT

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

Bhakti Wellness Center, Edina

techniques to release fascial restrictions, balance the nervous system and improve overall physical health. Barb's approach is uniquely attuned to each client's needs, combining conversation and hands-on therapy to foster alignment and healing. Most recently, she is offering a session for clients experiencing anxiety. Teach Your Body Calm helps clients reacquaint their bodies with the feeling of calm. She also teaches techniques in her recently published book—*Sacred Self: Simple Tools for Self-Support*—which is available through Amazon.

Barb's vision for Wisdom Sister Studio is to nurture the connection to inner wisdom for all who seek it. She believes that moments of self-realization, big or small, can awaken oneself to deeper truths, self-discovery and healing. Through holistic services, she helps clients make decisions with greater ease, connect with their bodies and live more presently and joyfully.

With a rich background in spiritual direction and bodywork, Barb Ryan continues to hold healing space for others, helping them find their own wisdom and light. Her journey from corporate success to holistic healing is an inspiring example of the transformative power of inner wisdom and self-connection.



To learn more or book a session, visit [WisdomSisterStudio.com](http://WisdomSisterStudio.com). See ads on page 28.

# Tooth by the Lake

**HOLISTIC GENERAL DENTISTRY**

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

**Kari Seaverson DDS  
John Seaverson DDS**

*Experience healthier dentistry*

*When inner wisdom flows, we make decisions with greater ease, connect with our body and improve physical health, access our natural creativity and inspiration, and live life's moments with more joy and presence.*

—Barb Ryan

**Do you want to build more wealth?**

**Do you have a plan?**

**Do you want to be a better steward with money?**

**Money is a tool that helps you along your path.**

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

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

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

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100% Metal free ZERAMEX® ceramic implants

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

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

**+ swiss made**

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

Call Today For A Consultation,  
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or go to our website,  
**ToothBuilder.com**

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

**Sedation & Implant Dentistry**

**Dr. Karl Anderson**



# Advancing a Couple's Fertility

Natural Solutions for Women and Men

by Madiha Saeed, M.D.



atlasstudio/CanvaPro

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’ 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.

### 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.

“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.”

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