

# Second Opinion

HEALTH AND WELLNESS IN THE CHIPPEWA VALLEY

FREE



## *In this issue*

- ▶ PAMPER MOM & DAD
- ▶ LET'S GO BERRY PICKING!
- ▶ COFFEE ALTERNATIVES

JUNE IS PTSD AND  
MENTAL HEALTH MONTH

+





**CARE PARTNERS**  
ASSISTED LIVING  
Memory Care Facility



Choosing the right assisted living facility is a big decision, and not one you want to make when you're faced with an immediate need. Plan ahead!

## GIVE THANKS TO A VETERAN TODAY.

Several convenient locations in the Eau Claire area to meet your needs.

### Eau Claire East

3325 Birch St    3337 Birch St  
ASSISTED LIVING    MEMORY CARE

(715) 514-3709

### Eau Claire West

5110 Stonewood Dr  
ASSISTED LIVING and MEMORY CARE

(715) 874-5075

### Altoona

887 Briar Lane    893 Briar Lane  
MEMORY CARE    ASSISTED LIVING

(715) 598-7401



At Care Partners  
we support and  
honor all the  
veterans who  
fought for  
our freedoms.

# CONTENTS

- In a Relationship with a Depressed Man 4  
Dementia Risk Factors for Veterans 7  
Funeral Services for Veterans 8  
Pandemic Increases Mental Health Challenges in the Chippewa Valley 9  
Veteran Memorials Throughout the Chippewa Valley 10  
Reintegration into Society Post-COVID 11  
Digestive Distress and Essential Oils 12  
Pamper Mom & Dad! 14  
Getting Beyond Postpartum Depression and Anxiety 16  
Parenting with Grace 18  
Light Conditions for Planting and What to Plant in Them 19  
The Hounds of Happiness 20  
Tips to Reduce Fibrocystic Breasts 22  
Acupuncture & Mental Health 23  
Art Therapy for Healing and Connection 24  
Tips for Mental Wellness and Happiness 25  
Fiddlehead Ferns: Know What to Look For 26  
Time to Go Berry Picking! 27  
Coffee Alternatives 28  
Fruits and Vegetables Rx 30



SECONDOPINIONMAGAZINE.COM

Arwen Rasmussen, 715.831.0325  
editor@secondopinionmagazine.com

Graphic Design: Brigit Olson | Editor: Becky Streeter

All articles are the sole property of the writers. Opinions expressed in *Second Opinion* are those of the writers or advertisers themselves, not the publication or its editors. *Second Opinion* is not liable for use of any artwork provided by advertisers. Please direct concerns to the advertisers. ©2006-2021

# In a Relationship with a Depressed Man

Statistics about men and depression are hard to gauge because so many men feel that acknowledging they are depressed is sign of weakness. This denial of depression, however, can be much more detrimental to the man and everyone close to him, especially a partner in a relationship with him.

Women and men deal with depression differently. Women who are depressed might blame themselves initially, but they are more likely to go to a doctor for help. Depressed men often find unhealthy outlets such as drug or alcohol abuse or uncontrolled anger toward others.

Other signs of depression in men:

- Daily irritable, angry, or very negative
- Picking fights, being critical or mean
- Loss of interest in activities or hobbies, withdrawal from family and friends
- Talking about death or suicide
- Acting unreasonably, without concern for others
- Having trouble at work or school
- Talking suddenly about separation or divorce
- Complaining of aches and pains
- Eating/sleeping too little or too much

When you are in a relationship with a depressed man, it might feel like you have no way out and no options. Do you confront him about his depression and risk shaming him even more, or do you minimize it like he does? No matter what the consequences might be, you HAVE to address his depression. If you don't, it will seep into every aspect of your relationship and/or family life and will slowly destroy everything you have built together.

Because men are very sensitive about the topic, you have to be careful how you broach the depression conversation. This is a very real disease, so treat his feelings seriously and lovingly—don't minimize what's happening to him. Try to

be as positive as possible, even if you feel at the end of your rope.

Being a source of hope for him might not pull him out of depression, but being negative will certainly further him deeper in his struggle.

Try to get your partner to a physician as soon as possible so he can start the path to recovery. Bribes and tricks, though they seem deceiving, are OKAY. If you have to use the pretense of a yearly exam to get him to the doctor, then that's what you have to do. Here's where it gets tricky: YOU will have to be the one to tell the doctor about your partner's depression, because there's a good chance he will not share the information on his own. Either go with to the appointment, or contact the doctor ahead of time and explain everything that has been going on.

For your part, do as much research about the disease as you can. Check out some of the resources at the end of this article. Talk to people who have gone through depression or have assisted a loved one through depression. Join support groups. Find a counselor of your own to talk with about how you are coping. The more you can learn about the whole scope of depression, the more help you will be to both your partner and yourself.

The road to recovery will be bumpy. It might take time to get the right medications. It might get expensive, so check with your insurance provider and make sure you are prepared. There might be setbacks and hard times. Persevere. Anything is better than continually just watching as he suffers, and you suffer, and your relationship suffers. Try your best to always keep in mind that this is the man you love, and he is worth the fight.

Recommended additional education:

*"I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression"* by Terrence Real

*"Morning Has Broken, A Couple's Journey Through Depression"* by Emme and Phillip Aronson

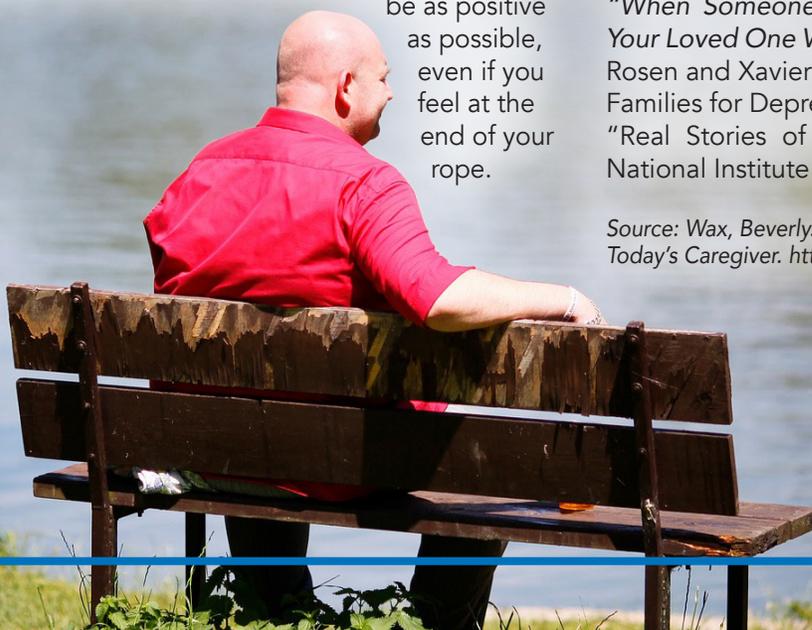
*"Depression Fallout"* by Anne Sheffield

*"When Someone You Love Is Depressed: How to Help Your Loved One Without Losing Yourself"* by Laura Epstein Rosen and Xavier Amador

Families for Depression Awareness – [www.familyaware.org](http://www.familyaware.org)  
*"Real Stories of Depression"* -- online video from the National Institute of Mental Health (NIMH)

Source: Wax, Beverly. *"When Depressed Husbands Refuse Help."*

*Today's Caregiver.* <https://caregiver.com/articles/depressed-husbands/>





At home,  
*independent,*  
and in *control*

appealtoheaven LLC  
Independent Nurses Network

Don't miss out on  
*special moments* with family.

What do we mean by in control?  
You make the decisions on

**Meals | Bedtime | Waking up**  
**Showering | Shopping | *Visitors***

With in-home care from **Appeal to Heaven LLC** you remain in control of your life. We are guests in *your home*. Employed *by you*. Following *your* directions. Meeting *your* needs. Don't be forced into separation and isolation when you don't have to be.

**Call 715.379.7889**

or email [info@appealtoheaven.net](mailto:info@appealtoheaven.net)  
Like us on Facebook or find us online at  
[appealtoheaven.net](http://appealtoheaven.net)



## Plan your memorial. Preserve your legacy.

*Simply Elegant,  
Simply Timeless, Simply Priced*

Planning your memorial in advance ensures you are remembered exactly the way you want.

Decisions you make today will reduce the emotional and financial strain your family experiences in their grief.

**Plan ahead. It's what's best for everybody.**



*Turn your memories into a  
lasting memorial*

**Johnson**  
MONUMENT

**LOCALLY CRAFTED SINCE 1917**  
Between Eau Claire & Chippewa Falls

**715.723.5576 | [johnsonmonument.com](http://johnsonmonument.com)**

Plan your memorial.  
Preserve your legacy.

*A lasting tribute to life*



Planning your memorial in advance ensures you are remembered exactly the way you want.

Decisions you make today will reduce the emotional and financial strain your family experiences in their grief.

**Plan ahead.**  
It's what's best for everybody.



*Lifetime Memorials*  
*A Lasting Tribute To Life*

2228 East Ridge Center, Eau Claire  
**715.830.5099**

[lifetimememorials-ec.com](http://lifetimememorials-ec.com)



**Helping you serve those in need  
for 8 years and counting**

To learn more about how we're protecting our staff & residents  
**AND** the creative ways that we're keeping families connected

*Lake Hallie Memory Care* **CALL 715-738-0011**

A happier life for everyone...

FIND US : [LakeHallieMemoryCare.com](http://LakeHallieMemoryCare.com)

  @memorycarepartners

**NOW  
HIRING!**



# Dementia Risk Factors for Veterans

by Shelley Krupa, Business Operations Coordinator Lake Hallie Memory Care



Is there a connection between a younger veteran's time in the service and their contracting dementia after being discharged? Maybe.

Isn't dementia or Alzheimer's Disease an older person's disease? Yes, we know the greatest risk factor for Alzheimer's is being over the age of 65, but every person with a brain is at risk for dementia, at any age

When a younger veteran admitted to a memory care facility before they turn 65 years of age, they've no doubt struggled due to an early onset of some type of brain injury-induced dementia.

Veterans are placed in extraordinary risk factors to cause a diagnosis of dementia before those who didn't serve. What are the risk factors for veterans who served? Traumatic brain injury, post-traumatic stress, blast-induced neurotrauma, successive concussion syndrome, and depression. A daunting list, right?

Damages to the brain resulting from stresses once a veteran is no longer in service can add up. While depression can linger for years, it often leads to drinking or drugs, damaging the brain even further. Lifestyle risks, plus their in-service risks, compound their brains for contracting dementia as veterans age.

What about their diets? When in service, veterans are fed 3 balanced meals a day, comprised 50% or more of carbohydrates in the 3000-4000 calories/day. Those calories provided the energy needed for daily activities. Once they are out of service, the need for so many calories diminishes.

Any overindulgence in carb-loaded meals and treats for comfort measures adds to the hidden causes of dementia. That slow icing on the cake adds layers to the progression of damage to the brain via a less than healthy diet.

When they are out of service, daily exercise decreases. Coupled with continued eating of sweet treats, many veterans will find the need to loosen up belt buckles around their waistlines.

Those who continue eating a higher calorie and carb-loaded diet, like the standard American diet, will end up adding pounds, causing diabetes, high blood pressure, high cholesterol, etc., to their risk factors of causes for a variety of dementias.

What can veterans do to prevent or help their brains stay healthy for as long as possible after they discharge from service? At the first signs of mild cognitive impairment, seek out a professional evaluation or research Veterans Against Alzheimer's for tips on who to contact.

Protect brain health by enlisting in healthy lifestyle changes. Revive the daily discipline of exercising - a 30-minute brisk walk per day is beneficial. Pull out the old uniform from storage and try it on for size - if it still fits you're on a great track for maintaining a healthy weight. If not, and there's a bulging waistline or a BMI that's growing in numbers, retreat from sugar-loaded threats that aren't good for your brain. Skip out on the cookies, cut down on carbohydrate-loaded meals, switch your meals to a Mediterranean diet, and notice if your symptoms improve.

Be bold, brave, and do your best to protect your brain!

**Toll-free Helpline:**  
**888-818-2611**  
Fax: 866-813-0974 | Email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)  
[gwaar.org/senior-medicare-patrol](http://gwaar.org/senior-medicare-patrol)  
WisconsinSeniorMedicarePatrol

**Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.**

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

Call us or visit our website to sign-up for our quarterly newsletter, periodic fraud alerts, and to learn about volunteer opportunities

Call us with questions about billing errors, scams and medical identify theft

**GWaar**  
Greater Wisconsin Agency on Aging Resources, Inc.  
[www.gwaar.org](http://www.gwaar.org)



# Funeral Services for Veterans

By Arnie Zimmerman & Randall Mundt, Cremation Society of Wisconsin

**W**hen planning a loved one's funeral or cremation, a number of questions need to be asked by the individual helping with the planning, which most likely is a Pre-Need Specialist at a funeral home if preplanning, or the Funeral Director themselves. All aspects of the planning phase are the same for everyone except in the case of a veteran, there are a few additional steps.

The funeral home will need a copy of the veteran's honorable discharge papers (DD214) to move forward with organizing any veteran benefits. If the veteran or family do not have a copy of this, one can be obtained with the help of the Veteran Services Office in the county of residence.

The question is then asked where the burial of the veteran might take place. If it will be in a veterans' cemetery, a veteran can pre-register themselves, or their family can do so after their passing. There is no cost for the burial to the veteran, which includes a grave marker or the inscription on a columbarium. The veteran's spouse can also be buried in the veterans' cemetery. However, there is a fee for the opening and closing of the grave or columbarium, but it does include a marker or inscription on the columbarium.

If the veteran is buried in a non-veterans' cemetery, the cost of the opening and closing of the grave must be paid by the family. The veteran is entitled to a military plaque or grave marker which is free to the veteran, but does have a cost of mounting or placing the marker on the grave, along with other cemetery fees.

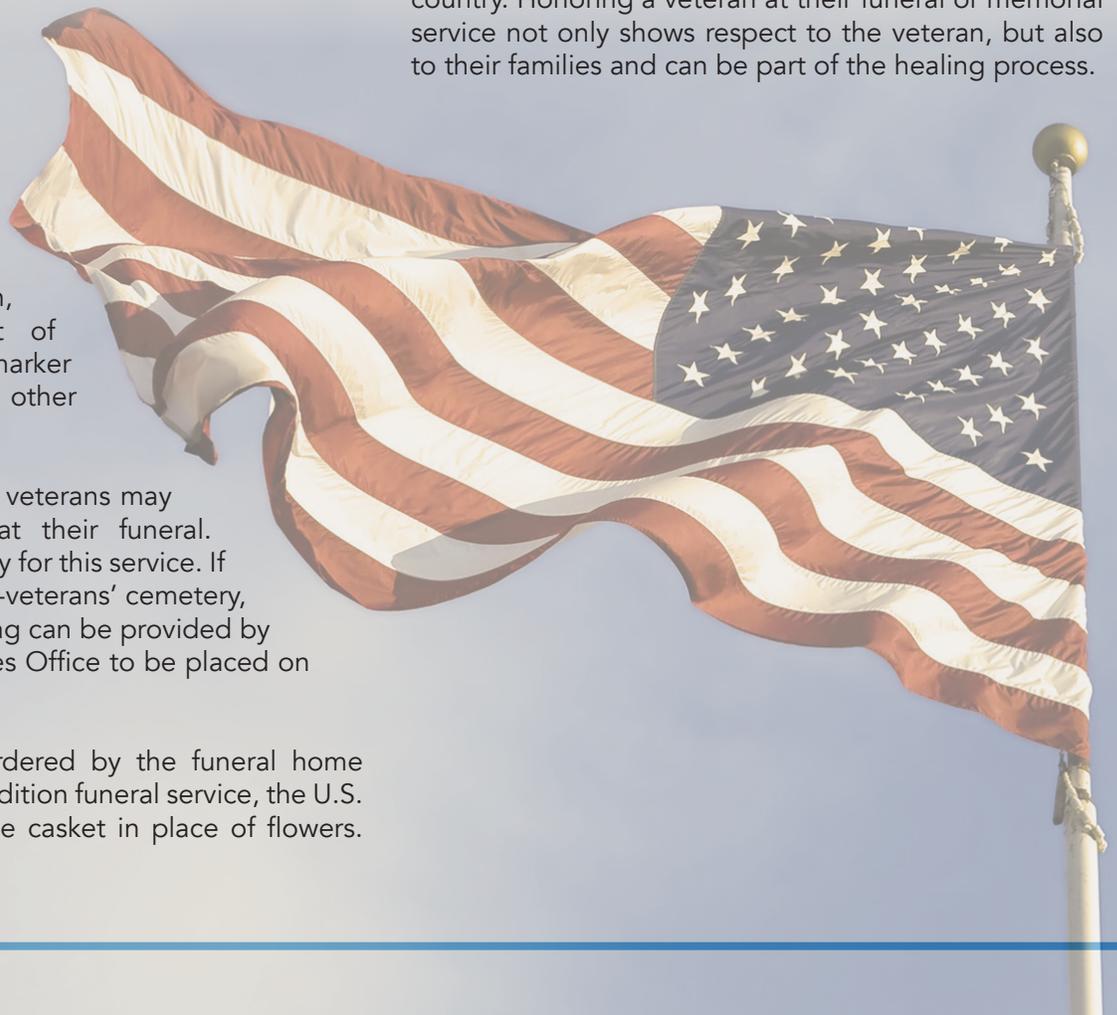
At the family's request, all veterans may receive military honors at their funeral. There is no fee to the family for this service. If burial takes place in a non-veterans' cemetery, a flag staff and small US flag can be provided by the county Veteran Services Office to be placed on the veteran's grave

A U.S. flag should be ordered by the funeral home assisting the family. In a tradition funeral service, the U.S. flag is often placed on the casket in place of flowers.

The flag is removed by the military honor guards and is folded, and then given to the family. The folded flag is often on display at a memorial services.

It is the responsibility of the funeral home to organize military honor guard services, which might be local or from one of the military branches that the veteran served in. The family also may request that honor guards be present during a visitation or service and stand in attention on either side of the casket or urn. The funeral home may also display a flag representing the branch of service they served in. There is also a Presidential Memorial Certificate available to the members of the family which is signed by the current President. More than one certificate can be requested for family members and other loved ones.

The family needs to be in touch with their local Veteran Services Office to see if there are any other benefits for which they may be eligible (i.e. if the veteran had a service-related injury). The local veteran's office quite often reaches out to a family member after the passing of their loved one to answer any questions. Military service requires a lot of sacrifice by veterans and their families. Some dedicated their entire lives to serving our country. Honoring a veteran at their funeral or memorial service not only shows respect to the veteran, but also to their families and can be part of the healing process.



# Pandemic Increases Mental Health Challenges in the Chippewa Valley

by Karen Kraus, HSHS Sacred Heart and St. Joseph's Hospitals and Prevea Health Public Relations Specialist



**M**arch 2020 was when Wisconsin and the world stopped, so to speak, because the COVID-19 pandemic was taking hold in our local communities. This meant individuals and families stayed home, work became remote from kitchen tables and spare bedrooms and many people with mental health conditions faced one more challenge.

Fast forward a little more than one year, and it's estimated that 188,000 adults and 60,000 children in Wisconsin are living with a mental health disorder, according to the National Alliance on Mental Illness (NAMI). NAMI also finds that only half of those individuals affected receive treatment.

"Often people feel embarrassment or shame in seeking mental health services. People cannot access services easily or they don't even know where to turn for help," says Laura Baalrud, outreach facilitator with HSHS Sacred Heart and St. Joseph's hospitals. "It's really important that we end the stigma and talk openly about mental health."

Baalrud says mental health disorders are not an individual's fault or the result of one event, but rather multiple, linking causes such as environment, lifestyle, genetics and traumatic life events.

Since the pandemic began, Prevea Behavioral Care Counselor Michaela Livingston says clients are reporting more anxiety, more depression, and more intensified loneliness.

"It's really difficult to hear the stories and exacerbated struggles," she says. "With our day-to-day routine being very much disrupted, it's difficult to find a 'new norm' and many people struggle to adapt to change. Many people haven't been able to share celebrations or mourn losses with one another – times where connection with others is very important."

Livingston also says COVID-19 has meant a relapse in progress or development of a new risky behavior for some.

"It's common for people to numb the pain of depression or anxiety by turning to things that make them feel good, even for a short time," says Livingston. "Now we are not only dealing with mental health challenges, but also potential drug and alcohol abuse, more frequent thoughts of suicide, changes in mood and behaviors – all things detrimental to treatment."

NAMI reports 19 percent of U.S. adults with mental illness also have a substance use disorder. Poor mental health also increases risk for chronic disease like diabetes or cancer.

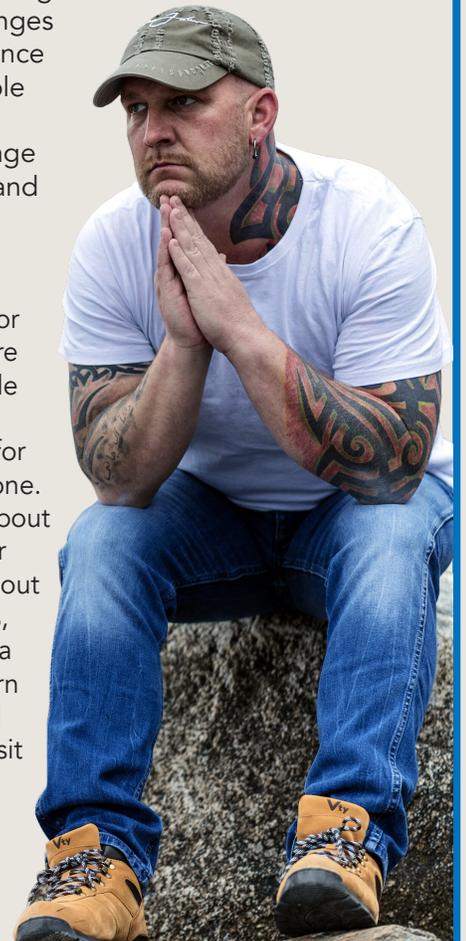
"It's often difficult to have the energy or even care enough to think about your physical health when you are trying to manage your emotions and daily ups and downs," says Baalrud, who teaches Question. Persuade. Refer (QPR) classes in the Chippewa Valley.

"This is a suicide prevention training that helps community members identify the signs that someone may be developing a concern with their mental health," says Baalrud. "Just like physical health, the sooner a person seeks treatment the better the chance for a positive outcome."

Some common signs of mental health disorders in adults and adolescents can include:

- Excessive worrying or fear
- Depression
- Problems concentrating
- Extreme mood changes
- Lapse in activities once considered enjoyable
- Suicidal thoughts, behaviors or language
- Changes in eating and sleeping habits

Help can be one conversation, one call, or one click away. There are many resources available in the Chippewa Valley for those seeking help for themselves or a loved one. For more information about these resources, and for detailed information about mental health disorders, visit [NAMI.org](http://NAMI.org) or Prevea Behavioral Care. To learn more about free, virtual QPR training classes, visit Classes and Events on the HSHS Sacred Heart Hospital website.





# Veteran Memorials Throughout the Chippewa Valley

By Johnson Monument

As Americans we owe a great debt to the men and women who have served our country. At Johnson Monument, we believe it is important to help local communities and individual families honor and memorialize our area veterans. Since 1917, Johnson Monument has completed dozens of civic projects to do just that, and several of these memorial parks can be found within just 60 minutes of Chippewa Falls.

Ridgeland Veterans Memorial, located on the north side of Ridgeland along Hwy 25 and Cty Rd AA, was completed in 2020 with the help of the Ridgeland America Legion Auxiliary Unit. Three large, jet-black granite tablets respectively display bronze medallions for each branch of the military, a sandblasted American flag, and a sandblasted Purple Heart. Several granite benches line the memorial and two walls also stand to commemorate area individuals who served in the military.



The multifaceted Bloomer Veterans Memorial, along HWY 40 on the north side of Bloomer, was commissioned by the Bloomer Visitor Center and Veterans Committee and completed in 2006. Five jet-black granite tablets, each



eight feet long by five feet tall and set on matching granite bases, are engraved with veterans' names and conflicts. In the center of the memorial is a six-



sided structure with the names and conflicts of the veterans captured, missing, or killed in action. This is topped with the bronze "Fallen Soldier" rifle and helmet sculpture. Three curved-seat benches

face the POW \* MIA \* KIA monument and more engraved benches can be found throughout the memorial. Additionally, over 1800 granite pavers cover the floor of this tribute.

The Citizen Soldier Monument, along HWY 29 and HWY 27 in Cadott, is a great addition to the Cadott Veterans Tribute. This monument was created to honor the Citizen Soldiers who showed courage and strength on 9/11, including all of the firefighters, EMT's, police officers, nurses, doctors, and anyone who came to the aid of those in need. Spanning over 14 feet long and 10 feet high, each side of this massive monument is hand-etched with scenes from some of 9/11's most poignant moments. Topping the monument is an eternal flame that burns 365 days a year.



\*\*\*\*\*

Johnson Monument takes pride in our communities and our neighbors. It is an honor to be able to create civic memorials--like those in Ridgeland, Bloomer, and Cadott--in order to recognize the service of our veterans. We have many ways we can work with individual families to commemorate a loved one's service to our country. At Johnson Monument, we don't write your story, we help future generations remember your story.

# Reintegration into Society Post-COVID

**E**xcited yet nervous. Looking forward to doing things again, but wary of being around strangers. Being able to hug others but unable to shake the nagging voice in your head about spreading germs. Every day more and more people are vaccinated and we move closer to a post-COVID world. It has been a very long, hard year, and we are ready for that new normal. But after fearing being in close proximity to people for so many months, are we mentally prepared to reenter society?



The pandemic has taken a toll on the mental health of our country. We have seen an increase in anxiety and depression, substance use in order to cope, and serious consideration of suicide. Whether or not you were directly impacted by COVID-19, you likely have experienced a certain level of traumatization because of social distancing and isolation. Some of us are ready to throw caution (and our masks!) to the wind. Others will be haunted by feelings of agoraphobia for months to come.

For those who are nervous about getting back out there when the time comes, it's all about baby steps:

**1. Acknowledge and be aware of your feelings.** This has been a difficult time for everyone, and each of us must decide for ourselves where our comfort levels are and not to push others one way or another. All feelings are completely normal, and all feelings are okay.

**2. Maintain your connections.** Even if you prefer to continue social distancing, make sure you have someone to talk to. You don't have to talk about your feelings unless it helps, but it is important to maintain your relationships throughout this entire process.

**3. Exercise and/or meditate.** COVID-19 has been nothing if not an opportunity to try something new. If you haven't already picked up a new hobby, now is the time to start. Thirty minutes of physical activity can decrease depression symptoms, and meditation can clear the mind and calm the soul.

**4. Practice exposure therapy with small, attainable goals for yourself.** Make sure it is something you have control over. Go for a walk on a popular trail or join a (very) small group. The more you get out there, the easier it will become.

**5. Think positive.** Focus on the things going well in your life. Be thankful and commit to gratitude. This might be a long process of reshaping your way of thinking, but you can do it! Your mental health is worth it.

If your anxiety is lingering and starting to interfere with daily tasks and life, keep an eye out for PTSD. Post traumatic

stress disorder usually develops within one month of a shocking, scary or dangerous event. This pandemic definitely qualifies as a shocking, scary and dangerous event. Symptoms of PTSD include:

- Flashbacks or nightmares
- Avoiding people, places, activities you once enjoyed
- Difficulty sleeping
- Increased anxiety or depression
- Negative thoughts about yourself, other people, the world, the future
- Trouble concentrating or having memory problems
- Feeling emotionally numb
- Being easily startled or frightened
- Irritable, angry or aggressive
- Substance use to cope with feelings

If you are experiencing the above symptoms, speak with your doctor right away. The longer PTSD goes untreated, the more damage it can cause. A number of treatments and therapies are available to help ease symptoms of PTSD and regain control of your mental health.

We are all weary of this pandemic, but just because restrictions are being relaxed doesn't mean you will immediately feel relaxed around others. Give it time. No one can tell you when you are or are not ready to integrate yourself back into society. If you follow the steps above, you will take charge of your life and get back out there on your own terms in your own time. We are all in this together.

Sources: Olsson, Regan. "Will We Have PTSD as a Result of COVID-19?" *Banner Health*. August 18, 2020. <https://www.bannerhealth.com/healthcareblog/teach-me/will-we-have-ptsd-as-a-result-of-covid-19>.

Tucker, Phebe MD, Christopher S. Czaplak MD. "Post-COVID Stress Disorder: Another Emerging Consequence of the Global Pandemic." *Psychiatric Times*. January 8, 2021. <https://www.psychiatrictimes.com/view/post-covid-stress-disorder-emerging-consequence-global-pandemic>.

# Digestive Distress and Essential Oils

The digestive system is how the body retrieves and absorbs nutrients, such as vitamins and minerals, from the food we eat. The mouth, esophagus, small and large intestines, and rectum make up the continuous chain of muscular, hollow organs referred to as the gastrointestinal (GI) tract, which is a subdivision of the digestive system. Accessory organs and body parts like the pancreas, liver, gallbladder, tongue and salivary glands, and teeth are also members of the digestive system. The tongue and teeth are involved in the first stage of digestion, the mechanical breakdown of food into smaller pieces. An enzyme in saliva called salivary amylase initiates the digestion of starch (found in potatoes, corn, and grains) in your mouth. The pancreas, liver, and gallbladder release enzymes used to digest the remaining carbohydrates, proteins, and fats further as they travel through the GI tract.



Symptoms of digestive distress may include stomach or abdominal discomfort, belching, gas, feeling over full and other issues. Compromised digestive function can result in energy deficiencies, lowered immunity, weight gain, and gastrointestinal discomfort.

The digestive tract is one of the body systems that research has shown to be most positively influenced by essential oils. Being the most innovative and science-focused company in the essential oil industry, doTERRA combined the most efficacious oils for digestive health support into one amazing blend: DigestZen Digestive Blend. This blend was formulated specifically to soothe discomfort and support healthy digestive system functions. Whether adding 2-3 drops to a glass of water before the meal, diffusing during the meal, or taking a softgel after the meal, the blend is a natural way to support healthy digestion.

Healthy function of the digestive system can be influenced by lifestyle, environmental and heritable factors. Overall recommendations to support the digestive system include eat a healthy diet high in fiber (soluble and insoluble), drink plenty of water (one half your body weight in ounces each day at a rate of 4 ounces at a time) and utilize a quality digestive essential oil blend (my preference is DigestZen), a quality blend of enzymes and a high quality probiotic.

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

## What's in DigestZen?

Whether used to address acute discomfort or to support overall wellness, it's a proprietary combination:

**Anise** - clinical and experimental research have shown that anise essential oil may support the health of the digestive tract and promote relaxation when taken internally

**Peppermint** - Human clinical research has shown that internal consumption of peppermint essential oil supports healthy digestive system function as well as reduces occasional bloating

**Ginger** - research has shown ginger essential oil can support healthy digestion and reduce feelings of occasional nausea

**Caraway** - clinical research indicates help when taken internally, especially when combined with peppermint

**Coriander** - one of the oldest spices known to assist with GI health

**Tarragon** - used in traditional Ayurveda and Chinese health practices to ease discomfort

**Fennel** - interestingly, clinical research suggests even just inhalation of fennel essential oil may impart a calming and invigorating effect



Dr. Lynn Thompson and the doTERRA team offer free educational opportunities. Please text her at 715 456-6734 or email at [drlynnthompson1@gmail.com](mailto:drlynnthompson1@gmail.com) for more information and schedule of classes.

Wisconsin Farmers Union  
**KAMP KENWOOD**  
 CHIPPEWA FALLS, WI

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



**Affordable rates**  
 Open to ages 7-18

**\*COVID-19 precautions will be implemented\***  
 Learn more at [wisconsinfarmersunion.com](http://wisconsinfarmersunion.com)



**f** 715.723.5561 • [camp@wisconsinfarmersunion.com](mailto:camp@wisconsinfarmersunion.com)  
[www.wisconsinfarmersunion.com](http://www.wisconsinfarmersunion.com)



Let  
*The Luminary*  
 light  
 your path to wellness



**NEW!**  
**Red Light Therapy**

Use separately or with the Infrared Sauna. Red light therapy increases your cellular energy, reduces oxidative stress and does wonders for your skin.



*Great for summer time!*

**The Luminary is a welcomed respite from the noise and chaos of daily life.**

Come on in, relax, decompress, and warm your feet on our domes before your service of Halotherapy, Full Spectrum Infrared sauna or Floating!

**WE SELL CBD!**

Tinctures, gummies, pain rubs, foot domes, lotions and more!



*The Luminary*  
 WELLNESS CENTER



714 S. Barstow St. Eau Claire, WI  
 Off street parking available  
[theluminarywellnesscenter.com](http://theluminarywellnesscenter.com)  
 1-833-FLOAT-EC

**We are your Natural SUMMER FUN HEADQUARTERS!**



Choose from our large selection of natural sunscreens, mosquito and tick repellent, after sun soothers, reusable containers, & great picnic supplies.

**GOT SPRING ALLERGIES?**  
 We can help with that too.

**Mother Nature's Food is turning 50!**

We are having a celebration June 1st thru the 5th. Great sales, drawings for gift baskets, free samples, and local vendors available throughout the week for meet and greets!

Watch for more information at [motheraturesfood.net](http://motheraturesfood.net).



2434 London Rd, Eau Claire

**715.834.2341**  
**800.359.5034**

*We are here for you and all your health needs*

Check out our website at [motheraturesfood.net](http://motheraturesfood.net)

**HAY RIVER PUMPKIN SEED OIL**



We are proud to be producing America's first pumpkin seed oil since 2005. Rich, nutty and delicious. This beautiful, dark-red, gourmet oil is wonderful used in salad dressings. Drizzle over squash soups, or enjoy its savory flavor as a dip for bread.

**RECIPE:**

**Popcorn and Pumpkin Seed Oil**

Watching more Netflix these days? Popcorn and pumpkin seed oil were made for each other! Both are members of the "three sisters", the Native American system of planting corn, beans and squash (pumpkin) together for their mutual benefit.



800.928.7145 • [hayriver.net](http://hayriver.net)

[facebook.com/Hay-River-Pumpkin-Seed-Oil](https://facebook.com/Hay-River-Pumpkin-Seed-Oil)

Pamper your mom for mother's day! Or pamper yourself...

...you deserve it!



**01 | CLEO + COCO CHARCOAL DEODORANT**

Award-winning deodorants that combine natural charcoal with botanicals for protection that lasts all day. Their high-performance natural deodorants glide effortlessly onto skin with a creamy feel and no stickiness. [cleoandcoco.com](http://cleoandcoco.com)

**06 | BEEKMAN 1802 SPRING HAS SPRUNG BODYCARE GIFT SET**

Mom's skin will blossom with the season with this deluxe set of their fragrance-free bodycare bestsellers, infused with creamy goat milk goodness to nourish and repair from the inside out for skin that gets better with age. [beekman1802.com](http://beekman1802.com)

**02 | BEAUTEANI, MASK.SIP. LOVE SET**

For the mom who wants to glow from the inside out, this set is for her. Formulated with nothing but the best ingredients. Blend together your mask while brewing together your tea and you'll instantly feel and see results. [beauteani.com](http://beauteani.com)

**07 | GOLDE SUPERFOOD COMPLETE BEAUTY + WELLNESS KIT**

Mom can complete her wellness and beauty routine with all of their most-loved superfood essentials. Featuring each of their three Superfood Latte Blends and their two Superfood Face Masks. [golde.co](http://golde.co)

**03 | DOUCE, SPRING 2021 LIMITED EDITION SET**

Everything that Mom needs to jump-start some fun in the sun. Introducing a blooming assortment of bright and lively colors to help you create a fresh, spring-inspired look. [douce.com](http://douce.com)

**08 | LUMBLOOM, VANILLA ORCHID BODY SOUFFLÉ**

If she's looking for a little self-care, opt for the light and airy hydrating creams derived from the richest shea and coco butters, combined with chamomile flower, lavender and aloe leaf extracts. This body soufflé will leave Mom with the silkiest, smoothest hydrated skin. [lumibloom.com](http://lumibloom.com)

**04 | FANCI, NALA MIRROR**

This 360 degrees Tru-Glow certified mirror will have Mom looking and feeling her best! With three dimmable settings providing the most true-to-life reflection possible, getting ready has never been so easy! [fancii.com](http://fancii.com)

**09 | ANDALOU NATURALS, BRIGHTENING GET STARTER KIT**

Helping moms achieve a bright and luminous complexion. Their Brightening range is perfect for those who are concerned with dull skin and the appearance of pigmentation. [andalou.com](http://andalou.com)

**05 | SNOW, LIP EXFOLIATOR**

Description: Gift the gift of smooth hydrated lips with this game changing lip product! This luxurious glacier water, lavender and mint sugar lip scrub will gently exfoliate and prep Mom's lips for her favorite lipstick. [trysnow.com](http://trysnow.com)

**10 | CLEVERFY SHOWER STEAMERS**

Shower bombs with essential oils! Vegan, cruelty free, and completely safe for all septic systems. Mom can enjoy a luxurious spa aromatherapy experience in her own shower! [cleverfybeauty.com](http://cleverfybeauty.com)

... and don't forget to  
**pamper dad**  
 this father's day!



**01 | EVERY MAN JACK, GROOMING CREAM, THICKENING PASTE & FIBER CREAM**

For all of the dads out there who use hair styling products on the daily, these NEW Every Man Jack products are for you! Whether you're into a lightweight, medium or strong hold—there's something for every man out there! [everymanjack.com](http://everymanjack.com)

**02 | FREDERICK BENJAMIN, THE BEARD REGIMEN**

Is your father's beard in some need of serious love and care? This two-step kit includes a cooling bergamot Conditioning Beard Cleanser and Hydrating Crème that alleviates itch and adds maximum hydrating—leaving his beard feeling silky soft. [shop.frederickbenjamin.com](http://shop.frederickbenjamin.com)

**03 | LIVE BEARDED, BEARD OIL**  
 If dad's trying to take his beard to the next level, this beard oil is designed to hydrate the skin under his beard to eliminate beard itch, dry skin and dandruff. [livebearded.com](http://livebearded.com)

**04 | SPINSTER SISTERS MUSCLE STUFF**  
 Help dad ease his aches and pains with this sore muscle rub. This topical salve simultaneously warms and cools skin. The bright orange balm is infused with natural ingredients including habañoero peppers, menthol, and essential oils. Also available in our Nexty award-winning CBD version. [spinstersistersco.com](http://spinstersistersco.com)

**05 | CUSHION LAB LUMBAR PILLOW**  
 Dad will enjoy soothing lower back relief at the office or working from home, or just relaxing watching TV. Instantly adds satisfying lumbar support to any chair and enjoy improved comfort and enhanced productivity. [thecushionlab.com](http://thecushionlab.com)

**06 | SENSACALM WEIGHTED BLANKET**  
 Help dad get the rest he needs with this therapeutic weighted blanket. These blankets may also help a wide range of health concerns including autism, sensory processing disorder, anxiety, insomnia, PTSD, and more. [sensacalm.com](http://sensacalm.com)

**07 | BOKU SUPERFOOD, ORGANIC SUPERFOOD POWDER**  
 For all the dads out there looking for easy hacks to live a healthier lifestyle, this product will become your new best friend! Consisting of 55 different organic superfoods, in just one product you'll get all of the nutrients you need for the day! [bokusuperfood.com](http://bokusuperfood.com)

**08 | REWIND GREENS**  
 Keep dad healthy with these all-on-one greens! Every delicious glass is made with over 50 powerhouse superfoods - some of which have been shown to help everything from reducing inflammation and removing heavy metal toxins to promoting weight loss. [rewindco.com](http://rewindco.com)

**Gentle Waters LLC**  
 Colon Hydrotherapy

Jackie Shoebridge  
 Colon Hydrotherapist

by appointment Only  
 715-933-1482

Jackie@GentleWaters.info  
 www.GentleWaters.info

Healthy  
 from the inside out

Colon Hydrotherapy  
 Infrared Sauna

Bullseye Alternative Health Solutions

**TargetingLyme.com**

Specializing in serving people who suffer from Chronic Lyme Disease.

**FREE FIRST CONSULTATION!** EXPIRES: AUGUST 15TH

**(715) 861-5708**

christopherbahs@gmail.com

Christopher Durham, C.R.P.

# Getting Beyond Postpartum Depression and Anxiety

By Jennifer Hafele, M.Ed., IBCLC

**D**espite knowing the warning signs, I didn't see them in myself. When my third baby was born, my partner was struggling with a longer-term physical illness, and I was "doing what I had to do" to hold it all together and manage life with three young kids. It wasn't until my baby was nine months old that I realized how much I had been struggling mentally and emotionally. Clues: lack of motivation, near-constant feelings of overwhelm and worry, and not caring for myself adequately.

Depression, anxiety, and other mood disorders are common in parents of babies. In fact, according to Postpartum Support International (PSI), 1 in 7 moms and 1 in 10 dads suffer from postpartum depression. Symptoms of perinatal mood disorders can appear any time during pregnancy and/or the first 12 months after childbirth. They can include sadness, depression, anxiety, irritability, problems eating or sleeping (too much or too little), feeling out of control, or even worry that you might hurt yourself or the baby (<http://www.postpartum.net>). If you are feeling "out of sorts" for longer than a few days, it may be time to get help.

The good news is that you can take proactive steps to address mood disorders related to pregnancy and early parenthood.

**1. Take good care of yourself.** Eat plenty of nutritious calories, get enough sleep and exercise, and maintain friendships. Carve out time to go for a walk, read a book, or do something else enjoyable.

**2. Enlist a team.** Invite partners, friends, and/or family to watch for warning signs, and grant them permission to share concerns with you. Even better, schedule weekly or bi-weekly "check-ins" with your teammate(s) to keep communication lines open.

**3. Get support.** Regular support groups are a great way to stay healthy and connected. You can find in-person and online groups. Local possibilities include Family Resource Centers, La Leche League of Eau Claire, Mama Bear Lactation Care, and area clinics.

**4. When in doubt, check it out.** If you or your support network sense something is off, follow those instincts and reach out for help. Please don't wait. Contact your doctor/midwife, pediatrician, counselor/therapist, or other trusted health professional. The PSI Helpline is another great starting point: 1-800-944-4773 (4PPD).

Once I realized how much I was struggling, I reached out to my midwife. I started regular therapy sessions, as well as an anti-depressant and consistent exercise, which together helped me get beyond these concerns. Some mental health medications safe during lactation—just ask your provider. My only regret is that it took so long for me to recognize the signs in myself and act on them!

I can't go back in time and change those first nine months with my youngest son. But if you relate, you can decide for your story to look different! Please ask for and accept help. Doing so will not only benefit you but also your family. I am so glad that I found help, and I wholeheartedly encourage you to do the same.

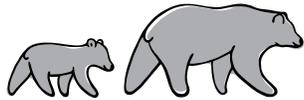
*Jennifer is active in the Chippewa Valley birth and postpartum care community. She provides professional lactation support through her private practice, Mama Bear Lactation Care. Offering a free support group is a cornerstone of her practice. She also loves co-teaching "Confident Birth & Beyond," an independent childbirth and postpartum education series. Connect with Jennifer on Facebook or at [MamaBearLactationCare.com](http://MamaBearLactationCare.com).*





**Jennifer Hafele**

M.Ed., IBCLC / Lactation Consultant



**mama bear**  
LACTATION CARE

[MamaBearLactationCare.com](http://MamaBearLactationCare.com)  
[ConfidentBirthWI.com](http://ConfidentBirthWI.com)

Education series offered quarterly!



**CONFIDENT BIRTH**

Reiki, Healing Touch, Consults, Reading, Classes

**sandi anderson** *Healing Intentions*



**Sandi Anderson** CHTP, RM, CHT

Cell Phone: **715.456.1391**

[sandi-anderson.com](http://sandi-anderson.com)

[dasanderson@gmail.com](mailto:dasanderson@gmail.com)

*Life & Soul Guidance, Energetic Practitioner*

Nurture - Empower - Love



**Rhonda Gearing, Doula, LLC**

Birth and Postpartum Doula  
Placenta Encapsulation

[info@rhondagearing.com](mailto:info@rhondagearing.com)  
715.533.4370

[www.rhondagearing.com](http://www.rhondagearing.com)

[@rhondagearingdoulallc](https://www.facebook.com/rhondagearingdoulallc)

*Providing continuous physical, emotional and informational support before, during and after birth to the families in and surrounding the Chippewa Valley.*

## ► 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 as 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 health.

HEALTH CENTERED DENTISTRY HAS BEEN SAFELY REMOVING MERCURY FILLINGS FOR OVER 40 YEARS.



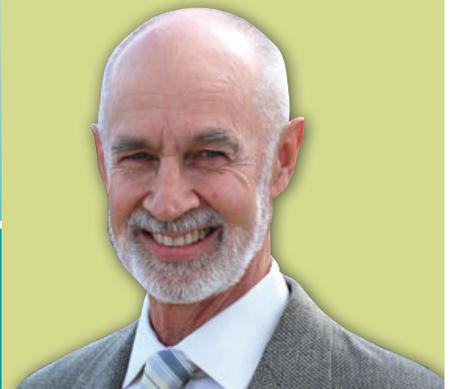
Call or visit our website for more information:

**715.426.7777**

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

## Make 2021 your year for healthy choices!

Dr. Laughlin is passionate about Holistic Dentistry and is committed to continuing education.



# Parenting with Grace by Melinda G. Gardner, APPLE Pregnancy Care Center

**W**e all know that this past year was unusual and difficult in so many ways. Most parents spent a lot more time with their kids which was a blessing and also very hard at times. I think it's great to remind ourselves – as parents – of a few important things. These lessons have helped me so much as a parent.

I had a wonderful childhood, fantastic parents who modeled wonderful things to me and loved me well. They also weren't perfect. Sometimes we think back and laugh about the things we were and weren't allowed to do as children or the way they handled things. But they did know how to show grace.

Grace is defined as undeserved favor, consideration of others, and disposition of kindness and compassion. It's about love and mercy. We all need it. We all want it. We all need to show it.

Here are a few things that have helped me along the way:

**1. Understanding someone's point of view:** Have you ever been in a situation with your child where you reacted before you knew the whole story? Of course — we all have. Perspective is important here. So are patience and kindness. We need to remember that we don't think the same way and that can be a wonderful thing.

I recently watched an animated video where an elderly woman bought the last package of cookies out of a vending machine. She then went out to sit on the bench to wait for the train. As she looked down on the bench, the young man next to her started eating the cookies. She was puzzled, curious, and then very angry. She grabbed her cookie as he ate his. When she boarded the train, she saw the cookies that she had purchased were in her purse. The cookies on the bench belonged to the young man! Perspective. We can be so sure we're in the right, when we're totally wrong, because of our understanding of the situation.

**2. Stop and listen:** We don't always know the whole story when we react, do we? What a great reminder to slow down, listen and find out the whole story. Life is better when we react with grace, kindness and consideration for our children, our spouse, and even ourselves. Sometimes we punish the child who didn't start the fight because we don't take the time to listen to both sides.

**3. Give grace to myself and my children:** Which reminds me — am I being too hard on myself? Am I expecting perfection — or something close to it? What if we accepted grace from God, from others, and from our family? Doesn't that overflow into "powerful, practical helpfulness" to others? It's much easier to give grace to our kids when we can accept grace ourselves.

If you or someone you know could use some support during pregnancy or parenting, the APPLE Pregnancy Care Center is here for you. We offer "Bright Course" – a way to learn more about pregnancy and parenting. You receive material help with clothing, diapers, baby items and much more. Just call 715-834-5254 for more information or an appointment. All services are free and confidential.



# 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 it 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.

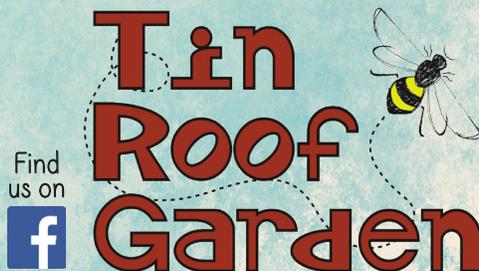
**Annuals that tolerate full shade:** ferns, ivy, cyclamen.

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

## Tips regarding planting and sunlight:

- ☀ When you are planning out a garden, keep track of the amount of sun the location receives throughout the day and pick plants according to the descriptions on the left.
- ☀ If you are planting in the spring before the trees have leaves, make sure to take into consideration where trees, when they do get leaves, will shade your plantings and for how many hours per day.
- ☀ Spring sun is not as intense as summer sun, it still being a bit further away, and this is why shade-loving plants can be planted in spring in locations that might receive more light while the sun is low and there are no leaves on the trees.
- ☀ Plant according to the light conditions you expect to see at the end of May and throughout the rest of the summer.
- ☀ The amount of change in light conditions throughout the growing season due to the movement of the sun does not affect the growth of a plant if it is planted in the correct location from the start.

For more information, stop in Tin Roof Garden at 5310 Friedeck Road, Eau Claire, visit <http://tinroofgarden.com/>, or call 715-834-4232.



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

# The Hounds of Happiness

by Heather Mishefske, owner of emBARK

**W**e all have an arsenal of anecdotal evidence that our dogs create happiness in our lives. They snuggle with us, they get us moving when we want to lay on the couch, they are overjoyed when we return from a day at work (or a trip to the mailbox), and they are a constant companion in all of our adventures.

But what does the science behind pet ownership say about the ways that they contribute to our happy factor? Researchers also conclude that canine companionship can create feelings of calm and comfort in our lives.

A study funded by the Waltham Centre for Pet Nutrition found that people who owned pets were more likely to receive social support through people that they met through their pet. (Wood et al, 2015). Having a pet is a catalyst to meet new people. A significant factor in mental health issues is social isolation. Finding support with other pet-loving people can provide a link to others who may be able to provide a social interaction that may have not occurred had there not been a pet involved in the equation. The researchers went as far to say that these types of interactions between pet owners can help facilitate stronger neighborhoods.

We also know that looking into our pet's eyes lovingly brings us pleasure, and there is some clear science behind this. The research behind this is clear. Many studies have revealed that our gaze into our dog's eyes brings about higher levels of oxytocin. (Nagasawa et al, 2015). Many scientists refer to oxytocin as the "tend and befriend" or the "trust molecule" that promotes strong pleasurable feelings between a pair. This hormone is evident in wild animals, mothers and babies, and partners. As dog owners, we know this feeling. A quiet snuggle with our dogs on the couch after a long day feels quite comforting and is a relaxing way to end the day. We seek

this comfort out because of those good feels we get by burying our weary head into our dog's fur and methodically stroking those soft ears.

An analysis of 148 studies on the topic of social connection found that people with social networks are 50% more likely to live longer than those with limited social interactions. (Holt-Lunstad et al 2010) The study suggests that those who own pets have an easier time to make this connection. And we all know that when walking a new dog in our neighborhood, everyone wants to meet your new dog, and will continue to engage with you to keep tabs on how your new pooch is doing. Meeting neighbors, other dog lovers, children and passersby's who will show interest with you on your daily walk creates an engagement that may not occurred sans dog. This routine can help keep involved in social interactions, whereas without a dog in tow, we may discourage social interactions with others.

There are so many ways that we know that dogs can help us raise our moods. Caretaking of our animals also means that we are responsible for another creature's wellbeing. There is something to be said when we must break away from our own cares and provide care to a creature that we love. Our dogs have needs that need to be met. Without opposable thumbs, we must be the ones to feed, water, open the door, deliver treats, and walk them. These needs are not optional, and we must rise to the occasion each day to provide the basics to our animals.

Of course, being a dog trainer, I must quote the literature behind positive reinforcement as a training method. There is now a wealth of research telling us that using positive reinforcement creates a better relationship between human and dog. (Herron et al, 2009). Confrontational methods and aversive equipment (yelling, scolding, e-collars, prong collars, choke chains) can affect overall welfare of our dogs, and cause human/dog relationships to be compromised. (Vieira de Castro et al 2019).

Charles Schutz once said "Happiness is a warm puppy."

Yes Charles, yes it is.

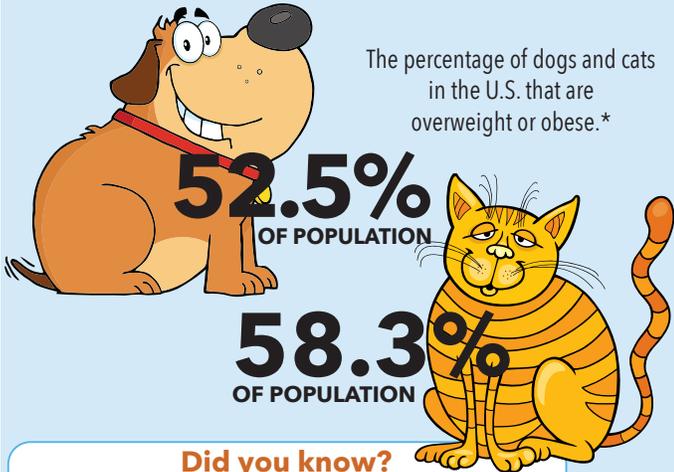
*Heather Mishefske is the owner of emBARK in Eau Claire, WI. She is a Certified Professional Dog Trainer (CPDT-KA) and a Certified Canine Behavior Consultant (CBCC-KA). She has two Flat Coated Retrievers who contribute to her daily happiness quotient.*

*Sources: (see emBARK article on [secondopinionmagazine.com](http://secondopinionmagazine.com))*



# The SKINNY on PET OBESITY

FAT PETS ARE NOTHING TO TAKE LIGHTLY



### Did you know?

Weight loss for our feline friends is more complicated than it is for dogs or people. **Never put your cat on a diet without veterinary supervision**—you could actually endanger his health.

### DOGS



How many extra pounds does it take to put your pet at risk for developing serious medical conditions?\*

### CATS



**45%**

of pet owners incorrectly identified their pets as being a normal weight.\*

### Transition your pet to a new diet

over a two-week period



Days 1-4:

1/4 new food  
3/4 old food

Days 5-8:

1/2 new food  
1/2 old food

Days 9-13:

3/4 new food  
1/4 old food

Day 14:

**100%**  
new food

**Overweight pets** are more prone to:

Diabetes

Arthritis

Kidney disease

ACL injury

Shorter life



**4x**

Overweight cats are 4 times more likely to develop diabetes.\*



2109 Fairfax Street,  
Eau Claire, WI 54701  
715.864.3263  
www.EMBARKDOG.com

\*Source: Association for Pet Obesity Prevention

# Midwest Environmental Consultants

Over 50 Years of Landscaping and Environmentally Conscious Lawn Care

### Specialists in:

- Landscape Design
- Environmental Planning
- Natural Lawn Care

**90 million**

pounds of pesticides

are applied on **78 million** household lawns and gardens per year.

Of **30** commonly used lawn pesticides: **16** are toxic to birds, **24** are toxic to fish and aquatic organisms, and **11** are deadly to bees.

Call Gordon Petschow TODAY!  
**715-586-1302**  
Eleva, WI

## Ruff Life PET HOTEL

"Home Away From Home"

DAY & OVERNIGHT BOARDING GROOMING SERVICES



**715.861.5055**

11613 22nd Ave, Lake Hallie

www.RuffLifePetHotel.com



**Sue Peck, PhD, GNP-BC, APNP, FAAO, APT, CHTP/I**  
*Integrative Nurse Practitioner*

Fellow American Academy of Ozone Therapy  
Health Office Co. S.C.

2130 Brackett Ave., Suite B - Eau Claire, WI 54701  
715-895-8571

### Find the cause before treating the symptoms:

- Ozone Therapy
- Prolozone
- Healing Touch
- Nutrition - Supplements and IV Supports
- Guided Imagery

www.ozonehealthoffice.com

# Tips to Reduce Fibrocystic Breasts by Joyce Sobotta

**F**ibrocystic breast tissue is often termed a disease by the medical profession. It is more characteristic of the breast rather than a disease. Many women notice monthly cyclic patterns, with symptoms most severe during ovulation and just before menstruation. It can be uncomfortable because your breasts develop those weird knobby cysts that feel like a breast cancer lump. Statistics say that 90% of breast lumps are benign. Benign breast lumps are common, usually move around when pressed, and are not painful.

Breasts are composed of fat and connective tissue and over time the ratio changes to more connective tissue and become dense. Breast lumps are common in women in their forties when their hormones are changing. Breast cysts are fluid filled and often a physician suggests a local anesthetic to aspirate with a needle. Instead of this painful experience, women can learn to do the loving breast self-massage daily.

The underlying cause of fibrocystic breasts and other health concerns usually have the same origin. Consider these tips to reduce fibrocystic breasts.

Clean up your diet. Reduce your body's toxic burden by avoiding processed food, eating organic when possible, and eliminate simple sugars and carbohydrates. Investigate food sensitivities or allergies that may affect your digestion.

Good food choices will help you keep a healthy weight.

Look into probiotic supplements to help maintain a healthy ratio of intestinal flora.

Drink plenty of purified or filtered water. One half your body weight in ounces every day will help carry oxygen and nutrients throughout the body and will help eliminate toxins and waste, and you will experience less fatigue and less pain.

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

Stretch and get regular physical exercise. Jumping on a rebounder, walking, t'ai chi, yoga, and other moderate activities such as dancing or swimming all are helpful, especially if you do some every day.

Don't be afraid to sweat! Sweating helps detoxify your body and supports lymphatic function. Avoid aluminum-based antiperspirants which hold in toxins.

Limit exposure to environmental toxins. Studies indicate 95% of all cancer is due to diet and accumulation of toxins. Learn to eliminate harmful ingredients in personal care and household cleaning products, hormones in food and EMFs.

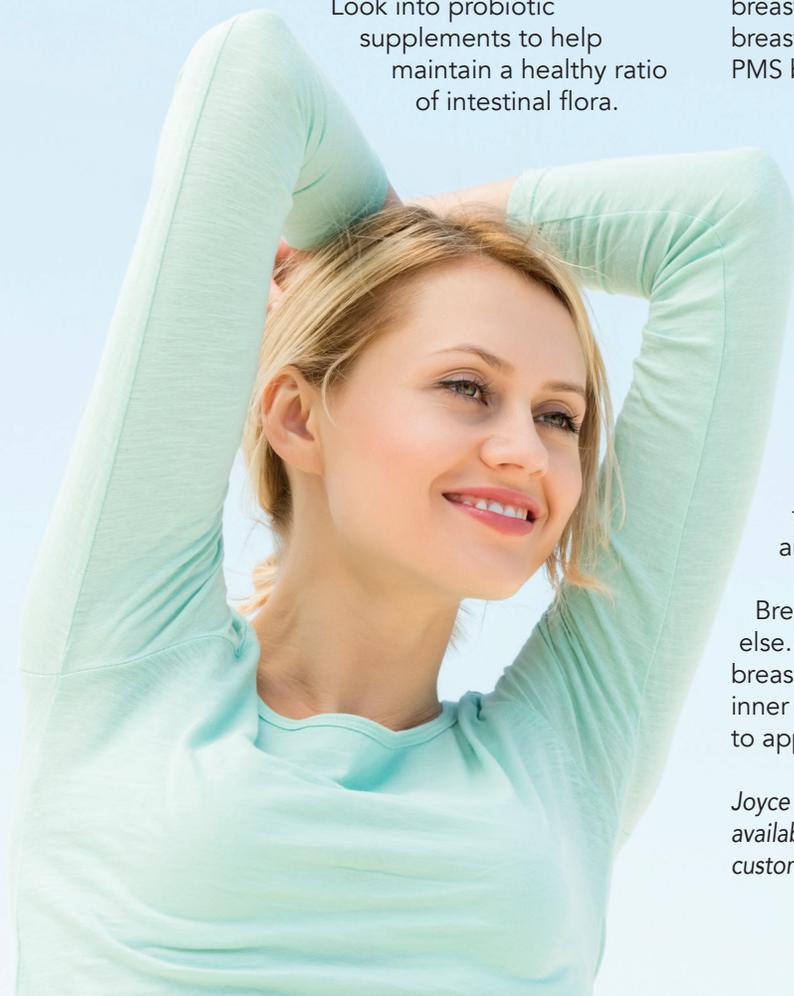
Give yourself a lymphatic gentle breast massage. Focus on creating movement by stretching and releasing. This will help release toxins, stimulate the immune system, and soften breast tissue. Women find this breast self-massage reduces breast pain, inflammation, fibrocystic breast tissue, relieves PMS breast symptoms, and reduces fear of breast cancer.

Avoid restrictive clothing. Any tight clothing can impede lymph flow. Try to go bra free at least 12 hours a day. Studies show tight clothing block lymphocytes (white blood cells) from destroying abnormal cells.

Examine your emotional issues. Learn techniques that calm anxiety and heal, such as EFT and meditation. Give yourself permission to forgive yourself for all the things you thought you did wrong. Feel everything. No emotions are bad. They all have something to tell us. Be honest about your feelings and speak out what you feel. Don't hold back and do get it off your chest!

Breast health is your responsibility, not the doctor or anyone else. Be mindful and aware of what is happening with your breasts and your body. By using these tips, connect to your inner consciousness (intuition) and healing energy and learn to appreciate, love, and celebrate your magnificence.

*Joyce Sobotta is the founder of Healthy Girls Breast Oil and is available for consultations on natural breast health and essential oil custom blends. To learn more, visit [AromatherapyNaturesWay.com](http://AromatherapyNaturesWay.com).*



# Acupuncture & Mental Health

June is Mental Health Awareness Month. It is becoming more common for people to utilize alternative healthcare services, such as acupuncture, to address their mental health needs. Acupuncture is effective at alleviating the symptoms of stress, trauma, depression, and anxiety and it makes a great addition to any treatment plan.

Eau Claire Acupuncture provides dynamic, holistic support for both the body and mind. Their mental health treatments “work directly on the nervous system to balance your neurotransmitters, mood, emotions, and mind.” It is their goal to provide authentic care and customized treatment programs for each person and each problem. We talked to owner Jamie Wilcox to hear more about her experience in the field and how combining natural medicine with holistic support can address your overall mental and physical health.

## What brought you to acupuncture work?

There were a lot of things that influenced me into acupuncture and Chinese medicine, but the crux of it was my own health journey. I was diagnosed with PCOS (poly cystic ovary syndrome) at age 20. I remember sitting in the OBGYN office and feeling defeated as the doctor said, “unless you’re here for birth control or a hysterectomy I don’t know what to tell you.” Without any other option, I decided to pursue their suggested treatment, which gave me terrible side effects. At that point, I decided to try acupuncture, and it changed my life. The reason I do this medicine is because I want to offer people a real solution when no one else can.

## How do you bridge mental health work with acupuncture?

There is no separating mental health from acupuncture treatments. Everyone experiences stress but not everyone processes stress the same way. Acupuncture works directly on the part of the body that responds to stress: the nervous system. This makes acupuncture an incredibly effective tool that can be used to help your mind and body turn down the intensity and mitigate the effects of stress. There are different treatment approaches for different types of mental health problems. Is it anxiety or stress? Have you experienced a significant trauma? Are you unable to sleep? Does it affect your digestion, like



appetite or bowel movements? Is it draining your energy? Do you feel angry? I create a treatment plan and choose specific points to correct those problems.

## How have you seen acupuncture help folks or yourself manage mental health?

I see a lot of patients with varying mental health needs improve with acupuncture: everyone from overtired moms and caregivers to veterans with PTSD, students, couples going through infertility, women with cycle-related anxiety or depression, menopause-induced anxiety, high level executives with intense career stress, people processing grief, chronic health concerns, etc.

Whether you’re experiencing increased stress or looking to integrate holistic support into your mental healthcare, Eau Claire Acupuncture is here to provide the most modern healthcare available in the Chippewa Valley.



**COMBINING NATURAL MEDICINE WITH HOLISTIC SUPPORT TO PROVIDE THE MOST MODERN HEALTHCARE AVAILABLE**

**SPECIALIZING IN WOMEN'S HEALTH:**  
FERTILITY | PERIODS/CYCLE  
MENOPAUSE | PREGNANCY  
POST PARTUM | AND MORE



**JAMIE WILCOX**  
Owner & Licensed Acupuncturist

Located inside Upright Therapy | 1752 Brackett Ave - Eau Claire  
**715-575-1220 | EAUCLAIREACU.COM**

# Art Therapy for Healing and Connection

by Trisha Lundin, LPC, Art therapist with Healing Art Eau Claire

When was the last time you engaged your creative mind? With busy lives, technology, distractions and seemingly endless tasks, we miss out on trying something new, exploring or getting messy. Living our lives entirely in our left brain takes its toll, especially when life doesn't go exactly the way we think it should, or when we find ourselves hurting and searching for meaning.

It is common practice to deny ourselves connection to our inner creative muse, causing us to feel fragmented and disconnected. As children, we find meaning in the world by interacting creatively. This original language of sharing and learning stays with us throughout our lives as a source of vitality and resilience.

As an art therapist, I work with individuals from various stages in their life's journey. I join them in searching for ways to tell their story and feel heard. I listen deeply to what makes them unique and worthwhile

humans. Everyone has the challenge of learning to carry their own story. Stories of trauma, inner longing, sadness and grief sometimes lose their place in life and as a result can cause ongoing hardship and symptoms of depression, anxiety, chronic pain and physical illness. Art therapy can help ease these symptoms and restore inner wisdom both as an alternative and complement to traditional talk therapy.



There are two main approaches to art therapy: art AS therapy and art IN therapy. Sometimes my work with individuals looks like a judgment-free, supportive art class where participants can enjoy the freedom of protected creative space. Other times, a session looks more similar to traditional talk therapy with some guided art making or

curious conversation. As a trained art therapist, I use my professional understanding to guide those I work with and find ways to make our time meaningful and life changing.

Making art can be intimidating. Especially in a culture that demands perfection and places value on production and progress at all costs. For those I have the privilege of working with, our time together feels like a sanctuary from these demands, a place where their true self can develop a voice and where they can rest in not having to live their story alone.

In our time together, we tell a story with the gentle fluid strokes of a paint brush, we tell a story by pounding and molding clay or by looking at images we connect with. No matter where our sessions take us, the art always speaks more than words can ever say and connects us in our human story.

Simple, healing, and creative exercises to try at home:

- Draw, sketch or scribble with your non-dominant hand
- Break down thoughts and feelings into lines, shapes and colors
- Journal insights and awarenesses
- Transform old, broken or random objects into something new
- Take pictures of things you find interesting when traveling or on a walk
- Cook or make a meal without a recipe
- Play! Children are wonderful teachers if we listen

## MAKE YOUR VACCINE APPOINTMENT TODAY.

VACCINATE.WI.GOV



COVID-19 vaccines are a safer way to build immunity to COVID-19 and help protect you, your family and others in your community!



# Tips for Mental Wellness and Happiness

By Sandra Anderson, BS, CHT, RM

---

The COVID-19 pandemic still touches everyone, everywhere, everyday. Adults, young adults, grandparents, kids of all ages, race, culture and all socioeconomic levels have lived in it over a year now. We all have been challenged to adjust at every level with changes in job, food, shelter, health, childcare, loss of loved ones etc. Research has shown higher levels of anxiety and stress for many. None of these stresses are new, but they may have been long term issues for many.

Being happy and emotionally well has taken a hit, right? It has for my clients. Yes, happiness and mental wellbeing can be improved. COVID-19 still has many sheltering in place, working from home and not all kids are back in school.

We all need mental space, physical activity for mental well-being and happiness. Living in close quarters has challenged us in how we communicate. Our loved ones don't always do tasks the same way we do. That may be a stressor. But their best is probably good enough. Everyone can do better by practicing self compassion and being kind. Take a mindful moment to imagine what will raise your good vibrations.

**1. Do get enough sleep:** Sleep is a key to mental wellness, health and Happiness. Research shows our Monkey mind can be tamed by harnessing "the power of ritual". You have control over what that ritual is, all steps help to train your body, it's time for rest.

Regulate the negative news: none after 8:00pm and find several good news channels.

No more phone or tablet after a certain time. Instead, replace electronics with a book you'd enjoy reading.

Prioritize what helps you the most in the AM, especially for work and kids.

**2. Socialize.** This is a big one. We are creatures that need personal contact. Make a friend of today's technology. Smart phones, iPad or tablets really can be a good way to connect with friends and family.

Create a special coffee date or card game with friends on FaceTime, playdates for children. Research shows having a real time face-to-face does lessen stress and anxiety almost the same as in person. You see faces feeling emotions, hear their vocal expressions, and connect at the heart level. When you cannot meet in person, this new technological meeting going on helps... a lot.

**3. Help someone else, random acts of kindness.** It is doing something for another with no expectation for payment or thank you. Help an elder to connect in a FaceTime party with their grandkids. Pay forward at your favorite coffee shop, drive through, grocery store. Volunteer at local organizations when you feel safe. Share smiles they are free. "...If you want happiness for a life time, help someone else." -Chinese proverb.

**4. Daily take time to be present/mindful.** "Be still and know." These quiet times give you the moment to see where you are putting the creative energy of your thoughts. Is it where and what you really want? If not, choose again.



# Fiddlehead Ferns: Know What to Look For

By Tony Chavez, *Live Great Food*

Fiddlehead ferns are all too quickly becoming "cliché" in the world of wild edibles and seasonal cookery — a very "been there, done that" mentality developing with one of nature's most whimsical edibles.

An ingredient (any really) that is used blindly (meaning without educating oneself and exploring the full potential, rather simply accepting what is handed to you). It is in that precise moment when the misunderstood develops into an uneducated idea. This inevitably transpires into a false representation of the ingredient and its elusive wild forefather...

I urge anyone reading this to do you due diligence and educate yourself prior to forming an opinion on fiddleheads. I assure you, the fern is not so, *passé*.

## Ostrich Fern - *Matteuccia struthiopteris*

The Ostrich Fern, named affectionately in regards to the crozier, (curled top of the fern) bares the resemblance to an ostrich wing which is evident in the name's epithete, *Struthiopteris*, which is made up of ancient greek words for both ostrich and fern. The Ostrich Fern is uniquely identifiable by its characteristics. This is a rather simple plant to identify, however through years of false identification and misrepresentation, it has become largely considered that all "Fiddleheads" are edible. This is not the case. Not all ferns are created equal and though they may appear similar, it is the genetics of the fern that will show itself to be a true wild edible. A perennial, once you find a sustainable patch of fiddleheads, you have an edible for life, keeping in mind sustainable harvesting and responsible maintenance.

Small tight pinwheels. You want to catch the fern prior to the crozier unraveling. This is when they are most tender, they have not yet matured to a point of a "woody," almost tanic/bitter bite. The stem of the fern is smooth to the touch and concave with a u-shaped groove running the length of the stem. An Ostrich Fern is never hairy, no peach fuzz, nothing. This is a quick indicator to immediately decide if you should further investigate.



If there is fuzz/rur, move on. If not, have a closer look.

Ferns are one of the first forms of life to emerge from the woodland floors in the warmth of the spring. Several inches of growth are possible, under favorable circumstances, meaning that time is of the essence. You have to be in the woods to catch them at just the right time. As the Ostrich Fern pops through the foliage of seasons past, it is decorated with a gold/bronze colored sheath. As the fern grows, the sheath falls away leaving only the emerald quills to decorate the woods. You want some of the sheath intact, merely as proof that your crozier has yet to unravel. When you wash the ferns prior to consumption, the sheath can be rinsed away.

When harvesting, I pick a dense patch of ferns and only take 2-3 shoots from any crown (a dense clump making up the base of the plant, sitting atop a dense root system just above ground level, from where the fern sprouts). Never deplete any crown for sustainability purposes.

An Ostrich Fern is comparable in flavor to string beans and asparagus. A crisp bite, you can smell an entire season in a fern. You can taste the earth and woods that raised the young shoot through its flavor. You can feel the fresh, crisp snap (promised through a forage) in its subtle crunch. There is life in a fern; that alone deserves to be celebrated. I find a bit of mucilage when prepared carelessly or eaten raw. Mucilage is what makes okra slimy. High heat and fully cooking or preserving will do away with that. Weather poaching, blanching, sauteing, frying, dehydrating, freezing etc... The application and uses are vast and truly vary on the whim of the cook. Pairs perfect with poached fish, phenomenal when pickled and thrown on a charcuterie display. A personal favorite of mine is a Tempura Fried Fiddlehead Fern. The possibilities are endless. So nab a handful, now that you know what to look for, and let me know where they take you!

Food is life. Remember, without it we'd wither away. It's not just another spring ingredient. Appreciation is the adequate response when talking about Fiddlehead Ferns.



# Time to Go Berry Picking!

 **Augusta Blueberries**  
E27020 E Branch Road  
Fairchild  
612-850-9852  
augustablueberries.com  
**Blueberries**

 **Bushel and a Peck**  
18444 Cty. Hwy. OO,  
Chippewa Falls  
715-579-7717  
bushelandapeckmarket.com  
**Raspberries**

 **Govin's Farm**  
N6134 670th Street  
Menomonie  
715-231-2377  
govinsfarm.com  
**Strawberries**

 **Grampa Glenn's Certified Organic Strawberries**  
W11280 Cty Road B  
Humbird  
715-937-5177; 715-964-8663  
Find us on Facebook  
**Strawberries**

 **Hidden Acres Berry Farm**  
W3865 County Rd HH  
Eau Claire  
608-260-6972  
Find us on Facebook  
**Raspberries and Blueberries**

 **Little Berry Farm**  
W1832 Maple Road  
Eau Claire  
715-456-5196  
littleberryfarmec.com  
**Raspberries, Blueberries, and Strawberries**

 **McIlquham Orchard and Strawberry Farm in Foster**  
S13247 Finch Drive  
Osseo  
715-533-0620  
mcilquhamorchardfoster.weebly.com  
**Strawberries**

**Fresh, juicy, sweet berries are finally here. So grab the kids, a sun hat, and get yourself picking this season.**

Sponsored by

## Blueberry Ridge Orchard

E2795 Hageness Road | Eleva  
715-287-3366

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.

[blueberryridge-orchard.com](http://blueberryridge-orchard.com)



**When to pick:**

Blackberries: Early June to late July  
Bluberries: Mid July to late August  
Cherries: Mid June to late July  
Raspberries: Early July to late September  
Strawberries: Mid May to mid July

# Energize WITH THESE ALTERNATIVES!



Swapping your coffee for a coffee alternative or tea is also helpful if you've become too drip-endent.

These best coffee alternatives are great for people who may not jive for the taste, or who perhaps can't stomach the side effects, are getting to the age where caffeine is the enemy, and many more reasons!

#### 01 | RASA COFFEE ALTERNATIVE

Energizing without caffeine, and deeply nourishing, adrenal-supporting, and health-enhancing to drink daily. Using 12 all-star adaptogenic herbs to create a dark, roasty, flavorful, nutritious brew with a hint of cinnamon that you can savor all day long. [wearerasa.com](http://wearerasa.com)

#### 06 | EMBREW TEA

Indulge in daily tea time with our robust collection of artisan pre-sweetened tea bags. Each flavor is carefully curated for the sophisticated palette that loves just a touch of sweetness. Plus, all of our teas are ethically-sourced and delivered in biodegradable packaging. [embrew.com](http://embrew.com)

#### 02 | RISHI SPARKLING BOTANICALS

Sparkling Botanicals elevates sparkling water with rare and exotic ingredients sourced directly from artisan growers across the earth. Light, refreshing and formulated for flavor and function. Zero added sugar. [sparkling-botanicals.com](http://sparkling-botanicals.com)

#### 07 | WATERDROPS

The real taste of natural fruits & plants to enhance the best drink in the world — pure water. 100 percent sugar free without sacrificing taste. [waterdrop.com](http://waterdrop.com)

#### 03 | FOUR SIGMATIC

Four Sigmatic is a science-y way of saying "really good for you". They turned the planet's most astoundingly nutrient-dense ingredients into things you'll love having every day. Crash-free coffee, plant protein, and other elevated essentials. [us.foursigmatic.com](http://us.foursigmatic.com)

#### 08 | SLATE MILK

The world's first higher protein, lower sugar, lactose-free chocolate milk. Using only natural ingredients and milk sourced from family-owned farms, our milks offer 75% less sugar than other chocolate milks, 17g of protein, and hydrating electrolytes. [slatemilk.com](http://slatemilk.com)

#### 04 | FLUME

Flume uses botanicals to enhance the experience of athletes and adventurers to help them achieve flow. The chemistry of the plants interacts with the physiology of the body, helping it perform its critical functions more effectively, an effect they call bioharmonization. [withflume.com](http://withflume.com)

#### 09 | BLUME

Organic beetroot & turmeric lattes. Superfood blends made with heart. Vegan, gluten free, dairy free, and organic. Although their blends make great superfood lattes, they can be used in a variety of ways! All blends are ground for easy absorption and to be more versatile. [itsblume.com](http://itsblume.com)

#### 05 | STEEPEO COFFEE

Single-serve coffee bags are filled with 100% hand roasted specialty coffee and are crafted for quality, convenience, and sustainability. Nitro-sealed for freshness - packaging that's made using compostable and renewable materials, making every cup guilt-free and eco-friendly. [steepedcoffee.com](http://steepedcoffee.com)

#### 10 | NOJU BREW BAGS

100% organic roasted quinoa, chicory root and superfood spices combined with MCT coconut oil to deliver a serious health boost and nourish your mind, body & soul. 100% caffeine free & gluten free. [drinknujo.com](http://drinknujo.com)

Check out what's been happening at **AVeNue Orchard's KREATIVE KITCHEN!** **WE'RE OPEN!**

**We got our processing license!**  
We now sell our products at 14 different locations as well as online and we can ship our canned goods.

**NOW ADDED!** Caramel apples with our homemade caramel, and other baked goods! The list keeps growing and growing. No end is in sight for what AVEneue Orchard's Kreative Kitchen will stir up next.  
**And as always... don't forget the cider!**

The store is open 9am-7pm on Wednesdays, Fridays, Saturdays and Sundays year round. Open 7 days a week, same hours, during harvest season. Closed holidays.

 **aveappleorchard.com**   

**6700 US Highway 53 - Eau Claire, Wisconsin**

**UNPLANNED PREGNANCY**

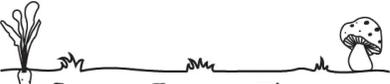
Don't make the tough decisions alone

Pregnancy Testing  
Education  
Support

**FREE + CONFIDENTIAL**

  
**Apple**  
PREGNANCY CARE CENTER

2600 Stein Blvd. | 834-7734 | [www.applepcc.org](http://www.applepcc.org)

  
**LIVE GREAT FOOD**

**Live Great Food is a family owned and operated Catering company and Food Truck.**

We will be at the Eau Claire Downtown Farmer's Market every Saturday 7:30am-1pm

Check out where else to find LGF Truck at [livegreatfood.square.site](http://livegreatfood.square.site)

**LIVE GREAT FOOD**  
[Livegreatfoodcatering@gmail.com](mailto:Livegreatfoodcatering@gmail.com)  
**715-220-6084**

[facebook.com/livegreatfood](https://facebook.com/livegreatfood) • Instagram: [Livegreatfoodwi](https://www.instagram.com/Livegreatfoodwi)





# What is Matcha

Matcha is a bright green drink that's made by taking young tea leaves (from the camellia sinensis plant), grinding them up, and then whisking that powder with hot water.

EGCG – the most abundant catechin in tea – is a polyphenol under basic research for its potential to affect human health and disease.



Since you consume the actual tea leaves when drinking matcha, you get about twice the amount of the antioxidant EGCG that you would from drinking regular green tea.

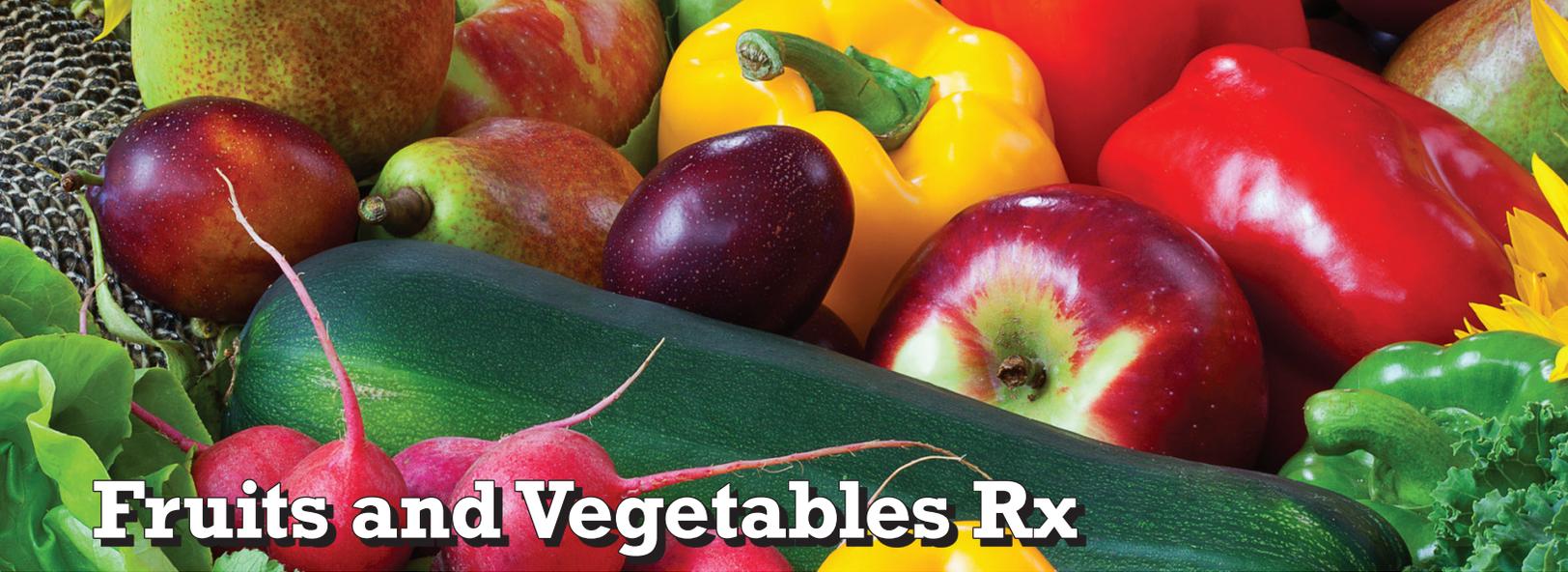
Matcha contains caffeine - approx 28 milligrams of caffeine per eight-ounce cup. A cup of matcha will contain less caffeine than a cup of coffee.

 **CUZEN MATCHA**

**Make remarkably fresh matcha from the comfort of your home!**

Cuzen Matcha combines shade-grown organic Japanese tea leaves and award-winning technology in a beautifully designed package. It's authentic matcha reimagined for the modern world.





# Fruits and Vegetables Rx

**T**he doctor always says, "Make sure you're eating your fruits and vegetables!" But now they can actually write a prescription for you to buy those fruits and veggies. Through the company Wholesome Wave, these Produce Prescriptions provide help in preventing or managing diet-related disease, especially for low-income families.

Wholesome Wave was founded by award-winning chef Michel Nischan after his son was diagnosed with type 1 diabetes. His cooking did a 180 as he discovered the interconnectedness of diet and disease. Nischan also realized he was serving meals to the customers at his restaurant that he would never put on his table at home. He decided to cut added sugars, butter, cream and flour from all the items on his menu. This put many of his dishes over the \$30 price mark, but his customers could afford it, so no big deal. But then Nischan started thinking about the people that live with diet-related disease and can't afford it. Thus Wholesome Wave was born.

Generally speaking, low-income families tend to gravitate toward foods that will stretch their dollar. These foods tend to be highly processed with little nutritional value. Through Wholesome Wave, the Prescription Program allows doctors and nutritionists to write prescriptions to low-income families of \$1 of produce per day per family member. That means if you have a family of four, you get \$28 per week to spend on produce.

Fruits and veggies should be a part of everyday life for all, regardless of income. Nischan states, "If consuming more fruits and vegetables can help prevent type 2 diabetes, heart disease, and stroke, and can help somebody more effectively recover from chemotherapy because it replenishes the body of micronutrients and phytochemicals, then income shouldn't prevent you from being able to access those things."

To learn more, visit [wholesomewave.org](http://wholesomewave.org).

**Sources:**

"Prescribing Produce, Not Pills." *EatingWell*. July/August 2018. Pg. 122.

"Produce Prescription Program." <https://www.wholesomewave.org/what-we-do-1>.

Tust, Amanda. "Get a Prescription for Free Produce Through This Non-Profit." *The Healthy*. <https://www.thehealthy.com/nutrition/non-profit-fresh-fruits-vegetables/>. April 13, 2020.

**HOLISTIC BREAST HEALTH CONSULTS AND PRESENTATIONS**

Essential Oil DIY Classes



*Joyce Sobotta*  
 Cell: 715-828-0117  
[joyce@aromatherapynaturesway.com](mailto:joyce@aromatherapynaturesway.com)  
[aromatherapynaturesway.com](http://aromatherapynaturesway.com)



**WIC** WOMEN, INFANTS, & CHILDREN

(715)-839-5051  
[wic.ehealthdepartment.org](http://wic.ehealthdepartment.org)  
 Give your child a healthy start...with WIC!



**EGGS · EGGS · EGGS!**  
 Cage free. Free range. Naturally produced.  
 Available on farm every day.

**Pasture poultry available**  
 Whole Birds · Halved Breasts  
 Leg Quarters · Wings · Stew Hens

Contact: Amanda Bohl  
 715-556-3469  
 9359 100th Ave., Chippewa Falls, WI  
[amandarbohl@icloud.com](mailto:amandarbohl@icloud.com)  
[farmfreshbrowneggs.weebly.com](http://farmfreshbrowneggs.weebly.com)  
 Facebook: @Amanda's Eggs

**Firefly Reiki**  
 Ilona Udvari  
 Reiki Master Teacher, Usui Shiki Ryoho,  
 Seichim, Karuna Ki, Firefly Reiki

Offering treatments, classes and channeling

N4002 State Rd. 25, Menomonie, WI 54751  
 715-235-7732  
[ilona@fireflyreiki.com](mailto:ilona@fireflyreiki.com) ♦ [www.fireflyreiki.com](http://www.fireflyreiki.com)



# FITNESS

FUN & FRIENDSHIP

MOMSONTHERUN.COM

MOMS ON THE RUN is an instructor-led fitness program with coaching to motivate, educate and encourage you on your journey.

Classes start this spring, register today!



## Our Ability to Balance & Move Affects Every Aspect of Our Daily Life.

### Chiropractic Does a Body Good

Experience Improved:

- Balance
- Energy
- Focus
- Mood
- Movement



## activehealth

CHIROPRACTIC & NUTRITION

Call 715.834.6333

[www.activehealthec.com](http://www.activehealthec.com)

## EARTH MOTHER MIDWIFE and BIRTH SERVICES

Serving all family constitutions and all body shapes, sizes and gender identities

Midwives are caretakers of families and their babies and the guardians of normal birth.

*We support your birth, your way.*

### SERVICES PROVIDED:

- Well Person Care • Prenatal Care
- Birth Services • Postpartum Services
- Newborn Care



**Erin Kaspar-Frett,**

CPM, LM, MSM

612-801-9967

SERVING THE CHIPPEWA VALLEY AREA AND BEYOND!

[www.earthmothermidwife.com](http://www.earthmothermidwife.com)  
[erin@earthmothermidwife.com](mailto:erin@earthmothermidwife.com)

Offices in Menomonie

## SMITH & PRISSEL

### CHIROPRACTIC AND MASSAGE

*Choose Wisely,  
Choose Wellness.*



**Dr. Angela Prissel**  
Chiropractor, FICPA

**Dr. Emily Smith**  
Chiropractor, Pediatric Specialist (DICCP)

## 715.833.3505

829 W. Clairemont Ave. | Across from Sacred Heart Hospital

[www.myECchiroandmassage.com](http://www.myECchiroandmassage.com)

---

# HOW DO YOU WANT TO BE REMEMBERED?

---



Honoring a veteran at their funeral or memorial service not only shows respect to the veteran, but also to their families and can be part of the healing process.

Our staff is here to guide and assist you with a high degree of respect and concern during your time of loss. We will provide the most fitting service for your individual needs, at the most affordable cost with the many options that we offer.



Two options to serve you, at one convenient location:

## *Stokes, Prock & Mundt* FUNERAL CHAPEL



*Even the smallest touch can make a big difference in personalizing your funeral services. There's no right or wrong when it comes to celebrating your loved one and honoring their life, accomplishments, and individuality.*

**715-832-3428 | [stokesprockandmundt.com](http://stokesprockandmundt.com)**

## *Cremation Society of Wisconsin*



*We offer a full range of cremation options. We have our own on-site crematory and a full staff to assist you with whatever your needs may be.*

**715-834-6411 | [cremationsociety-wi.com](http://cremationsociety-wi.com)**



**535 South Hillcrest Parkway - Altoona, WI**

We also service the entire state of Wisconsin.



### Do you need help paying for burial or cremation expenses for your loved one?

Helpful Hearts Foundation was created by the staff of Cremation Society of Wisconsin and Stokes, Prock & Mundt Funeral Chapel, to help low-income families who have experienced the death of a loved one, to pay for funeral expenses. While the primary purpose is to help with the loss of a child, the application process is open to anyone in financial need, for final expenses in Eau Claire and surrounding counties. We are reaching out to help our community, during their time of greatest need.

For more information on the application process, or to make a monetary donation to this 501(c)3 non-profit organization, please visit [www.helpfulheartswi.org](http://www.helpfulheartswi.org).



Helpful Hearts  
Foundation