



The Healing Agenda

"Healthy young-looking skin comes from whole body wellness."

GLOW Beauty & Clinical Spa

The founder, Kate, is an Aveda esthetician, trained at one of the top rated esthiology programs in the US. She incorporates holistic practices with results oriented clinical treatments. "I believe in whole body wellness, as beauty is not just skin deep." She works with a range of skin types from teen to mature, acne, and problematic skin issues. Services she provides include facials, chemical peels, full body CBD Dry Brushing, specialized acne treatments, European massage, and more.

For more information and to book with Katie, visit her facebook page.

www.facebook.com/glowbeautyclinicalspa

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Thermography Of Wisconsin Shawn Seuferer

Shawn has a horticulture background with a master's degree in Ag Science, spending her early career in horticulture industry research and consulting. This exposed her to the use of nutrition to manipulate plant growth, planting the seed, if you will, for her interest in the impact of nutrition in her own life. In 1998, one year after starting Prosper Farm CSA, Shawn was diagnosed with endometrial cancer, a diagnosis of which she did not fit the typical profile at all. Shawn relied heavily on nutritional and spiritual healing, along with medical support, to regain her health. It was then that Shawn and her husband, Mel, vowed to walk alongside others who find themselves on a cancer journey.

Years later, being trained as a certified functional nutritional therapy practitioner through the Nutritional Therapy Association, and as a graduate of the Cancer Peace University instructor training program, Shawn shared her passion about the impact of nutrition on the body by educating about, restoring with, and connecting people to nutritious foods and clean water. She spoke at schools and organizations and served clients through her private practice, Vitalistic Protocol, LLC, (ViP) from 2014 to 2018.

Today Shawn has turned her focus to providing women and men with an affordable digital infrared thermal image scanning service – thermography - which provides a visualization of their current state of health. These scans help to identify areas of inflammation and potential changes in the body's physiology. This in turn provides the client and preferred health care provider with greater opportunity for an early and accurate diagnosis, treatment and positive outcome.

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Neurological Stress Reduction Therapy

Laura Hoehn
RN, NSRT, CTT

Laura has been a Registered Nurse since 2013 and got her certification in Neurological Stress Reduction Therapy in 2020. Laura found her passion for Functional Medicine working with Dr. Gering at Spero Wellness Clinic from 2017-2021. In 2020, she was introduced to Neurological Stress Reduction Therapy by a friend. She knew right away that this is the path God was leading her on and got the training, bought the equipment and starting seeing patients. She now has a fulltime alternative healthcare practice called Natural Health and Allergy here in Eau Claire. She helps people restore balance in the body so it can heal itself by eliminating stressors such as emotions, allergies and pain, just to mention a few. Laura has much empathy and compassion for people and she loves sharing her knowledge and learning people's life stories. She hopes to hear your story one day soon.

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Juice Plus/Gateway Chiropractic Laura Bertram

Dr. Laura Bertram and her husband, Dr. Craig Tarini, opened Gateway Chiropractic Center in Eau Claire in 2002. She enjoys helping people achieve optimal health through natural means and loves networking with many like-minded local providers and shops. She has been offering Juice Plus to patients, friends and family for 15 years as an easy way to get extra fruits and veggies into the body daily. In her personal life Dr. Laura enjoys spending time with family, camping, travel, movies, learning to play drums, theater and so many other things! She really enjoys trying new foods and activities.

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**714 S Barstow St, Eau Claire,
WI 54701**

The Luminary Wellness Center

Kari Jo Green

BA-Psych, BSN, RN

Kari has a bachelor's in science in nursing from the University of Wisconsin - Eau Claire and a bachelors of arts in Psychology from the University of Wisconsin - Madison. She is also a certified Halotherapist.

For the last several years, Kari Jo has worked as a registered Nurse caring for people across the lifespan. She is excited to bring her areas of expertise together to facilitate the body, mind, and spirit.

Learn more about The Luminary and how Kari Jo is helping our community on the website link below!



Facebook:
Rivka's Challah

Rivka's Challah

Shalom! I'm Rivka, I love to bake, and I'm passionate about making nutritious, fresh baked goods using the freshest, highest quality ingredients, for my family AND yours! I care deeply about what goes into our bodies, using whole food, all natural, organic ingredients in all of our products! Challah bread is a Jewish sweet bread, lightly sweetened with honey, and braided into a beautiful, edible work of art! Our original Honey Glazed Challah has been our most popular Challah bread, but we offer many flavors including: Garlic Cheddar Chive, Apple Cinnamon, Blueberry Cranberry, Pumpkin Spice, Chocolate Chip, and several more options!

Rivka's Challah began in 2019, when our family held a Challah bread fundraiser to help us get to Israel, where we have been volunteering several months each year since 2015! The fundraiser was a success, and we received many requests for "MORE CHALLAH"! Slowly, we decided to take orders and sell to friends and family, eventually branching out to farmers markets. Every loaf we bake not only supports our growing family, but also helps us fulfill our dreams of reaching out to the next generation through Baseball both in the Chippewa Valley, and in Israel, enabling us to give our time, finances, equipment donations, and most importantly, love!

We are excited to partner with Mother Nature's Foods and offer our fresh baked goods at their store! Be sure to stop in and sample our Challah on one of the upcoming dates we will be here!

To place a special order, or keep up with our flavor of the month, reach out to us on the Rivka's Challah Facebook page. We look forward to baking for you! Shalom!



Abigail Maxon

Maybe you noticed Abigail is gone, well if you don't already know, she won a local business grant this spring and is now launching her own business. She has been in the holistic health field for over a decade offering a wide variety of natural healing modalities such as trauma informed yoga and medicinal herbal products but she's currently pivoting to focus on a huge passion project and is going to be at Mother Nature's to come share what she's up to.

Over the past few years she's specialized in somatic tools for hormone cycle literacy. We are highly affected by our hormones but don't even really know what's going on month to month. Most people are taught that menstruation is shameful or a burden, but she teaches people how to reframe their relationship with their cycle to be an empowering tool to find fulfillment rather than allowing it to be defeating.

Come on in to see what she's about to launch to help with all things hormones. Feel free to bring questions and concerns for a lil free consulting advise regarding things like cramps, pms, pmdd, pcOS, endometriosis, menopause, anxiety, depression, ect.

Mark Your Calendars Abigail will be here:

Wednesday Oct 12th
from 12-3p

Tuesday Oct 25th
from 2-5pm

Thursday Oct 27th
from 11am-2pm

Contact Info:

Rhythmic Renewal

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RhythmicRenewal.com

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practicerrhythmicrenewel
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**Mark Your Calendars
The Wellness Way
will be here:**

November 1st,
15th & 29th
Starting at 9am

Contact Info:

The Wellness Way

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Website:

**thewellnesswayeauclaire
.com**

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WI 54701**

The Wellness Way

At The Wellness Way Eau Claire, we are a group of chiropractors and alternative health restoration specialists who approach health from a different perspective. Our focus is on overcoming the three main causes of interference in the body: trauma, toxins, and thoughts. We go beyond just symptoms and address your unique physiology to provide the best possible outcome for each patient. If you think of your body as a house and your symptoms as fire, seeking traditional medicine is like the fire department. They will stop the fire, but what is left of the house may not be habitable. Your house needs a carpenter's approach. Someone who will restore it to its original state where you can live and thrive. The Wellness Way in Eau Claire takes a carpenter's approach to health. We don't guess, we test; rather than a one-size-fits-all approach, we utilize the most in-depth testing and cutting-edge diagnostic tools to uncover the hidden sources of health problems.



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or

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The Healing Agenda

Hi. My name is Sarah Steinle. I've been a practicing Massage Therapist in the Chippewa Valley for over 9 years. It's an extremely rewarding career. I had no idea how many lives would be positively impacted when I chose this direction, including my own. Being able to offer my community a space like The Healing Agenda is a complete honor. This has been a quiet dream of mine for almost a decade. Reaching this goal and being given the opportunity to share it with all of you means the world to me and I am dedicated to assist in bettering the quality of life to all of those who are intrigued by our offerings.

December 2, 2022 we officially welcomed The Healing Agenda into existence. Here we offer a variety of alternative options for those holistic connoisseurs as well as the intrigued beginners alike. Our 400 sq ft salt cave is a brand new addition to the Eau Claire area. This room holds over 12,000lbs of Himalayan salt on its walls and floor, creating an unbelievably calming ambiance. This room is helpful for improving a variety of respiratory concerns and skin conditions. While relaxing in our cave, pharmaceutical grade salt is ground up into dust sized particles and blown into the air. Come solo or book a group session. We also offer a variety of healing classing and invite local practitioners to host future classes as well.

Our sensory deprivation tank is a beautiful place to bring you back to peace. During a float session you will defy gravity while soaking in 1,000lbs of Epsom salt. The amount of stress released in a 60 minute float is equivalent to 6 hours of deep sleep.

The Healing Agenda is also home to our 3 person infrared sauna; great for blood circulation, glowing skin, chronic aches and pains, better quality of sleep and weight loss. Lastly, we offer yoni vagina steams. During a steam you will sit on a hand crafted wooden throne, above a customized combination of healing herbs and boiling water. Dress the part with your choice of gown, and crystal embedded crown while you enjoy your steam.



The Mindful Peanut

I have been a cancer survivor since my mid-30s. That full journey brought me the lowest lows and highest highs of my entire life. Prior to my diagnosis I was completely burnt out, trying to push through so many physical and mental ailments at my job and pretending like everything was "ok".

It most certainly wasn't "ok". And I had to learn the hard way that the way I was living in total disregard for signals from my body. Eventually the body says enough.

On my road to recovery, I immediately was hit with another setback of being diagnosed with Endometriosis. The chronic pain and cyclical rollercoaster I was on led to very high amounts of anxiety, low mood and a substantial impact on my relationships and ability to function. I had been very accustomed to therapeutic diets. I have been gluten-free, vegetarian or vegan and low-FODMAP for most of my adult life. A large shift happened when I learned to balance the how to eat as much as the what. And treating my body with kindness, giving it support when it needs it and pushing it on days I feel ready. From my experiences I promised myself I'd dedicate energy toward helping others get the most out of their life as possible. Because life and time are a precious commodity. Let's not spend it feeling rubbish.

Contact Info:

Sara will be here:

Friday, June 2nd
9-10am

Saturday, June 3rd
9-11am

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**The Mindful Peanut
Website**