

# Second Opinion

LOCAL ALTERNATIVE HEALTH AND HEALING

FREE

SUMMER SNACKS

CBD FOR STRESS

HISTORY OF  
HANDWASHING

ALLERGIES

LOCAL FOOD

Photo by  
Lauren  
Langworthy

Hey Chippewa Valley,

We're all in this together!

### STAY CONNECTED

- Keep in touch with family and friends
- Maintain a daily routine and hobbies that you enjoy

### STAY INFORMED

- Get updates from your local health department
- Watch out for scams asking for personal information

### STAY HEALTHY

- Stay home if you are sick and keep physical distance from others
- Get good-for-you food, good sleep, good exercise

### ASK FOR HELP

- It's ok to ask for help if you are struggling!
- Free support is available: Call 800-985-5990 or text TalkWithUs to 66746



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**Public Health**  
Prevent. Promote. Protect.

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[www.co.chippewa.wi.us/government/public-health](http://www.co.chippewa.wi.us/government/public-health)  
715-726-7900  
[covid@co.chippewa.wi.us](mailto:covid@co.chippewa.wi.us)



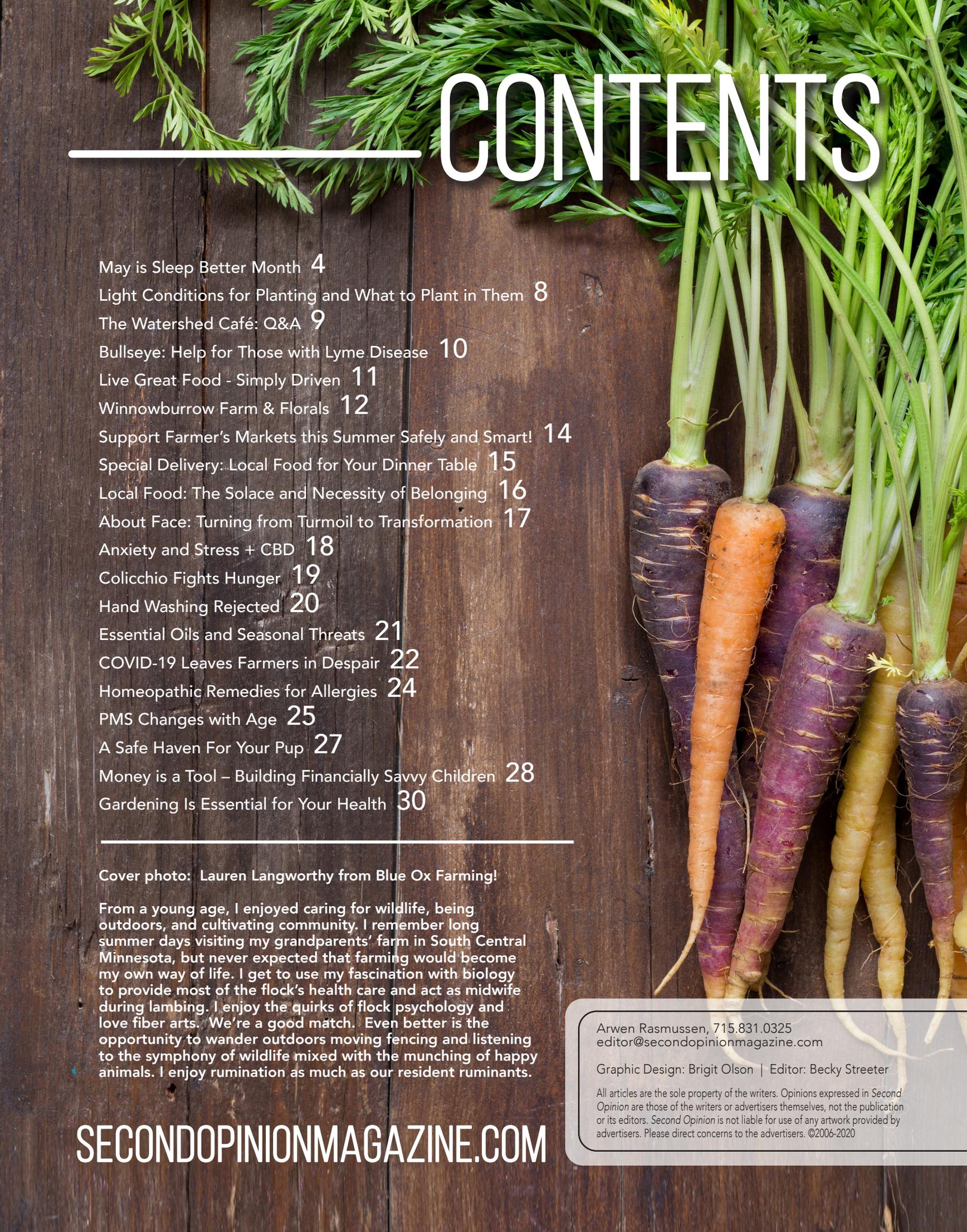
Dunn County Health Department

Dunn County  
[www.co.dunn.wi.us/publichealth](http://www.co.dunn.wi.us/publichealth)  
715-232-2388  
[doh@co.dunn.wi.us](mailto:doh@co.dunn.wi.us)



Eau Claire City-County  
**Health Department**

Eau Claire County  
[Coronavirus.ehealthdepartment.org](http://Coronavirus.ehealthdepartment.org)  
715-839-4718  
[ehealth@co.eau-claire.wi.us](mailto:ehealth@co.eau-claire.wi.us)



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Cover photo: Lauren Langworthy from Blue Ox Farming!

From a young age, I enjoyed caring for wildlife, being outdoors, and cultivating community. I remember long summer days visiting my grandparents' farm in South Central Minnesota, but never expected that farming would become my own way of life. I get to use my fascination with biology to provide most of the flock's health care and act as midwife during lambing. I enjoy the quirks of flock psychology and love fiber arts. We're a good match. Even better is the opportunity to wander outdoors moving fencing and listening to the symphony of wildlife mixed with the munching of happy animals. I enjoy rumination as much as our resident ruminants.

Arwen Rasmussen, 715.831.0325  
editor@secondopinionmagazine.com

Graphic Design: Brigit Olson | Editor: Becky Streeter

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# MAY IS SLEEP BETTER MONTH



## WOMEN SLEEP BETTER WITH DOGS

Research done recently by Canisius College in New York, says women sleep better with their canines. In a study of 962 US women where 55% shared their bed with at least one dog, 31% with one cat and dog, people stated they slept better with the dog.

After analyzing sleep data, cats and partners were more disruptive than dogs.

Why's that? Researchers think that dog owners tend to have better sleep habits and stricter daily routines because they learn to revolve around each other's bathroom schedules. Plus, dogs' sleep patterns tend to coincide more closely with humans' than do cats or other people." Not to mention the safety women feel when sleeping with a dog! (Such good boys.)

--HuffPost.com, 8/14/19

## ZENIMAL™ KIDZ

A mindful meditation device for kids.

Finally, a screen-free meditation device that teaches mindfulness through 9 guided audio meditations which can be used at home, school, or on the go. Zenimal™ Kidz helps kids build self-awareness and access the benefits of mindfulness skills in everyday life.



- Reduce Anxiety
- Better Sleep
- Increase Attention Span
- Cultivate Compassion and Kindness
- Improve Sense of Well-Being
- Mindful Parenting
- Immunity and Medicine



## Blueberry Ridge Orchard

We grow 20 acres of highbush blueberries in several varieties offered u-pick and prepicked. The season normally starts in early July. Prepicked apples and plums available.

Conveniently located 12 miles south of Eau Claire off Hwy 93 or 3 miles north of Eleva.



E2795 Hageness Road | Eleva | 715-287-3366

[BlueberryRidge-Orchard.com](http://BlueberryRidge-Orchard.com)

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612.462.9311 - [winnowburrow.com](http://winnowburrow.com)

# STOCK UP ON THESE

**GOIN' CAMPING?**  
Bring along some of these!



## BUBBA'S FINE FOODS

Green, low-sugar bananas taste like your favorite chips and will satisfy all your salty snack cravings!  
[bubbasfoods.com](http://bubbasfoods.com)



## BADA BEAN BADA BOOM

Broad beans (aka fava beans), roasted and seasoned. End of story. 7 flavors: from Sweet Cinnamon to Spicy Wasabi, you're bound to find your go-to.  
[badabeansnacks.com](http://badabeansnacks.com)



## SKOUT ORGANIC PROTEIN BARS

Organic protein bars with 10g of plant-based protein - made with 7 ingredients or less, soft texture, natural sweetness, and pure craveability.  
[skoutorganic.com](http://skoutorganic.com)

## LEBBY CHICKPEA SNACKS

They have an authentic flavor and homespun texture everyone's raving about. They're dry roasted - that means no oil, no salt, no additives - no exceptions.  
[lebbysnacks.com](http://lebbysnacks.com)



## KA-POP! ANCIENT GRAIN POPPED CHIPS

Tasty, fresh and satisfying. With a delicious, slightly nuttier taste, ancient grain powered Ka-Pop! is where fun and nutrition collide.  
[kaposnacks.com](http://kaposnacks.com)



## FARM & OVEN BAKERY BITES

Soft, chewy mini-muffins with 1/2 cup of real non-GMO veggies. And they taste amazing!  
[farmandoven.com](http://farmandoven.com)



## SUPERNOLA

Snackable clusters of thoughtfully selected superfoods, nuts, seeds and spices. The good stuff. The super stuff.  
[eatsupernola.com](http://eatsupernola.com)



## SHREWD FOOD PROTEIN PUFFS

High protein, low carb, low sugar, low calorie snack choice for everyone including kids, parents, diabetic patients, keto followers, fitness enthusiasts, health nuts, and athletes. Tons of yummy flavors!  
[shrewdfood.com](http://shrewdfood.com)



# GOODIES THIS SUMMER!



## UNREAL CHOCOLATE SNACKS

Out of this world, all natural chocolate snacks without all the sugar. Non-GMO, gluten free and sweetened without corn syrup or sugar alcohols.

[getunreal.com](http://getunreal.com)

## RHYTHM CAULIFLOWER BITES

Organic Cauliflower Bites are bursting with savory flavor and packed with vitamin C, vitamin K and fiber. They are low-heat crisped to preserve vital nutrients.

[rhythmsuperfoods.com](http://rhythmsuperfoods.com)



## BITCHIN' SAUCE

Vegan, gluten-free, almond-based, savory sauce that is rich in nutrients and packed with flavor. Its smooth and creamy consistency makes it perfect for dipping vegetables and chips, spreading on sandwiches or wraps, or smothering over your favorite savory foods.

[bitchinsauce.com](http://bitchinsauce.com)



## CREATIVE SNACKS

Affordable, great tasting treats, free from cheap, artificial, or potentially harmful ingredients. Better snacks, made from better ingredients. These are AMAZING!!

[creativesnacks.com](http://creativesnacks.com)



# PICNIC TIME!

Pack these in your basket!

## ATLAS PROTEIN BARS

Made with high-performance real food ingredients, 100% grass-fed whey protein and an innovative blend of science-backed adaptogen superfoods that help the body adapt to stress, fight fatigue and boost endurance. Offered in six decadent flavors.

[atlasbars.com](http://atlasbars.com)



## BUILT PROTEIN & ENERGY BARS

The texture is light and fluffy, and it is covered in perfectly tempered, 100% pure, dark chocolate. With each bite you take, you will think you are cheating on your diet, indulging on a chocolate dessert!

[builtbar.com](http://builtbar.com)

## MAISIE JANE'S NUT BUTTERS

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[maisiejanes.com](http://maisiejanes.com)



All of these great companies share the same philosophy that we do at *Second Opinion* by being organic, or mostly organic. Visit their websites to see all the other products they offer!



Wisconsin Farmers Union  
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Our overnight youth camps promise a summer experience full of memories to last a lifetime! Camp programs focus on cooperation, leadership, and sustainability.



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**[www.wisconsinfarmersunion.com](http://www.wisconsinfarmersunion.com)**

*We are monitoring how COVID-19 may impact this summer's camps but are currently continuing registration.*

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 South 683 Lovely Rd - Mondovi

**HOW TO PREVENT TICK BITES**

- ✓ Wear light colored clothing with a tight weave while outdoors
- ✓ Stay on cleared and well-traveled trails
- ✓ Wear enclosed shoes, long pants and a long-sleeved shirt. For even more protection, tuck your pants into your socks and tuck your shirt into your pants
- ✓ Bathe or shower as soon as possible after being outdoors
- ✓ Tumble dry clothes in a dryer on HIGH HEAT for 10 minutes
- ✓ When hiking or gardening, keep long hair tied up and check clothing and exposed skin for ticks frequently
- ✓ Consider using insect repellents according to label directions.



Source: LymeNow

**Contact The Health Office Co. at 715-895-8571 if you do get bit and/or have Lyme symptoms and need treatment.**



**FARM TABLE**  
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*Farm Table Foundation grows local food culture through education, research, & training.*



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# Light Conditions for Planting and What to Plant in Them

By Beth Luck, Tin Roof Garden

**Full sun:** at least 6 to 8 full hours of direct sunlight. Many sun-loving plants can tolerate more than 6 hours per day but need to be watered regularly to endure mid-summer (July through August) heat.

**Annuals that tolerate full sun:** verbena, lantana, geraniums, petunias, marigolds, thunbergia.

**Perennials that tolerate full sun:** yarrow, silver mound, butterfly weed, coreopsis, cone flowers, salvia.

**Partial sun/partial shade:** these terms are often used interchangeably to indicate 3 to 6 hours of direct sunlight, preferably morning and early afternoon sun, daily. Morning and early afternoon sun are less harsh than the afternoon sun, especially in the summer months.

**Annuals that tolerate part sun/part shade:** bacopa, ivy, torenia, fuschia, impatiens, begonias.

**Perennials that tolerate part sun/part shade:** Jacob's ladder, hostas, coral bells, perennial geranium, lamium.

**Dappled sun:** less light than the limited direct exposure of partial shade. This is the sunlight that makes its way through a canopy of deciduous trees. Think of the plants you would see growing in the woods: ferns, lady slippers, trillium, etc.

**Annuals that tolerate dappled sun:** fuschia, ivy, begonias, coleus, streptocarpus, cyclamen.

**Perennials that tolerate dappled sun:** hostas, coral bells, columbine, ferns, brunnera.

**Full shade:** less than 3 hours of direct sunlight daily, with filtered/dappled sun during the rest of the day. Full shade does not mean no sun. There are not many plants, except mushrooms, that can survive in the dark.

**Annuals that tolerate full shade:** ferns, ivy, cyclamen.

**Perennials that tolerate full shade:** ligularia, bergenia, ivy, ferns.

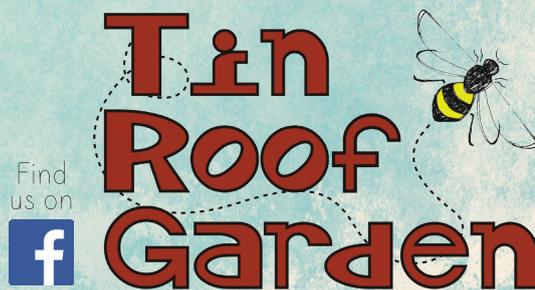
## COVID-19 Update

We are open for business as usual, following guidelines to keep our customers and staff safe. Our hours are Monday-Saturday, 8:30-5:00, Sunday 10:00-4:00. We will be offering online ordering only with curbside pickup during regular business hours.

We have set up a virtual greenhouse on our website. You can safely browse through our plants from the comfort of home, order and pay online ([www.tinroofgarden.com](http://www.tinroofgarden.com)) or over the phone (715-839-0265), and we'll set up a time for you to do curbside pickup. It couldn't be easier!

### How curbside pickup will work:

1. If you order before noon, your order will be ready for pickup the afternoon of the same day. You will receive an email when your order is filled.
2. If you order after noon, your order will be ready for pickup the following day by 9:00am.
3. Call 715.834.4232 and set up a time to pick up your order.
4. Pull up to our convenient curbside pickup sign, open your trunk and we will load your order.



5310 Friedeck Rd., Eau Claire, WI  
715.834.4232 ♦ [www.tinroofgarden.com](http://www.tinroofgarden.com)  
Hours: Mon-Sat 8:30-5, Sun 10-4

# The Watershed Café: Q&A By Summer Kelly

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In the heart of the beautiful St. Croix River Valley, you will find The Watershed Café: a sustainably-sourced restaurant honoring the local flavor and the surrounding natural resources. In a recent interview, we caught up with owner Rita Rasmuson to discuss the whole foods vision of The Watershed Café.

**Summer Kelly:** What inspires you the most about cooking?

**Rita Rasmuson:** Food is extremely important to us. We need to realize its importance and be mindful of what is on our plate. Food has two ways of affecting us—it can either make us sick, or it can make us feel better. Being mindful to choose foods that make us feel better is my ultimate inspiration.

**SK:** What do you enjoy the most about The Watershed Café?

**RR:** Preparing a good meal and bringing it to the family table. It's really important for us to slow down and enjoy a meal together. The community has come to know our menu and really understand the effort we make to bring good food to the table.

**SK:** You describe your food as "good food." What does that mean to you?

**RR:** Our ingredients are full of incredible flavor. Our meals are nutrient-rich and nourishing. Our food is grown in a way that supports land preservation and local economy. And we are mindful about everything we make. When people walk into The Watershed Café, I hope they feel they are walking into something bigger than all of us. We want people to have an experience that connects us to each other and to the land.

**SK:** What inspires your daily and weekly specials that continually introduce new items?

**RR:** When I plan recipes and meals, I think about what's in season, what's available, and what people crave. As the seasons change, so do the flavors we want and the foods we need. In the winter, we get our nourishment from meats and root vegetables like carrots, onion, and potatoes. In the spring, we have a variety of nutrient-rich greens. In the summer and fall, we see an abundance of beautiful local produce and sustainably-sourced foods. The changing seasons in the Midwest are incredibly important and provide us with the foods we should be eating.

**SK:** How are whole grains important ingredients in your meals?

**RR:** Whole grains like oats, whole wheat berries, barley, bulgur, farro, and wild rice add another level of flavor and nutrition. Whole grains are easier for our bodies to digest and provide additional nourishment. We work hard to avoid highly processed foods and instead utilize the whole plant from seed to root.

**SK:** All of your food is so flavorful, robust, and hearty. How do you achieve this?

**RR:** Fresh herbs and spices are key ingredients to each of our menu items. We also use a lot of fresh produce and locally-sourced meats, dairy products, maple syrup, and honey. We don't have to add a lot of other ingredients because these whole foods on their own are very flavorful.

**SK:** How do you support local food sources year-round?

**RR:** We are fortunate to have a sustainable source of meat through Peterson Craftsman Meats, a local farm with pasture-raised cows and pigs. We source dairy products through a local creamery, Crystal Ball Farms. Our specialty cheeses come from craft cheese makers in Wisconsin and Minnesota, and we work with local Cosmic Wheel Creamery. One of our growers, Morning Sun Farms, built a greenhouse for year-round produce that provides fresh, micro-greens and lettuces for us in the winter.

**SK:** What can each of us do to support small, family-owned farms and the local economy like The Watershed Café does?

**RR:** Communicate with your local grocers. Talk to the produce and meat departments—ask where they source their food. Purchase local when it's available, and ask for more! Visit your local co-ops, farmers markets, and CSA's. In the winter, find sources of local meats, cheeses, and greenhouse-grown produce. Do a little bit of research and engage others in the conversation. There are a lot of resources out there—sometimes we just need to look for them.



# Bullseye: Help for Those with Lyme Disease

By Rebecca Joy Durham

"There is nothing wrong with you."  
"All your blood work comes back normal."

These are words that he heard from traditional medicine for years.

"He may be a hypochondriac."  
"It's all in his head—he needs to stop thinking about being sick."

These are some of the words that his wife heard behind closed doors when he wasn't present.

Christopher and Rebecca Joy Durham are the founders of Bullseye Alternative Health Solutions, and their focus is on serving people with Chronic Lyme Disease. The above conversations actually happened to them. Over and over. The symptoms, the sickness, the pain, the arguing, the disbelief. The Durhams dealt with these for years. It was a very rough road, to say the least.

Christopher was eventually diagnosed with a terrible autoimmune disease and, oddly, the Durhams were comforted to have an actual reason for his pain. It had gotten so bad that he was 95% bedridden. For his wife, it was like living with a 90-year-old, disabled dementia patient. And they were only 45 years old!

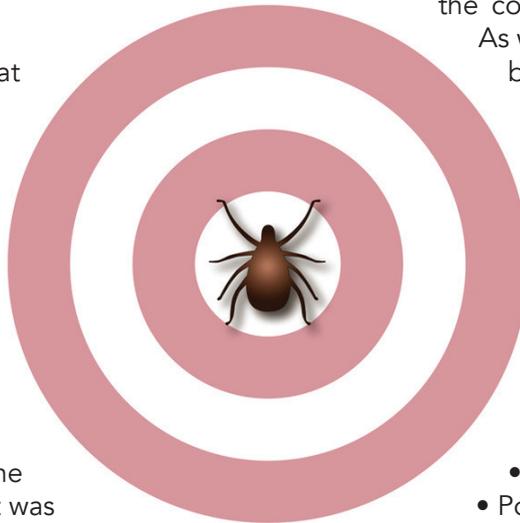
However, some of Christopher's symptoms didn't quite fit the autoimmune box, so the Durhams kept on digging. They had three small boys at home that they were home schooling and were not ready just to give up and give in to the prognosis provided by the medical community. Through alternative means, they finally discovered Christopher had Lyme disease.

Lyme disease is often misdiagnosed as ALS, MS, Parkinsons, Rheumatoid Arthritis, Fibromyalgia, Chronic Fatigue Syndrome and many other ailments. Once they discovered Christopher had Lyme disease, the Durhams were able to find an alternate treatment that miraculously helped him make huge improvements very rapidly.

Many passions are found through pain and struggle. The Durhams were not going to let Lyme disease define them and leave them with a bad history. They had a testimony. They were thankful and wanted to share their

testimony and results with others. The pain turned to a passion, and that passion led to a purpose.

Christopher studied, listened, read, and became one of the few Certified Resonant Practitioners in the State of Wisconsin. His desire is to serve the people who may be suffering from undiagnosed symptoms, misdiagnosis, and diagnosed Lyme disease and the co-infections that often accompany it. As with all good things, knowledge must be shared. The Durhams are here to hear you, serve you, and help you.



This is a short list of common symptoms of Lyme disease:

- Brain fog
- Migratory pain in joints
- Swelling in joints
- Stiffness in joints, back or neck
- Bone pain
- Night sweats or unexplained chills
- Regular low grade fevers
- Poor balance
- Slurred speech
- Memory loss
- Confusion

If you are able to check one or two of these, please visit [www.TargetingLYME.com](http://www.TargetingLYME.com) for a more comprehensive list. The Durhams care and want to help you feel better than you did before you were sick!

To learn more please call 715-861-5708, email [RebeccaJoyBAHS@gmail.com](mailto:RebeccaJoyBAHS@gmail.com) or [ChristopherBAHS@gmail.com](mailto:ChristopherBAHS@gmail.com), or visit [www.TargetingLYME.com](http://www.TargetingLYME.com). During this unusual time in history, they are now offering services virtually.

Bullseye Alternative Health Solutions

## TargetingLyme.com

Specializing in serving people who suffer from Chronic Lyme Disease.

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**(715) 861-5708**  
✉ [christopherbahs@gmail.com](mailto:christopherbahs@gmail.com)

**We can help you Virtually!**

**LIVE STREAM**

Christopher Durham, C.R.P.

# Live Great Food

## Simply Driven

Live Great Food is a family owned and operated small food business focused on offering our community the best eats while celebrating Wisconsin and all that her seasons have to offer.

Our mission is simple: remain true to great food. We aim to offer the best quality ingredients available, understand where food comes from, and bring it to the masses through our menu. We offer a scratch menu built specifically to honor and showcase the craft of our practice. Our goal is to provide nourishment and shed light on what we cook and why.

“Honor Thy Farmer” is the mantra for everything we do. It is easy to cook great food when you start with great food. It is a labor of love, however, to grow and care for great food. All too often the farmers see the smallest “piece of the pie” even though they grew the ingredients and baked said “pie”: from laboring the land to a \$50 dollar entrée, it simply doesn’t make cents for a farmer.

Chef and owner of Live Great Food, Anthony Chavez, has spent years in this industry continuously preaching farm-to-table, seasonally driven, and locally sourced cuisine. Chavez has a resume crossing the states with time spent in some of the highest rated restaurants in the nation. He found his food to be a representation of the craftsman. From kitchens to butcher shops, Chavez used the past seven years to perfect the craft of whole-animal butchery under some of the finest butchers in Wisconsin. Recently becoming a member of the Butcher’s Guild of America, Chavez has taken up the oath of advocating for the craft by showcasing the animal and, above all else, honoring thy farmer.

From catering and specialty dinners, to classes on everything (carcass cutting and sausage making, old-world breads and pasta making), we do it all with great



food at the heart. It is a lifestyle we are proud to share.

Most recently, we added a mobile kitchen to our repertoire: Chef Amy Huo’s epicurean chariot, the Locavore Mobile Kitchen. We respect her perspective on food and admire the way she used her platform to unapologetically act in the best interest of the farmer. We wanted to maintain that momentum and awareness within the community, so incorporating her food truck into Live Great Food seemed the obvious choice.

As a small passion-driven company, we enjoy bringing our food to Eau Claire. We love working with the local farmers to showcase everything that fresh and natural food can be. And we are excited to continually educate the community about great food and all its benefits.

The current trends and consumer patterning suggest a more curious and inquisitive eater, embracing natural foods more and more every week. We are proud to play our part in offering our menus and embracing a diet incorporating all the colors of the rainbow.

For more information, visit our website at <http://livegreatfood.com/>

# Winnowburrow Farm & Florals

**B**onnie and Josh Warndahl are the self-proclaimed “wearers-of-many-hats and the laborers of love behind the scenes” at Winnowburrow Farm & Florals. Neither were born farmers and, feeling the city life just wasn’t for them, decided a sustainable, nature-based life was the ticket to happiness. They opened the doors (and their arms) at Winnowburrow in 2015 and have been going strong ever since.

Tucked into the rolling hills of the stunning Red Cedar River Valley in West Central Wisconsin, Winnowburrow is part of a 311-acre community shared between seven homesteads. The Warndahls raise exquisite cut flowers, culinary herbs and Heirloom dried beans, including several rare varieties. They also grow gourmet mushrooms for farmers market, retail and restaurant sales, and keep heritage poultry for meat and eggs.

As a former musician, Bonnie found herself craving new ways to engage her creative side, and thus her seasonal



floral subscription was born. She provides anything from full-service design to simple bouquets for any occasion, with an aesthetic combining Bonnie’s “urban up-bringing and deep love for the country way of life.” Through the age-old combination of “just water, air, sun, and some good old-fashioned compost,” the farm is able to ensure a longer vase life and a pollinator-friendly product more rooted in the natural bounty of our Earth.

The Warndahl’s passion for creating the most locally-focused, quality product possible is evidenced by “the bees sleeping in [their] blooms” and a customer’s account of their wedding flowers, calling the arrangements “a beautiful testament to a long, cold Minnesconsin winter.” From their hearts they raise community, knowledge and appreciation for Mother Earth and strive to foster gratitude for all she provides by working to stabilize local food security. To give yourself or a loved one the joy of a floral subscription, just call 612-462-9311 or email [winnowburrow@gmail.com](mailto:winnowburrow@gmail.com).

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*Grassfed Beef* *No Weird Stuff*

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 **WHAT'S YOUR OWNER NUMBER?**



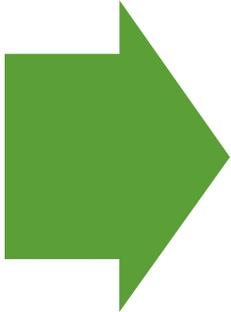
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**#SHAREYOURNUMBER**

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Of **30** commonly used lawn pesticides:

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to fish and aquatic organisms,

and **11** are deadly to bees.



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# Support Farmers Markets this Summer Safely and Smart!

**D**uring our shelter-in-place ordinance, you may be thrilled to know that farmers markets will remain open as an essential service, providing a bounty of local foods to community members.

However, we must remember to do our part to keep our markets as safe as possible, so here are some tips and ideas to keep yourself and your fellow market goers and growers safe this summer!

**BE SMART.** If you are sick, please stay home. Have a family member visit for you and perhaps shop for multiple households at once. Email or phone markets to see if they offer shopping or pick up services.

**A BOYSCOUT'S MOTTO: BE PREPARED!** Arrive with a set list of what you need. While perusing the market has been a morning's worth of conversation and socialization in the past, things will be different this year. Knowing what you need to buy will help you get in and get out of the market quickly, and help our farmers keep lines moving smoothly.

**BE THE EARLY BIRD.** Show up early to avoid the crowds, and try to limit your visit to 30 minutes or less. Many farmers will have items pre-bagged for you to grab and go.

**DON'T CROWD!** As we have been, even at market, we need to maintain a social distance of six feet. Look for signage and where lines start, to keep order. Galen Klisiewicz manager of the Eau Claire Farmers Market's and says that in order to keep vendors safe, they will place a market booth in between each vendor, so there will be separation of at least 10 feet between farmers!

**PLEASE DON'T TOUCH THE MERCHANDISE!** For safety, foods will be pre-bagged or the vendor will bag

for you. To maintain health, there will be no sorting through sweet corn to find the one you like this year. You'll just have to trust the farmer that all the produce will be delicious. Also, upon arriving home, you should wash all produce before storing or eating.

**WASH UP!** Markets will provide on site washing stations, so when you arrive or are leaving you will be able to utilize this safety precaution.

**LIMIT THE EXCHANGE OF MONEY.** When possible, use exact change, credit card, or contactless payments such as iPad or iPhone swiping systems. Ask if your market vendors accept mobile wallets and tap-to-pay credit cards. The fewer things we hand back and forth, the better for all!

**BE PATIENT, FLEXIBLE, AND KIND.** This is a stressful time, but we're all in this together! As The Center for Urban Education about Sustainable Agriculture (CUESA) states, "Farmers markets are places of nourishment and care, and we believe in the power of community resilience to carry us through."



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&  
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# SPECIAL DELIVERY: LOCAL FOOD FOR YOUR DINNER TABLE

By Katy Hackworthy

delivery options within city limits, and also encourages consumers to visit the farm directly to witness her “respectful stewardship for the animals and land.” Amanda is passionate about the power of providing people a quality product. With so many hands between the food and the consumer, large corporations are forgetting about quality in favor of quantity. Amanda points out that the cost of the product

If you’ve felt anxiety about going to grocery stores lately, braved long lines only to find empty shelves, or ordered fast food to be delivered to your doorstep, there are a few healthy local options you could try instead. Numerous farmers provide the Chippewa Valley with fresh, local food, and you might find peace of mind in supporting businesses that prioritize flexibility, nourishment, and safety.

The Aldo Leopold Center performed a study on how food purchased in the Midwest comes to our plates. They discovered most produce travels an average of 1400 miles to Chicago before making its way to our community. This contributes to diminished food quality and increased food waste.

In this time of increased food insecurity, it’s more essential than ever to be mindful about what’s on our table. Here are some ideas you could try out to support local farmers and get the best bang for your buck:

**1. Community Supported Agriculture (CSA)** – This and other subscription farm services are an easy way to ensure funneling resources back into the community.

**2. Together Farms** - Located in Mondovi and specializes in organically-raised, nutrient dense meats. In addition to their bulk meat and meat memberships, they also provide all organic, gluten-free and dairy-free meal kits delivered straight to your home. The meals are designed as easy, stress-free nourishment that can be dumped right in the slow cooker. Delivered on Mondays, these kits are an excellent option for households during this time where many may be busier than usual, or grocery trips are few and far between.

**3. Amanda’s Eggs** - Specializes in pasture-grown poultry and cage free eggs. Amanda provides flexible

goes down when the distance between producer and consumer is more direct, and she strives to do that through her flexible, accessible direct marketing, both online and in the community.

**4. Solheim Farms** - Tucked into the Eleva ridge in southern Eau Claire County, they believe “no meal is greater than its produce.” Their purpose is “to share the best produce [they] can grow with all individuals of our community who are interested.” The farm sells CSA subscriptions for a season (mid June-mid October) for \$420, with a weekly pick up at The Coffee Grounds in Eau Claire. This method allows for flexibility with subscribers who may want more or less in their haul, and gives the farmers an additional opportunity for selling their intentionally-grown produce.

**5. Farm Sweet Farm** - An 80-acre grass-based farm run by the Flashinskis, they specialize in delivery via “meat meets,” allowing the consumer to specify a location to pick up their haul. While the farm values creating a flexible customer experience, they also encourage any and all visitors to witness their farming practices by appointment. The Flashinski’s go beyond providing quality food, boasting their farm as “a quiet space to enjoy life and witness the miracle of birth.” They emphasize the multitude of reasons to buy local, including the importance of keeping food miles to a minimum.

With local providers such as these, it’s easier than ever to invest in the folks who make the Chippewa Valley unique and to prioritize our overall health. Next time you plan for a grocery run, consider one of these hard working farmers instead and reap the benefits of supporting your local farmers and your community as a whole.

# Local Food: The Solace and Necessity of Belonging

By Mike Schut, Senior Program Director, Farm Table Foundation - [www.farmtablefoundation.org](http://www.farmtablefoundation.org)

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The world has shifted under our feet. It is impossible to know what things will look like by the time you read this piece. Though tomorrow is never a given, life's relative predictability has very suddenly disappeared. Unless you lived through World War II, it is likely fair to say that these are unprecedented times.

And yet...

When I glance out my window, or take a walk on my rural county road, I am comforted by what has not changed in the rhythms of the natural world. While the COVID-19 pandemic hums through the human world with looming chaos, the chickadees and juncos know that it is spring, the maple's sap is beginning to flow, and the sandhill crane has returned to our fields. Just like last year.

The farms and farmers in my neighborhood continue on like last year as well. Starts are seeded in the greenhouses, dairy cows are milked, livestock are fed and watered, and cheese is crafted at the on-farm creamery.

In "Wild Geese," one of her most beloved poems, Mary Oliver writes:

Whoever you are, no matter how lonely,  
The world offers itself to your imagination...  
Over and over announcing your place  
In the family of things.

No matter how lonely you are, or chaotic the world may be, Oliver believes that solace is available in that very same world, if we only look for it. Solace is found in knowing that all of us have a place "in the family of things."

This coronavirus starkly reveals our dependency on each other, especially those "things" close by: the grocer, the doctor, our families, the neighbor we greet from a safe

six feet...and, lest we forget, the farmers and the food they grow.

Among the "things" that Farm Table, where I work, supports are the twenty-some area farms and farmers from whom we purchase the majority of our restaurant's food. The "things" we serve are local. The things we ingest were, not too long ago, members of the family of things around us, raised by farmers we know, using methods we trust.

I suppose one of the other things about this coronavirus, and why it scares us, is it reveals our vulnerability. And we are vulnerable partly because we rely on a global food system, one that is vulnerable to a virus able to shutdown economies across the globe. Strong regional food economies, rooted in equity and mutuality, offer a more stable and resilient alternative.

Perhaps what we are experiencing now is good practice. Practice for the kinds of challenges that climate change will surely bring our way. Though essential at the moment, it's not the specific practices—social distancing, hand washing—that we really need to work on. The crucial lessons we need to learn from this are:

- Sacrificing for the common good is actually good and enriches our humanity.
- We are more dependent on each other (and the family of things) than independent.
- All of us will be better off if we do more to create a world where more and more people have enough and can experience the solace of belonging to that family of things.



# About Face: Turning from Turmoil to Transformation

A New Book by Toni Mattson,  
Trinity Equestrian Center

Toni Mattson and her team at Trinity Equestrian Center have worked with veterans for over ten years. They offer services to hundreds of vets, including thousands of therapy sessions, all of which are free to those struggling with the effects of their military services.



Veterans usually don't want to discuss their traumatic service experiences, so Mattson's team focuses on the relationship between vet and horse instead. Once the bond is solidified, that trust and connection usually expands to other important relationships in the veteran's life. As the staff works with the vet, the vet gains the skills and confidence that things can and will get better.

For years Mattson considered writing a book about the work they do at Trinity. Her hope is that people might understand their work from the inside, and how that often changes the outside. *About Face* is a collection of stories based on true events of 12 veterans in Trinity's Equine Assisted Therapy program.

The following is an excerpt from the chapter "Battle Buddy":

"I can't sleep, can't eat, and sure can't forget. They said it'd get better, but it's not," growled Duncan, a 29-year-old, four-time deployed Army veteran. "Every night I'm back in Afghanistan, on patrol with Karl."

Karl was his only boyhood buddy and the best man at Duncan's wedding.

"Karl demanded to take the lead that night, even though I lost the flip." Duncan buried his face in his hands and continued, "He stopped, turned to me and whispered, 'Did you hear that?' And BOOM! There was an ear-splitting blast, and Karl was gone."

His voice cracked and trailed off.

"I don't just mean dead, I mean – his body was gone." Duncan revved up, "I should've died, not him! It was my turn to go first. I killed him!"

Survivor's guilt mixed with haunting nightmares serves up a dangerous cocktail. Their nightly visits torment many combat veterans, making them easy targets to seek amnesia from pills or alcohol.

Most don't know, but horses experience all the emotions we humans do, except the pesky pair of guilt and shame. These two are the most dangerous carryovers for veterans. These two are the landmines that too often push them to the brink of suicide. These are what continues to take twenty-two of their lives every day.

Everyone has a story they're struggling with. Our time with the horses helps the vet tell their story and process it in real time. The feelings and emotions they share helps paint the picture of their journey, their story. It's a road map of what's going on in their head and heart.



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# Anxiety and Stress + CBD

By Katy Hackworthy

It's no secret that stress and anxiety are increasingly common ailments that affect countless Americans, directly harming overall quality of life. According to the Anxiety and Depression Association of America, anxiety is the most common mental illness in the United States, impacting 18.1% adults each year. With the current state of the world, one can only assume that percentage will increase. Additionally, with a continued cultural shift towards an emphasis on wellness, stress is the number one barrier to "being well." Enter: CBD.

Chris Buske, owner of Wonders of Nature (WON) in Eau Claire, specializes in full-spectrum, premium hemp and CBD products. His products capture the holistically beneficial trifecta of terpenes, cannabinoids and flavonoids. Buske looks at the plant from an herbalist standpoint, emphasizing his goal is "to capture the whole plant, i.e. the full spectrum." All of the aspects of the plant create a medicinal and beneficial entourage effect, producing a rawer and objectively better product that is truly a medicine for people in pain.

With CBD being relatively new on the market, people may have a difficult time finding a product with correlating price and quality. Buske seeks to be a local antidote to an over-crowded, quantity over quality market by prioritizing affordability. Says Buske, "If it's not affordable to the people, it's not medicine to them."

Buske recently expanded from pop-ups at local businesses and the farmers market to his own retail space. He was confident in saying, "If I got the opportunity to talk to people, my business would go well." As a retailer and a healer, he knows the importance of providing a personalized, education-driven experience for his customers. He dedicates as much time as necessary to sharing his expertise with customers and familiarizing them with the ways CBD could help them on

an individual level.

Through this customer-first, healer-driven approach, Buske is confident "if people feel good about the healing experience, there will be a better outcome." Therefore, it is important to him to push back against the stigma and shame surrounding THC in relation to marijuana. WON products include a small, microdose of THC. THC plays a critical medicinal role in psychosomatic health, which is related to symptoms of stress, and industrial hemp can contain a maximum of 0.3% THC by weight. Buske's products contain raw materials from trusted, small family farms, most of which he has a personal relationship with or has visited in person. This ensures his ability to produce a quality product consumers can trust, from small partners he can trust.

From a plant/medicine standpoint, cannabis "chills you out," both physically and in regards to our nervous systems. This calming factor can be incredibly helpful to those suffering from anxiety or stress symptoms. According to the Mayo Clinic, "people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations." This fear is associated with the sympathetic nervous system, which activates our fight or flight response. Cannabis, on the other hand, supports our parasympathetic nervous system, which allows us to rest, while also bolstering our autonomic functions, which are stimulated by things that bring us joy and social bonding.

While CBD or hemp products don't pretend to be a cure for anxiety or stress, Buske says those who use it feel it offsets the negative symptoms related to stress and anxiety. A loyal customer, Eden Weil, speaks highly of WON products saying they helped her wean off the anxiety medication she had been taking for ten years. She even credits them as "helping her get her life back."

In this time of increased stress and anxiety, turning to plant medicine like CBD could be an excellent step towards putting one back on a path toward attainable, sustainable wellness.



# Colicchio Fights Hunger

Hunger is a struggle for a surprising number of Americans—41 million, in fact—and a particular demographic of that number is veterans. Many of us don't know that one in four vets wrestle with hunger. And, for Top Chef's Tom Colicchio, that's one in four too many.

Colicchio says hunger could be assuaged if the right policies are implemented to provide food to those in need. He is constantly fighting on Capitol Hill for the rights of those who are food insecure. Colicchio lobbied against proposed cuts to food stamp programs such as the Supplemental Nutrition Assistance Program. He held a Plate of the Union summit with lawmakers and famous chefs to raise awareness for access to healthy food. And he and Environmental Working Group's president, Ken Cook, founded the Food Policy Action to advocate many food-related concerns, one of them being hunger among veterans.

However, organized through Colicchio's own anti-hunger organization, A Place at the Table, one of his biggest endeavors was the creation of the national media campaign called Food Is Fuel. This campaign was launched on Veteran's Day to key in on that

particular issue for our nation's heroes. More information can be found on Colicchio's website at [foodisfuel.org](http://foodisfuel.org).

Hunger is not a problem we can always see with our eyes, but it is a basic right of all humans. Colicchio's programs were and are designed to get people to notice and start talking about these issues that affect the neighbors in our communities.



Source: "Celebrity Chef Tom Colicchio Is on a Mission to End Hunger for Veterans." <http://www.eatingwell.com/article/290835/celebrity-chef-tom-colicchio-is-on-a-mission-to-end-hunger-for-veterans/>.



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# Hand Washing REJECTED

*By Judy Soborowicz*

Prompted by the current outbreak of the day, we are all being reminded of the basic steps to maintain a healthier public space and prevent infection. Fortunately, I am old enough to have a mother who was inspired to be a nurse, and as new graduate was able to care for her aunt who suffered from a Tuberculosis infection. As a result of her education and experience, she was adamant about the need for hand and surface washing, covering of the mouth before a cough or sneeze and not to ever-ever spit on the sidewalk. The fact was, growing up with my mother, it was impossible to not be aware there were viruses and bacteria all around us that could possibly infect us. This is part of the reason for my fascination over the story of Dr. Ignaz Semmelweis, whom I first learned about at chiropractic college.

Dr. Ignaz Semmelweis was an assistant professor at Johns Hopkins School of Public Health in the mid 1800's and was the first of his time to propose a cause as to why women and their newly born might be dying of agonizing and fatal 'childbed fever.' Quite against popular thought at the time, Semmelweis hypothesized that there were bits of 'corpse and smell' on the physicians' hands which may be the cause of this fever. He began to encourage his students and colleagues to hand-wash with chlorine. Semmelweis suggested it may not be the best idea to go from an autopsy, the horse and wagon, or any activity of normal life, straight to delivery room without scrubbing hands.

This might seem obvious, but germs at that time were yet to be defined as they are now. Unfortunately for Dr. Semmelweis and his patients, his hypothesis was not accepted and it caused great animosity. Even the suggestion that a physician could be the cause of agonizing deaths was met with serious opposition, and the hand washing idea was rejected. Over time Dr. Semmelweis was shunned by his colleagues. As a result of his frustration, he grew less and less concerned with his personal appearance and more and more concerned with the deaths he could be helping to prevent. Socially and professionally shut out, he was eventually committed to a mental asylum, where he died of a blood infection at age 47. Because Dr. Semmelweis was unable to convince his colleagues in his lifetime, many years passed before hand washing procedures were adopted.

While my account of Dr. Semmelweis is very abbreviated, the concept that really good ideas are not always immediately embraced is not unique. Decisions are made and protocols are defined based on the best information at the time. History has proven repeatedly that the preventative steps we take to maintain brain health, exercise, nutrition, stress management, hygiene, clean water, and plumbing has and does lead to significantly lowered risk of mortality and greater expression of health. Our knowledge of health is evolving, and a collaborative and open view of simple interventions which build human health is beneficial for everyone.

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**Seasonal threats may seem to appear in the usual parts of the body, eyes, nose, throat and chest but the system that is the "guardian" of the invaders is actually the gut. Yes, a healthy digestive system will help you not over react to the seasonal invaders.**

When we have seasonal reactions, runny nose, itchy eyes and congestion, the invaders have triggered a reaction in the lymphatic system (immune system) of the gut. Over reactions stimulate the cells responsible for the full system reaction.

How do we reduce the reaction naturally? We start ahead of the expected onslaught of triggers and cleanse the gut. When we assist the gut with rebalancing the "good" organisms, we allow the body to react appropriately to triggers.

To cleanse and rebuild the gut we follow the ABC's.

- A** Drink more water (recommendation is ½ body weight in ounces/day (more if you are sweating)
- B** Use Bentonite Clay and Psyllium hulls shake (assists with removal of impacted material from the digestive tract).
- C** Utilize the Digestive Blend (doTERRA product to assist in digestion and healing the gut)
- D** Use a high quality probiotic (recommend doTERRA PB Assist for quality and resilience to stomach acids)
- E** Utilize a quality Digestive enzyme (recommend doTERRA TerraZyme) The variety of digestive enzymes contained in this product includes amylase.

Amylase is used in natural medicine to breakdown pollens and other carbohydrates/plant materials. We are also able to process undigested food.

Seasonal threat reactions involve the lymphatic system. We may experience excess mucus in the sinuses. Fortunately we have a simple solution. When drinking your water, add a few drops of Lemon essential oil (*recommend only quality essential labeled with a nutrition supplement label for internal use and NEVER use a citrus essential oil in anything other than high quality stainless steel, glass or porcelain. Plastics breakdown, you do not want to ingest plastic molecules*). Lemon is a general cleanser. Use grapefruit in the water as a decongestant.



Tip: If you are experiencing sinus congestion, a drop of the Digestive Blend on the index finger and tap over the sinuses (be very careful not to get into the eyes! If for some reason you do get essential oil into the eye, you can neutralize the effect with a carrier oil such as fractionated coconut oil, almond oil, or even milk. There will be a stinging sensation but no damage to the eye.)

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*This article is not to be construed as, nor is it intended to be used for, medical diagnosis or treatment. This information should not be used in place of the advice of your physician or other qualified healthcare provider. Should you have any health care-related questions, please call or see your physician or other qualified health care provider promptly.*

**For more information please call or text Dr. Lynn Thompson at 715.456.6734**

# COVID-19 Leaves Farmers in Despair By Becky Streefer

The effects of COVID-19 are leeching into every aspect of our lives and the economy, and one of the hardest hit places is our farming industry. While supermarkets and grocery stores have seen an uptick in sales, many farmers who relied on restaurants, hotels and schools are struggling in a completely unprecedented way—with a huge surplus of goods. Farms were in tough shape before the pandemic, and now the situation verges on dire:

- Dairy Farmers of America estimates farmers are dumping up to 3.7 million gallons of milk each day into lagoons and manure pits.
- One chicken farm is smashing 750,000 unhatched eggs every week.
- An Idaho farmer dug ditches to bury 1 million pounds of onions.
- Prior to the coronavirus outbreak, Wisconsin was already losing 2.5 farms per day. If the current economic and farming trend continues, Wisconsin is on track to break foreclosure records for the nation this year.
- Pre-coronavirus, the average farmer made 14.6 cents for every dollar spent on food in the United States. Post-coronavirus, this small amount could be significantly less.

Food glut of this magnitude has no good solutions:

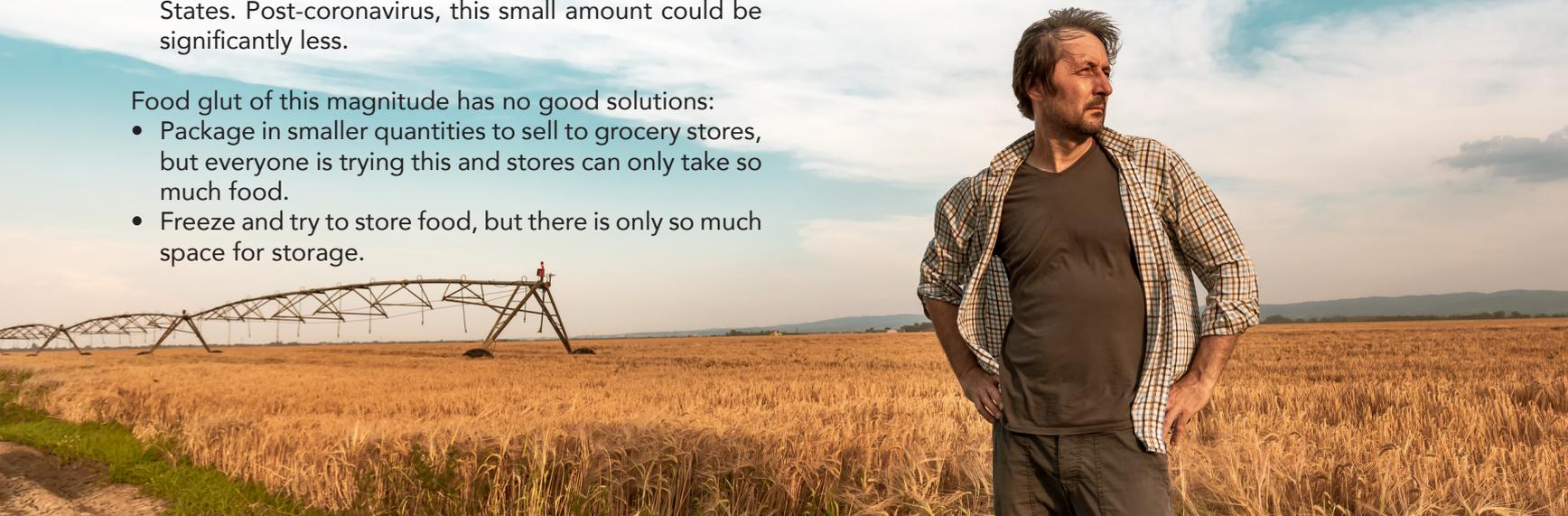
- Package in smaller quantities to sell to grocery stores, but everyone is trying this and stores can only take so much food.
- Freeze and try to store food, but there is only so much space for storage.

- Donate food to local food banks. Here farmers make no money but actually spend money and labor by packaging and delivering the food. Also, many food banks can only accept a certain amount of perishable items because of limited refrigerators and volunteers.

To help abate some costs, programs such as the Hunger Task Force are beginning to pop up. This partnership between the Wisconsin dairy industry and a Milwaukee-based food bank would spend up to \$1 million on dairy products and distribute them to local food pantries in the farmers' stead. This way the farmer still gets paid and doesn't have to spend the time or money on delivery.

Unfortunately, \$1 million might only be a drop in the bucket if the pandemic stretches on. Unless our farmers receive assistance soon, farm debt could worsen beyond repair for many.

Sources: <https://www.startribune.com/food-waste-of-the-pandemic-dumped-milk-smashed-eggs/569569442/>; <https://www.wpr.org/hunger-task-force-commits-buying-1m-dairy-products-food-pantries>



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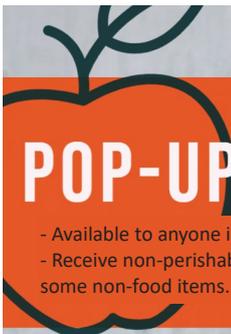
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**AUGUSTA POP-UP** Every fourth Tuesday 1:45—2:30 PM.  
 Augusta Senior Center Parking Lot (616 W Washington St, Augusta)

**ELEVA/STRUM POP-UP** Every second\* and fourth Tuesday 12—12:45 PM.  
 - Eleva/Strum School (W23597 Hwy 10, Strum)  
 - Second Tuesday will only have non-perishable groceries.

**FAIRCHILD POP-UP** Every fourth Tuesday 3:30—4:30 PM.  
 - Fairchild Community Center (121 Farmer Street, Fairchild)

**FALL CREEK POP-UP** Every first and third Wednesday 3:30—4:30 PM.  
 - St. James Trinity, 305 S State St, Fall Creek

\*This distribution may discontinue in June.

Visit [www.fmpfoodbank.org/get\\_help.phtml](http://www.fmpfoodbank.org/get_help.phtml) for a complete list of food pantries and meal sites available year round in your area.



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# Silver Fillings: Just ugly? Or harmful too?

This is a picture of a "Silver" or "Amalgam" filling. It is 50 - 52% MERCURY! If the mercury in this filling were spilled in a school, it would be evacuated....

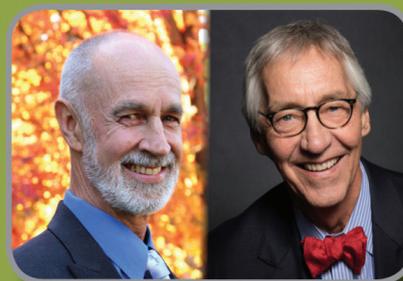


This is a picture of a "light cured" composite filling. They can last as long or longer than mercury fillings with no danger of releasing harmful heavy metals.



As noted on Dr. Mercola, Dr. Oz, and 60 minutes, Mercury fillings may have a **significant negative impact** on your overall health and wellbeing.

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# Homeopathic Remedies for Allergies

By Debbie Koteris, Mother Nature's Food, Inc



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**M**any of our homeopathic remedies have been in use for over 150 years so they have very nice usage and safety track records.

Allium cepa is a good remedy to look at for allergy symptoms. For this remedy to be effective, the person would have sneezing, sore, watery eyes, clear mucus running from the nose that burns or that makes the underside of the nose sore and red. The person may say their nose is "running like a faucet" and they feel better for a short time after splashing cold water on their face. It is also the most common remedy used for colds.

Histaminum hydro can be very helpful for hay fever, skin allergy, and food allergy. When picking your dilution remember that low dilutions(6C) are more appropriate for local symptoms and high dilutions(30C) are best for general and behavioral symptoms.

Nux vomica is a remedy for a person with seasonal allergies who is highly irritable and perhaps is rather Type A in personality: hard driving, ambitious and a high achiever. To use this remedy on a person, they would have eyes and nose that are dry during the day and watery at night and would be sensitive to odors.

With homeopathic remedies, you need to match your symptoms to the symptoms the remedy works on. If these don't match up, the remedy probably won't work.

To use the homeopathic remedies, take two to three doses of the remedy, about 60 to 90 minutes apart. If your symptoms go away, don't take any more remedy until the symptoms return. If the symptoms return and are exactly the same, repeat the remedy. If the symptoms return and they are different, you will need to choose a different remedy.

If the remedy helped for a few doses, then didn't help so much, you will need to choose a different remedy. If you take more of the remedy or if you increase the dose or take it more often, hoping the remedy will "kick in," you won't get relief. With homeopathy, either the remedy works or it doesn't. If it does not work, or stops working, you will need to choose another remedy.

If you have multiple symptoms that fall under different remedies, know that there are products that combine remedies that many people find helpful for allergies.

If you have other questions please give us a call at Mother Natures Food, Inc at (715) 834-2341. Be well!

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# PMS Changes with Age

**F**or many women, their monthly cycle becomes fairly routine after a few short years. Hormones go up to enable the body to support pregnancy, hormones go down after an egg is released from the body unfertilized. Month after month, year after year. However, premenstrual syndrome (PMS) symptoms can change as you age. Here's a look at the different decades in life and what might be going on.

**Your 20s – Can Be Rough.** Hormones are at their most active peak, and likewise are the PMS symptoms. Bloating, cramping, brain fog, mood swings, and food cravings can run rampant the week before your period. Lifestyle can play a huge role on the severity of these symptoms. Many women in their twenties are the busiest they will ever be and are likely not paying as much attention to their bodies as they should. Lack of sleep, missed or skipped meals, and lack of exercise can increase stress and therefore increase acne, fatigue and irritability.

A shining star: birth control methods such as the pill or an implant usually help regulate those pesky hormones and can keep some PMS symptoms at bay.

**Your 30s – The "Golden Age".** Women at this stage in life tend to have less severe symptoms as hormones are, hopefully, finally getting the hang of this menstruation thing. Data in this

decade is also likely skewed by pregnant or breastfeeding women who often don't experience PMS symptoms (pregnancy and breastfeeding come with their own set of crazy hormones, which is another topic all in and of itself). However, on the flip side, women who go off birth control in attempt to become pregnant can experience some pretty severe symptoms while the body tries to figure things out on its own again.

**Your 40s and Beyond – Look Out, Here She Comes!** Perimenopause is either here or it's coming, and hormones are going to be on their craziest ride yet. The body is pretty confused, hormones going up and down at imbalanced levels while your ovaries debate whether to release and egg or not and when to do so. Once these hormone levels even out, and you stop getting a period for 12 consecutive months, you are in menopause and quite likely the real "Golden Age" of your life where you don't have to worry about that monthly treat.

No matter what your age, PMS symptoms can be lightened by a healthier lifestyle. Regular exercise, a good and regular amount of sleep, fewer processed foods, and plenty of water can do a body wonders.

Source: "Here's How PMS Can Change in Your 20s, 30s, and 40s" by Kristin Canning. <https://www.health.com/condition/menstruation/pms-changes-20s-30s-40s>. November 14, 2017.

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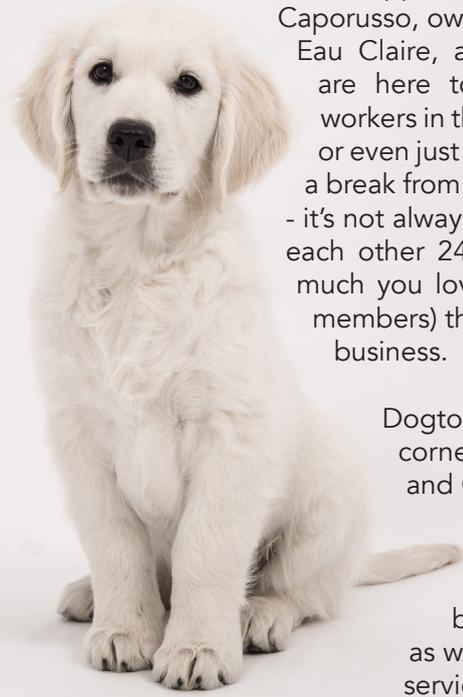
- Celebrate through the Power of Scent: It is said that the scent evokes the strongest memories along with lifting mood and spirit. Palo Santo, known as "holy wood" has been used for centuries to protect, heal and promote well-being. Gift mom with **Raha Palo Santo Oil Perfume**, a natural plant-based oil blend in a convenient rollerball application as an all-day mood booster.
- The Best Rewards in Life are Free: How about taking chores off her hands (cleaning, shopping, cooking) and give mom time to indulge in beauty treatments she's put on the backburner. **Raha Founder's Blend Scalp & Hair Treatment** is the perfect anecdote for a dry, itchy scalp, as this topical plant-powered, non-toxic treatment balances scalp moisture levels, soothes and strengthens hair roots.
- The Salon May Not Be an Option at The Moment: Raha simplifies taking care of your hair at home, so be a hairdresser for the day to treat mom! Before blow drying (or air drying) apply **Raha Leave-In Treatment Light** to the ends for heat protection from styling tools and definite when air drying.

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# A Safe Haven For Your Pup By Dogtopia of Eau Claire

In a time where we are encouraged to stay at home as much as possible, the days of extended vacations and long weekends at the cabin that may require leaving our pets to their own devices seem like a relic of the distant past. While many of us are hunkered down in our homes, spending endless time with our families, the option for daycare, both for children and for pets, has mostly disappeared. Annette and Eric Caporusso, owners of Dogtopia of Eau Claire, a daycare for pets,



are here to remind essential workers in the Chippewa Valley, or even just folks who may need a break from their pets (we get it - it's not always easy to be around each other 24/7, no matter how much you love your furry family members) they are still open for business.

Dogtopia, located on the corner of London Road and Gold Road, offers dog daycare, overnight and long-term boarding, and spa services as well as webcam services for pup parents

who still prefer to keep one eye on their dog. The Caporusos "take pride in offering more than just doggie daycare, but rather a place where your dog can experience a routine and purpose through our fun-filled days of exercise, socialization and education." They also take special care to provide flexibility to clients, offering both full and half days of daycare to be an antidote to "the boredom and separation anxiety pets may experience home alone."

The Caporusos know that not everyone is relegated to their homes during stay at home orders, and they want to emphasize their services to essential workers such as first responders or healthcare providers who continue to go to work every day. Additionally, working from home can be an added stress during this time, especially if you have multiple pets or family members to juggle extra care for around the house. Dropping your pets off for some education and socializing at Dogtopia, even for a few hours, is a great way to reduce stress and give you a chance to get some work done without furry friends insisting on constant cuddles and treats.

Whether you're still out on the frontlines or you're craving a well deserved break, Dogtopia of Eau Claire is an excellent way to ensure happy and healthy four legged friends. Use their mobile app or give them a call to schedule an appointment today!

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*By Deb Theusch, Master Gardener, Volunteer*

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per year.

# Money is a Tool – Building Financially Savvy Children

By: Michael Brahmer, CPA, CFP®

“Money doesn’t grow on trees.” As a parent, I believe teaching this to our children at an early age is vital for their future financial success. My wife and I utilize the following strategies to help our kids develop a healthy relationship with money, one of many tools needed for their future success.

## Chore Challenge - pay an allowance or not?

“I want that” is a statement we hear often. We attempted an allowance system but learned it was ineffective and a lot to “manage” beyond our already busy lives. We now have two simple approaches.

“Family jobs” are laundry, dishes, vacuuming, etc. We believe being part of a family is a team effort. Everyone helps with what’s needed to live in the same house together; each having an important role.

For family jobs, no one gets paid. The duties aren’t “jobs” or “chores” but instead everyone (including mom and dad) is responsible for a “zone.” Zones rotate each week giving the opportunity to learn to do duties that aren’t our favorites...

aka cleaning toilets. After dinner, each family member spends 5-10 minutes taking care of their assigned zone and then life moves on. Working side by side with our kids not only teaches them ‘how to do the job’ but also provides quality time spent together.

“True jobs” are more time-

intensive, and include mowing lawn, shoveling snow, etc. Expectation of payment is set and known that a specific job warrants a specific pay rate. This is how our kids can ‘earn’ money for their wants. Earnings are divided among those who completed the job (if a team effort).

## Technology Challenge – teaching self-control?

Growing up, I played Nintendo for hours and saved the princess. I felt accomplished and soon my interest waned. Today, I believe some games lack an end goal and deprive our kids the feeling of success of conquering a game. Even without an end goal, our kids want to play the games, and would for countless hours if we let them. After many arguments to ‘get off the tablet’, I stumbled across a ticket system solution in a book I was reading. The system teaches choice, the value of time, and perhaps most importantly, provides them control (within the boundaries we, as parents, established). This strategy softened disagreements over technology use and teaches budgeting skills.

Every week, we hand out 9 tickets to each child. Tickets are worth 20 minutes of tablet time, providing a grand total of 3 hours of technology for the week. Yes, 3 hours, that’s it! Any tickets remaining in their possession at the end of the week can be turned in for \$1 each. If all nine tickets are returned, they receive a bonus and earn \$10. Our kids now have a choice, play on technology (immediate gratification), or earn money later (delayed gratification). We have added variety as we go to accommodate our unique needs. We also incorporate tech free weeks and simply provide the \$10 to ‘enjoy’ on non-tech related experiences.

Now when our children say, “I want that”, we simply remind them of the tools they have to earn funds to buy whatever it may be.

Michael is a CPA, CFP®, Financial Advisor, and co-owner at Decades Financial, LLC. For over 15 years he has helped meet people where they are in life to help get them where they want to be. Whether starting your first career, raising your family, nearing retirement, or already retired, he helps provide financial solutions for all phases of life. Visit [decadesfinancial.com](http://decadesfinancial.com) to learn more. Michael Brahmer is a Registered Representative offering Securities and Advisory Services through UNITED PLANNERS FINANCIAL SERVICES, Member: FINRA, SIPC. Decades Financial, LLC and United Planners are independent companies.





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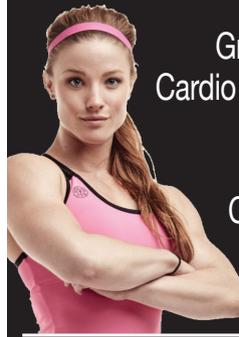
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## Gardening Is Essential for Your Health

During this time of quarantine and stay-at-home orders, many of us are struggling to find new ways to feel productive and remain sane. Well, they say that with the bad comes some good, and the news that nurseries, greenhouses and flower shops will be allowed to reopen at the beginning of May, is VERY good news.

According to *Garden Center* magazine, "Nurseries, garden centers and flower shops are playing a critical role by allowing families to plant backyard gardens or reach out to grandparents by sending flowers. All without ever coming into contact with another person."

Area flower shops and garden centers like Christensen Florist & Greenhouses in Chippewa Falls, WI have been committed to staying open and, with these new looser guidelines, welcome you to come in today to get your hands back in the dirt.

"Across the country, there has been a resurgence of Victory Gardening — a concept which first became

popular during WWII when 40% of the U.S. food supply came from urban home and community gardens," said Mary Kimball, executive director of the Center for Land-Based Learning. "Nurseries provide necessary plants and supplies to home, urban, church, school and neighborhood gardens. They are essential to our nation's food supply."

Garden centers and florists not only provide an incredibly important service to small-sized farming operations, urban and community gardens, but a healthy activity like gardening is something families can enjoy during this time when so much has been taken away.

*Psychology Today* states that gardening and planting get us moving and outdoors. When we rake the lawn, till the dirt, or just walk around the yard a hundred times, our brains release serotonin and dopamine to us feel good. Subsequently, the level of the stress hormone cortisol is lowered. Gardening also lets us vent our anger and take it out on hedges that have overgrown!

While you can now personally visit local businesses, you can still practice social distancing by ordering online or by phone with curbside pick up.

The garden and flower industries are indeed critical to our well-being, and we need them this spring more than ever before!







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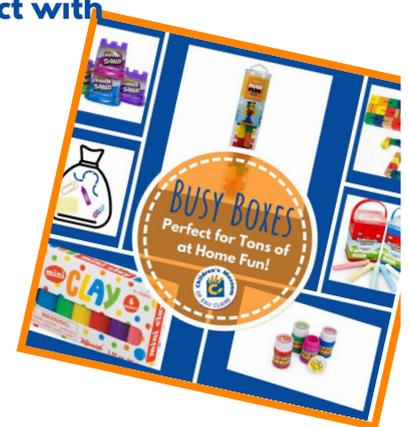


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