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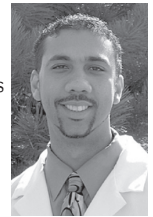
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HOW DOES IT WORK?

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Choose "green tasks" from our list

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Complete tasks and earn points

4) SHOW US!

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Photo by Todd Trapani

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Earth Claire Festival at UWEC

By Becky Streeter

Believe it or not, spring is coming, and it's time to celebrate our amazing planet! During the week of April 20th, the University of Wisconsin Eau Claire plans to host its third annual Earth Claire Festival to do just that.

Attracting over 3,000 students and community members each year, the Earth Claire Festival is UWEC's largest event of the year. The inaugural event was organized in 2018 by the student-run Office of Sustainability through the efforts of Austin Northagen and Taylor Limberg. Their vision was to draw attention to the vibrant community of sustainably-minded and conscious members of the campus and community. This year's event is being developed by Programming Intern Zhiyee Teh, and is shaping up to be just as spectacular as past years.

Earth Claire Festival is a one-day open-air "market" held on the campus mall in celebration of Earth Day (April 22nd) and Arbor Day (April 24th). Local businesses, vendors, and student organizations all have the opportunity to come to campus and showcase their earth-friendly wares and practices. Previous years boasted prizes of reusable hydroflask water bottles, Patagonia apparel, bamboo toothbrushes, a French press coffee maker, reusable beeswax wraps, reusable cutlery, and shampoo bars, as well as FREE earth-friendly food and snacks. Because this event is so popular, get their early for prize drawings and tasty treats!

Though the Earth Claire Festival is a one-day event, there are a number of other Earth awareness events occurring throughout the month of April including but not limited to:

1. Sustainability Speaker - Renowned faculty members and infamous community members Dr. James Boulter, Dr. Doug Faulkner, and others have spoken at the festival in the past. This year the event is looking to bring in local musicians as well as climate activists.
2. Documentary showings held in the Woodland Theater on campus - Past documentaries have included "The Human Element" and "Chasing Ice". All films focus on an aspect of sustainability such as public health and food access.
3. DIY workshops in the campus Makerspace - The Makerspace staff are inherently sustainable due to the nature of their "reuse" of items that could otherwise be placed in the landfill. Past workshops included DIY Bows + Sustainable Gift Wrapping, Book Page Flowers + Paper Crafts, and DIY Reusable Lunch Bags.
4. The Banff Mountain Film Festival Spring Showing - follow the Office of Sustainability on Facebook for a line up of shows and times.

As the dates get closer, the Office of Sustainability will update information for the events on the Facebook Page (UWEC Student Office of Sustainability). Keep an eye out for more details and news!

Additionally, if you own a small business and would like to be featured at the event, please reach out to the office via email: sos@uwec.edu.



Earth Week Challenge

By Beaver Creek Reserve

Each year as Earth Week rolls around you're probably more conscientious of your recycling habits or how long you leave your lights on, but as our environment's declining health is being publicized, you may find yourself wanting to do more. Here at Beaver Creek Reserve, we can help you take these environmentally friendly practices a step further with our first ever Earth Week Challenge. The Earth Week Challenge will take place from April 18th thru April 26th and is comprised of more than 60 possible tasks to choose from in seven categories like, Getting Here to There, Reduce the Amount You Leave Behind, Stay Local and more! Each task has a point value associated with it, whether it be 1, 3, or 5 points depending on the difficulty of the task. Sample tasks include: use public transportation, recycle a plastic bottle, and up-cycle an item. You can register yourself or a team between April 15th-26th on our website, so you can begin earning points and get entered to win prizes.

Our Earth Week Challenge is happening at a crucial time in our country as a large shift in recycling has come in the last year. Until the beginning of 2018, China imported the largest percentage of recycled materials, with about 50% of coastal recyclables being shipped there; but now a new legislation known as "National Sword" in China has placed strict requirements for materials they import for recycling. For comparison, China imported 16.2 billion bales of recyclable plastic in 2016 but in 2018 they only imported .11 billion bales. With less imports being allowed into China, there will be more plastic floating around the US; this could cause a complete overhaul of our country's recycling practices, which would result in stricter guidelines and more plastic in landfills. As the environment takes a hit with more plastic finding its way into landfills, it's important now more than ever to adopt additional environmentally friendly practices in your life to try to lessen the damage being done.

These practices not only help the environment but some of them can also help you. For example, making sure that your tires are properly inflated could save you gas money. Under inflated tires require more energy to getting moving and maintain speed, maintaining a proper inflation could improve gas mileage by 3.3%. We hope that by participating in the Earth Week Challenge, you will find that some of these tasks can be incorporated into your everyday life.



Here are some additional not-so-fun facts to keep in mind:

- Twice as much water is used in production of a plastic water bottle than the bottle actually holds.
- 500 million single-use straws are used every day in the United States, that is enough straws to circle the earth 2.5 times.
- The energy used to create and distribute junk mail in the US each day could heat 250,000 homes.

Waste Reduction & Recycling... How Festival Foods is doing their part

-  In 2019 we recycled **19 million pounds** of cardboard (9,500 tons).
-  We are a drop off location for the public to recycle cardboard and plastic film. Plastic film is especially a problem in WI as the single stream recycling programs across the State cannot accept this material. Plastic films **we can recycle include shopping bags, Ziploc type bags, bubble wrap, and much more.**
-  We support the full recycling circle by purchasing recycled materials. Much of our equipment and furniture is made from recycled plastic and steel. For example, **our shopping carts are made from recycled plastic, manufactured in Wisconsin, and are 100% recyclable** when we're ready to replace them.
-  We encourage using reusable bags by offering a **5 cent discount for every reusable bag** that is used.
-  We are reducing the amount of food waste going to landfills through our prolific food donation programs. **We donated over \$9,000,000 in excess edible food last year to local food pantries.** We also have expanding compost programs that divert food waste from landfills.

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For Carter's Sake:

Focusing on the Needs of the World

My dear eighteen-year-old nephew Carter visited this past summer. One day, out of the blue, he said, "I think all of us should focus on addressing climate change all the time."

Over the last fifteen months, two particularly strongly worded scientific reports have been issued by two United Nations-backed international panels. One focused on the impacts of climate change; the other on the loss of biodiversity and the human impact on nature's free services (like pollination and decomposition).

Report #1: Intergovernmental Panel on Climate Change – October 2018

Published by the Intergovernmental Panel on Climate Change, this particular report (which cited more than 6,000 scientific references) looked at the impacts of 1.5 degrees Celsius (°C) warming versus 2.0°C warming. (We are on a trajectory to raise temperatures 3.0°C.)

Even at a 1.5°C rise, "...flooding, drought, and extreme weather events will wreak havoc on communities around the globe. Many species will continue to be driven toward extinction and marine ecosystems could face irreversible loss." In spite of that, fighting to keep global warming from exceeding 1.5°C could "prevent hundreds of millions of people from being exposed to climate-related risks and susceptible to poverty by mid-century," according to the report.

Report #2: Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services – May 2019

The study is "the greatest attempt yet to assess the state of life on Earth" and "shows how tens of thousands of species are at high risk of extinction, how countries are using nature at a rate that far exceeds its ability to renew itself, and how nature's ability to contribute food and fresh water to a growing human population is being compromised in every region on earth."

These two reports contain some of the strongest, clearest language I have seen regarding humanity's impact on the world. But, essentially, we're not really talking about them. It's not hard to understand why. It's overwhelming and to address them we would have to acknowledge that our idolatry of economic growth as well as our demand for cheap consumer goods (including food) have placed an unbearable strain on the natural world and on many poor human communities.

Nonetheless, and like Carter, I can't think of anything more important to talk about, and act on, right now.

Farm Table's Work

I work at Farm Table Foundation in Amery, WI. We are best known for serving delicious local food in our restaurant, cooking

classes and concerts. These very things connect us to the issues presented by these scientists. Wendell Berry, American novelist and environmental activist, put it best: "How we eat determines to a considerable extent how the world is used."

Palm Oil vs. Broccoli

I grabbed a "Protein Plus Power Bar" the other day (handy for hikes). The ingredient list long, and a good number aren't recognizable as food. But I did notice "palm oil." Indonesian palm oil plantations are pushing endangered species, like orangutans, closer to extinction. To make way for these plantations, tropical rain forests are cut down, releasing vast amounts of carbon dioxide, the primary greenhouse gas.

Next I headed to the fridge and grabbed some broccoli from Blackbrook Farm, my neighbor a few farms to the east. Ingredient list: broccoli. Distance to my plate: much, much closer than Indonesia. Grown organically, I'm pretty confident that soil and water are not being damaged in the process.

So, let's say you want to cut back on products that use palm oil. This means you will need to use fewer processed foods. You might also need to brush up on your scratch cooking skills. A cooking class at Farm Table could be just the ticket.

Whether you are motivated by climate change and endangered species, or by the desire to rediscover the very human skill of cooking from scratch, you might end up at Farm Table. You might find out that our mission to build local culture not only meets some need of your own—to build community or make healthy meals—it also contributes in some small way to meeting the needs of the world.

Connections

At Farm Table we want to help people see connections.

"How we eat determines to a considerable extent how the world is used." How the world is used determines to a considerable extent the kind of future available to our loved ones; the kind of future available to other creatures; the kind of future that Carter sees for himself; the kind of future that your Carters see for themselves.

References

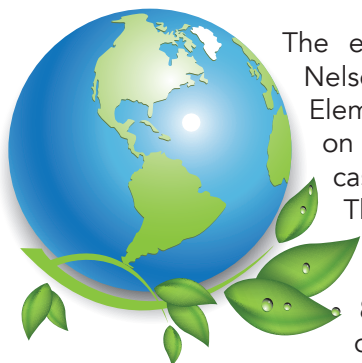
This piece drew on the following three articles:

- <https://www.nationalgeographic.com/environment/2019/05/ipbes-un-biodiversity-report-warns-one-million-species-at-risk/>
- https://www.huffpost.com/entry/nature-destruction-climate-change-world-biodiversity_n_5c49e78ce4b06ba6d3bb2d44
- https://www.huffpost.com/entry/ipcc-report_n_5bba177be4b0876eda9ef1d7
- (<https://www.rainforest-rescue.org/topics/palm-oil#start>).

Where It All Began!

By Cindy Hatella

Join us on Saturday, April 18th to "Celebrate the 50th Anniversary of Earth Day" in Clear Lake, Wisconsin--home of Earth Day founder, Gaylord Nelson!



The event, held at the Gaylord A. Nelson Education Center (Clear Lake Elementary School), will be kicked off on Friday evening, April 17th with a casual soup supper and speakers. The following morning, April 18th, will begin at the center with a healthy breakfast from 8:00 – 10:00 a.m. for a free-will donation. A Nibi Walk will also take place early on the 18th beginning at the headwaters of the Willow River in Clear Lake. A Nibi Walk focuses on giving thanks to the life-providing and sustaining elements of nature. More information can be found at nibiwalk.org.

Following breakfast, speakers and vendors will share their knowledge of the environment, sustainability and other Earth Day related topics. The committee and partnering non-profits (St. Croix River Association, North Woods and Waters St. Croix National Heritage Area, and Kids for Saving Earth) are especially excited that Tia Nelson, Managing Director of the Climate of Outrider Foundation and daughter of Gaylord Nelson will be joining us via social media with a special Earth Day message.

As we approach this year's event, you might ask yourself, "What is one step I can take in 2020 to positively impact the health of our planet, my family's home environment, or my own personal health?" There will be many resources at the event to help you take that step as we move toward a new decade and a more sustainable future.

You also won't be disappointed by a visit to the Clear Lake Area Historical Museum while attending the Earth Day event! Stroll through the Gaylord Nelson room and the Burleigh Grimes room to gain more insight on the history from the area.

Please like and follow our FB page @clearlakeearthdaycelebration and on Instagram @clearlakeearthday where you can find more information as we approach the April 18th event!

To learn more, please reach out to Cindy Hatella at 715-225-9320 or Melanie Lombardo at 651-271-0352.

WINTER PET CARE TIPS



Depending on the dog's breed and coat, frostbite can occur when temps drop below freezing (32 degrees). Wet and damp weather make dogs more vulnerable to frostbite.

Paws, ears and tails are most susceptible to frostbite.



Frostbite damage may take days to reveal clinical symptoms. If you suspect your pet has suffered frostbite, seek immediate veterinary intervention.

Hypothermia may be another concern for a dog that is outside for an extended period. If it's too cold for you, it's too cold for pooch.



Animal neglect is a misdemeanor in all 50 states!

Antifreeze is poisonous for cats and dogs! Clean up any garage spills right away.



Talk to your vet about your dog's need of extra calories for winter activity.

Keep your light coated dogs and older dogs warm with a jacket or sweater.

Rock salt and ice melt can cause cracking and burns on pads. Rinse and dry paws after winter walk. Don't miss the toes. Dogs perspire through their paws.

Snowballs or iceballs between your dog's paws can be painful and make it difficult to walk. Keeping the paw fur trimmed will help prevent this, as well as a good pair of dog booties. At emBARK, we like www.dogbooties.com



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Healing Hands for Pets

By Elite Performance Therapeutic Massage

Amy Chalsma Schlieve opened Elite Performance Massage in early 2018. She has had several dogs of her own over the years, and a few horses. Her experience riding horses and doing dressage led her to realize how beneficial massage can be to the equine athlete. She also had a dog with a health challenges who also benefited from massage.

To learn how, she did a home study course for both equine and canine massage through Equissage, based in Virginia. This course involved reviewing several case studies, a written exam, and a final massage. During her studies, she practiced regularly on her own horse and dogs.

The benefits of massage for these pets are similar to the benefits of human massage, and include:

- Improved circulation
- Enhanced muscle tone
- Increased range of motion
- Increased the flow of nutrients to the muscles, carrying away excessive fluids and toxins
- Promotion of the release of endorphins, which are a natural painkiller
- Help maintaining the WHOLE body in better physical condition
- Relief of stiffness and swelling
- Relaxation and stress reduction

Schlieve explains: "For very active and athletic dogs and horses, massage increases the flexibility of soft

tissue and improves athletic performance. They also recover faster, and their overall health improves through increased flow of nutrients to injured muscles. If your horse or dog is injured, recently had a surgery, or is older and less active, massage helps with the loosening and softening of scar tissue and prevents

atrophy in inactive muscles. Massage lengthens connective tissue, resulting in reduction in the formation of adhesions that could lead to fibrosis."

For the most part, massage is highly beneficial to your horse or dog, but it should not be used as a substitute to the care of a veterinarian. Your dog or horse should not receive a massage when they are in shock, have a fever, or are experiencing cancer. How often can a pet get a massage? Schlieve says, "It depends on several variables, so it can range from a few times a week to only as needed. I strongly believe in good communication with the owner to ensure that we develop a treatment plan that is most beneficial to their animal."



Post-massage your dog or horse should have access to water they can drink when they are thirsty. It is recommended that you walk the animal for five minutes after the massage to prevent after-massage stiffness.

For more information, visit the *Elite Performance Therapeutic Massage* page on Facebook or call (715) 577-1558.

A photograph of a dog running in a grassy field. The dog is a medium-sized breed with tan and white fur, possibly a Shetland Sheepdog or Rough Collie, captured in mid-stride with its mouth open and tongue out, appearing happy and energetic. The background is a soft-focus green field with some trees in the distance.

Let Fido RUN!

By Heather Mishefske

"I take him to the dog park for two hours each day, and he is STILL not worn out!"

I hear this often in my caseload of behavior clients and from our clients at emBARK. Believe it or not, plain old physical exercise is not the best option for dog with excess energy. While physical exercise is crucial to all species, both bipedal and quadrupeds, so are mentally focused activities. In our classes at emBARK, we advise on the benefits of both "mathematics" and "recess" within your dog's repertoire. A good balance of physical exercise and enrichment activities can help all dogs, of any energy level, and of any age.

Animals are designed to behave--meaning they are innately wired to DO things. By only allowing your dog to run, run, run, run, you are not engaging the part of the brain that is used for focus and problem solving. Your dog is also gaining endurance, which you may not be able to appease as they become more conditioned.

Allow your dog to smell, sniff, and jump in addition to running—this helps to keep their minds engaged as well as using their bodies. Find a safe space to do this where your dog can be off leash: a friend's yard, the dog park on a day where there are appropriate dogs, or on a long line. If you don't have access to a safe place,

SniffSpot can be a great option. Essentially a VRBO/Air B&B for dogs, SniffSpot allows private dog owners to rent their land by the hour for you to exercise your dog. Download the app SniffSpot to find locations near you (www.sniffspot.com).

Our dear emBARK friend, Michel, rents out the most fantastic twenty acres of fenced in prairie and woods in Fairchild. Only person at a time can use this land, so it's an excellent and safe option for dogs who are unable to be off leash in other venues or around other dogs. Taking your dog to a brand new place to walk (ideally in a place where there are no other dogs or stimuli) will provide new smells and help develop that thinking part of their brain. After an hour there, your dog will be exhausted!

To further engage your dog's mind, it is important to find enrichment activities that help develop focus, problem solving skills, and duration of intense engagement. Interaction with toys, and a wide selection of interactive toys, has been shown to decrease dog's arousal and behavior problems such as barking, digging, destructiveness [1]. We also know that enrichment has been shown to increase an animal's coping skills and reduce abnormal behaviors [2, 3].

What does occupational enrichment look like? In our homes, we can create foraging and innate hunting tasks for our dogs by using toys or games to transform a daily meal into an activity that uses brainpower and practices focus. A food puzzle, Kong, slow bowl, or game can turn a two-minute meal into a 20-minute food-seeking mission!

I am also a big fan of scatter games: a handful of food is thrown out in the yard for them to find (being mindful of any resource guarding behaviors that may contraindicate this game). With deep Wisconsin snow, this becomes a fabulous hunting game for each piece of kibble or treat that is buried. And no worries about “teaching” your dog to eat things in the yard or becoming a scavenger—genetics has already ensured that your dog was wired with this skill well before they came to live at your house. Using their naturally, highly adapted nose to its full potential is an easy way to get them to practice mindful activities and develop that ever-so-important prefrontal cortex.

My challenge to you this week is two-fold: 1) Use at least four meals this week to do a foraging game, and 2) Walk your dog in at least one new environment. You will be amazed at how doing these things changes your dog’s energy and work toward creating a happier home for everyone.

References :

1. Mason, G., Clubb, R., Latham, N., Vickery, S., 2007. *Why and how should we use environmental enrichment to tackle stereotypic behaviour?* *Applied Animal Behaviour Science* 102, 163–188.
2. Newberry, R.C., 1995. *Environmental Enrichment: Increasing the Biological Relevance of Captive Environments.* *Applied Animal Behaviour Science* 44, 229–243.
3. Tarou, L.R., Bashaw, M.J., 2007. *Maximizing the effectiveness of environmental enrichment: Suggestions from the experimental analysis of behavior.* *Applied Animal Behaviour Science* 102, 189–204.

Why Chocolate is Bad For Pets

A lot of dog owners know that their pets shouldn’t have chocolate, but many of them don’t actually know why chocolate is so bad for pups. Here’s the scoop!

All chocolate contains compounds like caffeine and theobromine, which can cause life-threatening heart and breathing problems in canines. White chocolate contains minimal amounts of these compounds, milk chocolate has moderate levels and dark chocolate has the most.

Large dogs can tolerate more chocolate than smaller ones. An 80 pound Labrador, for instance, can eat at least four standard milk chocolate bars before reaching a toxic level. The same amount of dark chocolate would likely be emergency for a tiny pooch under 10 pounds, who can only tolerate the equivalent of one Hershey’s kiss.

If your pup swallows a toxic level of chocolate, symptoms will appear between six and 12 hours.

These may include thirst, restlessness, tremors, seizures and rapid breathing.

Chocolate is also high in fat, which may lead to gastrointestinal problems like vomiting or diarrhea.

Therefore, it is extremely important to be vigilant to make sure your canine doesn’t get its paws in the cocoa!!



Chiropractic Care for Your Pets

By Dr. Alyse LaGuardia Hall, on behalf of Happy Tails Chiropractic

Chiropractic has been the #1 form of natural healthcare for the last 100 years or so. According to the American Chiropractic Association (ACA), three in four people who saw a chiropractor in the last year (77%) described chiropractic care as "very effective." What you may not know is that humans are not the only ones who benefit from chiropractic care, your family pets do too! Animal chiropractic has only been accepted in the traditional veterinary community though for the last 15 years or so. Animal chiropractic helps to reduce subluxations (misalignments within the spine and extremities) to help improve the function of your pet's immune and nervous systems.

Animal chiropractic is not meant to replace traditional veterinary care. Animal chiropractic offers non-surgical, drug-free options for helping bone, disc, and soft-tissue disorders related to improper spinal biomechanics for animals of all sizes. It is not an alternative treatment, but rather an integrative method that when used in conjunction with good traditional veterinary care, may provide many more years of healthy living for your pet.

Symptoms that can be present in your pet companion when a subluxation exists can range from mild to severe. Generally, if there is pain or discomfort, you'll notice a change in your pet's behavior, gait pattern or performance. For instance, a dog in pain or discomfort will often pant more than normal. Your pet may also pace or yelp, sit or stand abnormally and/or in an awkward position, and he/she might even show signs of in-coordination. These are just some subtle signs you may see in your pet that point to dysfunctions within their nervous system. Subluxations can cause other problems as well, including stiffness, lameness, difficulty going up and down stairs, difficulty jumping onto the couch or bed, difficulty chewing or swallowing, muscle atrophy, changes in gait like 'side-winding', "crossing over", dragging or stumbling, weakness, urinary incontinence, constipation, etc.

When you take your pet for a chiropractic adjustment, the first thing the doctor will do is get a history on your

pet, including information about their lifestyle and overall health status. The chiropractor will also want to see any prior x-rays take on your pet and will want to consult with your primary veterinarian. A chiropractic exam includes a neurological assessment, an evaluation of stance and gait, motion, and static palpation. Each abnormality in spinal alignment and extremities noted during the exam will be corrected through spinal manipulations, which are also known as adjustments. The American Veterinary Chiropractic Association defines an adjustment as, "a short lever, high velocity controlled thrust by a hand or instrument that is directed at specific articulations to correct vertebral subluxations."



Most animals respond well to adjustments and are generally instinctively aware of the problem in their body before the owner even notices. Chiropractic is not limited to an injured or sick pet. Healthy and athletic animals are ideal candidates for chiropractic care as well. Chiropractic may enhance the quality of your pet's (large or small) life, ensuring many more active and healthy years for them and your family.

Dr. Alyse LaGuardia Hall is a Doctor of Chiropractic and a Certified Veterinary Spinal Manipulative Therapist. She completed her 226-hour post-graduate certification at Healing Oasis Wellness Center in Sturtevant, WI. The program emphasized functional and clinical neurology as it pertains to both small and large animals. Dr. Alyse owns and operates Happy Tails Chiropractic located inside of Stucky Chiropractic Center. She is excited to announce that as of January 2020 she will also be teaming up with Kindness Animal Hospital in Lake Hallie to offer her services a few hours a week. Contact her at 715.579.5509 for more information or to schedule a consult for your pet! **Note, a written approval from your primary Veterinarian for spinal manipulative therapies is required.

Source: Becker, K. "Chiropractic Care: The "New" Way to Relieve Your Pet's Pain (Whatever its Cause)." Retrieved January 17, 2012, from <https://healthypets.mercola.com/sites/healthypets/archive/2012/01/17/chiropractic-care-for-pets.aspx>

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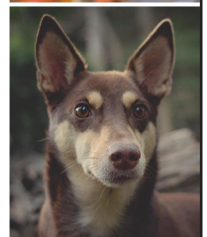
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Ruff Life Pet Hotel:

A Safe Stay for Your Pets When You're Away

You've purchased your tickets, made reservations at a quaint B&B, got the car tuned up for the big trip. But what about your furry family members who won't be going along? Before you start packing your suitcases, call Ruff Life Pet Hotel and reserve a spot for your dog and cat! Stavroula and Tim McCormick opened the facility in Lake Hallie in November 2019.

What will your pet's vacation be like? Each pet has his or her own suite (not a kennel), pets from the same family can stay together in a double suite. Anxiety-reducing, calming music is played 24 hours a day, and the lights are dimmed at night but not completely turned off, so your pet is never left in the dark. Each pet will have a nice

comfortable raised bed and stainless-steel dishes to have their meals. Stavroula says, "The animals are all given lots of love. We sit and cuddle with them on a couch, just like you would at home. We play with them and love each one of them as if they were our own pets." The facility has cameras installed so that the staff can observe the animals anytime, anywhere.

For the safety of all pets and staff, no animals mix with others unless they are from the same family. They believe that it is more important your pet socialize with humans more so than other animals. "When you have friends over for dinner, you don't want them to misbehave. You want them to be friendly and allow your guests to pet them if they choose," Stavroula stated. Though they do not have the traditional doggie daycare, they do have day boarding, which is the same but pets play with humans only.

Does your pet need to be given medicine? Does she have a special medical condition? Staff at Ruff Life Pet Hotel are trained to not only competently address those needs, but also to administer first-aid or CPR to your pet if the need should arise. Staff completed the Pro Pet Hero training course. Pet hotel manager, Kelsey Arneson noted, "We wanted to be able to have this kind of knowledge to stabilize the pet, should some health issue occur, to then get the pet to an emergency care facility safely. Instead of feeling helpless in those situations, we wanted to have the knowledge to act." So far they haven't had to use these skills, but having that certification puts pet owners at ease, knowing their pets are in good hands.

Cost to board your pet overnight at Ruff Life is a flat fee. There are no added-on charges.

Pet grooming services are also available. In fact, Ruff Life's groomer is known for being able to work well with pets that don't like being groomed. "She calms them down, takes time and care with them," Stavroula says.

For more information and to make a reservation, visit www.RuffLifePetHotel.com.





Erin Kaspar-Frett,

CPM, LM, MSM

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Certified Lactation Counselors

Here to Help with Breastfeeding Challenges *By Prevea Health*

When you are expecting a baby, there are many things that you are trying to prepare for. One of those things is making the decision to breastfeed your baby; however, oftentimes new moms aren't prepared for the challenges that may come with it. Or, it could be your second or third baby, and while breastfeeding your first was a breeze, maybe this baby isn't latching quite as easily. No two pregnancies or breastfeeding journeys are the same. So at Prevea, no two are treated the same.

That's where we – certified lactation counselors – come in and we are here to help! A certified lactation counselor is a health care professional who has completed training and passed an exam, demonstrating the skills required to provide safe, evidence-based counseling for pregnant, lactating and breastfeeding women.

But, what does a Certified Lactation Counselor do and who can benefit from lactation counseling?

By assessing the needs of mother and baby, lactation counselors work with families and their health care team to solve breastfeeding problems and provide education, recommendations and skills for successful breastfeeding.

Women can make an appointment with Annie Bailey, CNM, CLC, and Karen Johnson, CNM, CLC, at any time during their breastfeeding journey. Patients do not need a referral from their health care provider and appointments are normally scheduled for an hour.

"We're here to help, guide, listen and support breastfeeding mothers in achieving a successful breastfeeding experience," says Annie Bailey, CNM, CLC, at Prevea Health.

The goal of the appointment is to provide counseling, education and assistance, which support the mother's desires and goals for successful breastfeeding. Patients can expect to discuss the following at their appointment:

- What are their goals for breastfeeding?
- What issues or difficulties are they having with breastfeeding?
- Brief health history intake and discussion of birth experience for both mother and child.

Along with discussion of breastfeeding goals and current issues, the lactation counselor may also assess a breastfeeding session.

"As certified lactation counselors, we want to make sure that breastfeeding is successful and meets the mother's goals for successful breastfeeding," says Karen Johnson, CNM, NP, CLC, at Prevea Health.

Scheduling a Lactation Counseling Appointment

For more information or to make an appointment with Prevea's Certified Lactation Counselors, call (715) 717-3870.

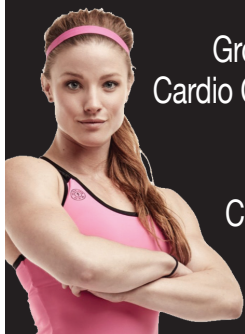
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Learn more about Prevea Women's Care at www.prevea.com/expecting. We'll help you make your journey everything you're expecting.



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Go to mayoclinichealthsystem.org/readyforbaby to learn more.



MAYO CLINIC
HEALTH SYSTEM

Nursery Safety 101

By Jeremy Forster, M.D., Mayo Clinic Health System

After months of waiting, you have finally welcomed your child into the world. Your main priority now is to keep your little miracle safe. Hopefully, your baby will spend a lot of time sleeping, so it is important to prepare a safe sleep area and correct potential hazards.

Take a few minutes to evaluate your infant's sleep plan with these tips in mind:

Infant sleep safety

Crib and bed safety is important to help prevent sudden infant death syndrome (SIDS). SIDS is the unexplained death of an infant under 1. It usually occurs while a baby is sleeping in a crib, which is why it also is known as crib death.

While the exact cause of SIDS is unknown, researchers suggest these ways to help prevent babies from dying while in their cribs:

- Avoid co-sleeping with your infant. Instead, place the crib or bassinet in your room for the first six months. The risk of SIDS increases when a baby sleeps in the same bed as parents, siblings and pets. The baby could suffocate if parents roll over in their sleep and cover the baby's nose and mouth.
 - Place your baby to sleep on his or her back until 1 year old.

- Do not use blankets, bumpers, pillows or stuffed animals.
- Choose a firm, authentic baby crib mattress.

Moving to their own space

The transition to their own bedroom leads to other safety considerations, such as:

- Adjust the crib level so that your child cannot climb over the rail and fall. If the crib level cannot be adjusted to ensure safety, it is likely time to move to a "big-kid" bed
- Use a nightlight in child's bedroom, the bathroom and hallways.
- Install smoke and carbon monoxide detectors inside the nursery and hallway outside the room.
- Anchor heavy furniture, such as dressers and bookshelves, to the wall to prevent them from falling on children who like to climb.
- Cover electrical outlets
- Keep all cords out of reach, as they can be a strangulation hazard
- Consider window guards or stops. Screens will not prevent falls. Proper supervision is key.

Safety outside the nursery

While it is important to keep furniture inside the nursery safe for infants, you also should pay attention to other furniture in your home. Specifically, you should:

- Not leave a baby unattended on furniture.
- Place bassinets or car seats on the floor rather than on tables, counters, beds or other furniture.
- Place bumpers or guards on sharp corners of furniture.
- Anchor heavy furniture.
- Cover all electrical outlets.
- Eliminate access to cords.

Planning ahead and making a few changes can help keep your baby safe from harm. These changes may seem small, but they can protect your child from injuries or death.

Dr. Forster is a pediatrician at Mayo Clinic Health System in Menomonie. He cares for patients under 18, monitoring their physical, emotional, social and psychological development. Mayo Clinic Health System is a community partner of Chippewa Valley Family.



CELEBRATE THE 50TH ANNIVERSARY OF EARTH DAY IN CLEAR LAKE, WI AT THE CLEAR LAKE EARTH DAY CELEBRATION



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Earth Day related Vendors and activities throughout the day • Speakers begin at 10:00 a.m.

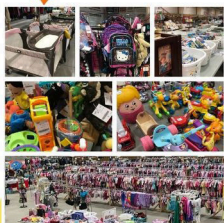
There will be a message from Tia Nelson, Managing Director, Climate at Outrider Foundation, Gaylord Nelson's daughter.



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Doula Dedication

By Rhonda Gearing, CD(DONA)

Iloved the time in my life when I was carrying our babies and anticipating each labor and birth. It was undeniably the most challenging chapter of my life, but also the most rewarding! I had empowering birth experiences with a great support team who listened, and I longed to continue to be involved in the world of pregnancy and birth. There was a purpose in my heart to be a voice for and provide guidance to other women. One day the role of a doula was mentioned...and I could not wait to get started!

In 2003 I was invited to attend several births, and through word of mouth, my journey as a doula began. Early on I became a member of DONA International (formerly Doulas of North America) and followed the guidelines to become a certified birth doula. More recently, I have expanded my role to include postpartum doula support and placenta encapsulation.

As a birth doula, I am generally contacted directly by the woman sometime during the course of her pregnancy. As her doula, I provide prenatal visits, during which time we talk about her pregnancy and discuss previous prenatal visits, any complications, and her feelings and needs as they pertain to this pregnancy. I also ask how she envisions her birth and what would make it a positive experience from her point of view. That sets the tone for how we will work together to achieve her goals.

As we get closer to the due date, we talk about the natural stages of labor and birth along with what one might expect, for example, possible interventions, medication and natural remedies for pain relief, positions, and options along the way. I also offer assistance in creating a birth plan to express her preferences and desires, encouraging her to make decisions for her and her baby. In addition to our prenatal visits, I offer phone and email support during both the pregnancy and in the postpartum period.

As she enters the active phase of labor, I join the expectant mother at whatever point she (or her partner) requests, whether at her home or the hospital. As a birth doula, my role is to provide physical, emotional and informational support to mothers and their partners during labor and birth. We weave together her partner's care and attention and my knowledge and experience. I offer reassurance along with help and advice on comfort measures such as breathing, relaxation, movement and positioning with a focus on the Spinning Babies® techniques. I also assist families in gathering information about the course of their labors and their options in the moment.

My role as the birth doula remains the same whether the mother is planning a hospital or home birth, including if the need arises where medical circumstances require

hospital/traditional doctor care. I strive to keep the mother encouraged and empowered, reminding her that she is strong and able to maintain an active role in her care, nurturing her as she maneuvers through the journey of labor and birth (and beyond)!

About a week after the birth of the baby, I make a home visit to talk about the birth experience and to answer any questions the new family may have, whether it pertains to the emotional or physical wellbeing of the new mother or the baby.

As a postpartum doula, I provide support to the new family including newborn care, sibling adjustment, light housework (laundry, dishes, etc.) and meal preparation. I also offer evidence-based information on newborn feeding, emotional and physical recovery from childbirth and other issues related to the postpartum period.

The benefits of birth and postpartum doulas are numerous and include a reduction in interventions, improved postpartum mental health, and comfort and reassurance. According to a 2017 Cochrane Database Systematic Review, continuous support in labor “from a person who is present solely to provide support, is not a member of the woman’s own network, is experienced in providing labor support, and has at least a modest amount of training (such as a doula), appears beneficial.”

For further information, visit <https://www.dona.org/what-is-a-doula/benefits-of-a-doula/>.

*Fun fact: My epidural rate is 23.5%; WI rate is 59% [1]
My cesarean delivery rate is 16.4%; WI rate is 26.6% [2]*

1. https://www.cdc.gov/nchs/pressroom/sosmap/cesarean_births/cesareans.htm; 2. <https://thefamilyway.com/general/do-you-know-the-epidural-rate-in-your-state/>

THE DIRT ON DIAPERS 💕

DID YOU KNOW? ♥

- In 2014, the Environmental Protection Agency estimated 3.6 million tons of diapers went into landfills—that’s 1.4% of the total municipal solid waste generation that year
- A disposable diaper is comprised of wood pulp, plastics (including the super-absorbent materials now present in most diapers), and tissue paper
- As of the 2014 study, the EPA did not identify any significant recycling or composting options for disposable diapers
- There is a disclaimer on disposable diaper packages that reads: “IMPORTANT: Shake baby soil into toilet.” How many of us do that? This raw sewage can contaminate our water supply and breed viruses and bacteria that are then spread to humans by insects.
- Many disposable diapers have been bleached to make them white
- It is impossible to know the number of years it takes for a single disposable diaper to decompose, but many sources estimate 500 years or more

WHAT OPTIONS DOES THIS LEAVE FOR US THAT PREFER THE CONVENIENCE OF DISPOSABLE DIAPERS?

- Diaperful diapers are a disposable diaper and made with naturally derived plant-based and sustainable materials. They’re hypoallergenic, chlorine and bleach free, organotin free, fragrance free, phthalate free, and gluten free. And their ultra-absorbent bio-core can keep

baby dry for up to 12 hours of leak protection.

- Thirsties diapers uses low-impact reactive materials in their diapers that are better for the environment and baby’s skin, and their high-tech fleece liners reduce instances of diaper rash. Their packaging materials are reused and recycled, and even their mailers are 100% biodegradable.
- Honest Company diapers are 100% chlorine-free, use wood pulp from sustainably managed forests, have an absorbent bio-core of a wheat polymer blend, plant-based inner and outer layer, and naturally derived odor blockers from citrus and chlorophyll. Honest also partners with Baby2Baby to help provide diapers, clothing and basic necessities to low-income children across the US.

AND CLOTH DIAPERS? ♥

- To wash twice a week, you’ll need about 24-36 cloth diapers
- Most high efficiency washers use 15-30 gallons of water per load, and older machines using around 30-50 gallons of water per load
- For the most environmentally friendly diapers, look for organic cotton and other unbleached natural fibers (like bamboo and hemp). Other common fabric options include synthetic microfleece, microsuede, and microfiber.



Essential Oils for Pregnancy, Infants and Children

Throughout the ages we have depended on the natural resources to support our human condition. Essential oils are a natural use of the plant's leaves, bark, flowers, roots, stems and other parts. Doterra produces quality, Certified Pure Therapeutic Grade (CPTG) oils for use aromatically, topically and in some cases, internally. Different circumstances and life situations call for different oils, and pregnancy, infancy and childhood are a great place to start.

Oils for Pregnancy Symptoms

Conception - Rose
Sore breasts - Lavender, Geranium, Roman Chamomile
Constipation - Digestive Blend, Lemon, Peppermint, Fennel
Depression - Vitality Supplements, Invigorating Blend, Joyful Blend, Grounding Blend, Frankincense
Sleep - Calming Blend, Lavender

During the third trimester or while lactating, peppermint can cause the milk supply to decrease.

Fatigue - Invigorating Blend, Lemon, Joyful Blend, Grapefruit, Wild Orange, Peppermint
High blood pressure - Ylang Ylang, Geranium, Lemongrass, Lavender
Nausea/vomiting - Ginger, Peppermint
Stretch marks - Anti-Aging Blend
Swelling - Invigorating Blend, Lemon, Massage Blend, Cypress, Lavender, Ginger

Oils for Post Pregnancy

Breast soreness - Myrrh, Geranium, Sandalwood
Cesarean scars - Anti-Aging Blend
Increased milk production - Fennel, Basil, Clary Sage, Geranium
Mastitis - Melaleuca (Tea Tree Oil), Rosemary
Perineum support - Frankincense, Lavender
Uterine support - Clary Sage

Contraction inducing - Clary Sage, Myrrh, Geranium, and Lavender
Energy - Roman Chamomile, Geranium, and Lavender
Episiotomy - Geranium
Perineum support - Helichrysum
Pain - Basil, Black Pepper
Pre-term labor - Lavender
Uterine tone - Clary Sage
Transition stage - Basil

Oils for Labor and Delivery Stages

Each woman, as well as each pregnancy, delivery and post-partum situation is different. You should contact an educated representative prior to use in order to learn more about the oils and find the best combination to assist in this miraculous experience.

Utilizing the natural healing powers of the CPTG essential oils on infants and children requires some dilution, for which an educated representative can also provide assistance. Essential oils can help with routine conditions:

INFANTS - abdominal pain, colds, colic, congestion, cough, cradle cap, crying, diarrhea, diaper rash, fever, jaundice, teething.

CHILDREN - allergies, asthma, bed wetting, bladder infection, burns, canker sores, chicken pox, constipation, cuts and scrapes, digestive issues, dry skin, earache, flu, insect bites, lice, sleeplessness, sunburn.

Commonly recommended essential oils for babies

Grapefruit, Lavender, Lemon, Wild Orange, Melaleuca (Tea Tree), Pettigrain, Roman Chamomile, Tangerine, Neroli.

Cypress, Frankincense, Geranium, Ginger, Lavender, Lemon, Marjoram, Melaleuca, Wild Orange, Rosemary, Sandalwood, Thyme, Ylang Ylang.

Commonly recommended essential oils for children

Local to Eau Claire, Doterra representatives offer various free educational classes on using the essential oils with knowledge and safety. We follow the guidelines of research and science.

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

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



It's Never Too Early to Develop Heart-Healthy Habits

By Brodie Marthaler, M.D., Mayo Clinic Health System

Hear disease, often called cardiovascular disease, refers to a variety of conditions that affect the heart and blood vessels. It's one of the leading causes of death for adults in the United States. However, there are several steps you can take to lower your risk of heart disease. While there are some heart problems people are born with, you can prevent or better manage many heart-related issues by maintaining a healthy lifestyle.

What's a good age to start acting heart healthy?

It's never too early to develop heart-healthy habits. Developing habits early on with good nutrition, exercise and regular health care visits can benefit you throughout life. Starting young not only strengthens your heart and may prevent disease, it also lays the foundation for better habits as an adult.

What kinds of foods are good for kids' and young adults' hearts as they age?

Making smarter food choices leads to stronger cardiovascular and overall health. Our food selection also helps us maintain a healthy weight, which is essential for heart health. A diet rich in vegetables, fruits, low-fat dairy, whole grains and lean protein (chicken and fish) are the mainstay of heart health.

What are some ways kids and young adults can be heart-healthy at various stages of development?

Being active is important at any age. For children ages 2 and older, it's recommended they get at least 60 minutes of physical activity per day.

Limit screen time. In other words, spend less time on the computer and television, and more time doing activities. Organized sports are a good way to get children involved in exercise and also promote teamwork. If a child is not interested in

sports, other activities include walking, biking, jumping rope or simply playing outdoors.

What's the impact of thinking about heart health from an early age?

Setting up heart-healthy habits at a young age impacts future health. Maintaining a healthy weight, consuming heart-healthy foods and exercising regularly can all significantly lower your chance of developing heart disease, and contribute to a longer and better quality life.

Is it ever too late to start thinking about heart health?

It's never too late to start thinking about heart health. Even if you already have cardiovascular problems, making lifestyle changes and following a heart-healthy plan can reduce your chances of complications and help manage current problems. For instance, making lifestyle changes such as working towards a healthy weight, consuming a heart-healthy diet and exercising regularly may even decrease the amount of medications you require — or make the ones you're taking more effective.

Dr. Marthaler is a cardiologist at Mayo Clinic Health System in Eau Claire.





Just Float

By Carla Cooper

Float therapy (a.k.a. zero deprivation) is a way to restrict all sensory input to help bring the body back in balance. When sensory input is taken away, the brain has less to process. Take away gravity and now the body and mind are in complete neutrality.

How to R.E.S.T. (Reduced Environmental Stimulation Therapy):

No need to bring anything except an open mind and willingness to experience complete relaxation. You will step into a large tub filled with 1200 lbs of Epsom salt and only 10" of water, lay back and then let the water float you, easing your muscle tension and calming your mind. A shower is required before and after the experience.

Floating Increases:

- Mind/Body Awareness: Reconnect with your body at the same time you disconnect from the world.
- Focus/Creativity: Empty your mind and the important thoughts will reorganize. Hard to concentrate on studies? Bring in your electronic lectures or seminars and stream into the tub while you float.
- Muscle Recovery/Pain Management: Being virtually

gravity-free allows your muscles and bones to completely relax with no pressure on specific points, which allows for increased blood flow, decreased lactic acid, increased endorphins and increased muscle recovery.

Floating Decreases:

- Anxiety/Depression: Laureate Institute for Brain Research has proven the short and long-term effects of floating and the reduction of anxiety and depression as well as the increase in serenity and relaxation.
- Back Tension/Pain: When the muscles and spine aren't working to hold us up, or they're fighting against each other, the body can experience a reduction in pain.
- Fibromyalgia Pain: By taking away sensory input the brain calms down, which in turn calms the nerves, pain receptors, muscles, joints, etc.

Who Can Float?

Pregnant mamas! Kids, elderly, etc.

For more information or to set up an appointment, contact: The Zaniya Center; 715-861-2030; zaniyamassage@gmail.com; zaniyamassage.com.

Baby's First Adjustment

By Dr. Emily Smith Nguyen

Though my practice is full of patients of all ages, as a Chiropractic Pediatric Specialist, I am often asked why a baby would need to be adjusted. The answer is simple: they have a spine!

Though we all have spines, the spine of a baby when it's born is mostly cartilage. It will take about seven years for the very top bone of the spine, the atlas, to fully transform into bone and this process of permanently shaping the spine occurs in sequential order from the top to the bottom of the spine for the next 20+ years. Because of this, any altered positions of the spine can become permanent if not corrected when young, giving rise to the saying, "as the twig is bent, so grows the tree." Just like the rest of us, babies also need chiropractic care.

Babies may not spend hours looking down at a phone or shovel the end of the driveway after the plow has gone through, but they often have other causes for their spinal misalignments. First of all: birth. Even the most natural birth is still quite a process for mom and baby. A slow and drawn out labor and delivery could be hard on the baby's tiny, developing spine as it emerges, but a quick birth can also be traumatic as the baby doesn't have a chance to change position to avoid jamming the spine.

Once the baby is on the outside, there are a variety of spinal injuries that can occur. Balancing a heavy head atop a weak neck can lead to preferences of holding the head or turning the head to only one direction. If not corrected, this can lead to fussiness, facial asymmetries, delayed developmental milestones, and possible spinal issues down the road.

When evaluating a baby for chiropractic care, I look for any signs of asymmetry in the movement of the baby's arms, legs or spine. Everything should be moving symmetrically and if it is not, it is addressed. These differences from right to left are subtle and may not initially be noticed by attentive parents or well-meaning Pediatricians. Chiropractors are trained to identify these asymmetries and correct them, even in the smallest of spines.

It is important for parents and caregivers to minimize the likelihood of a baby developing a "side preference." This can be accomplished by changing the way a baby is held when being fed, or switching their position in the crib or which way they look when watching an older sibling play. Supporting the head while traveling in a car seat can also help so it does not fall to one side, which can cause the spine to bounce out of alignment. It's no wonder that some babies hate their car seat!

Other common reasons I see babies in my office are for issues associated with their latch/eating, difficulty with bowel movements, and overall fussiness. Having older siblings can also contribute to spinal complications within the baby, whether you saw something happen or heard the cry and think the worst. Luckily, a well-trained chiropractor can assess and correct these little problems before they become big.



Photo by Renée Barth Photography

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How Do I Register? If by September 1, 2020, your child will be 4 years old, an EC4T application must be completed. Applications are available at www.ecasd.us, click Schools, Early Learning, Program Options, Eau Claire 4 Tomorrow, Online Application.

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715-830-9432

Beautiful Minds
Child Care
715-834-4360

Chapel Heights Preschool
715-832-2333

Children's House
Montessori School, Inc.
715-835-7861

Color My World
Childcare
& Preschool Inc.
715-835-2060

Days Gone By
Early Learning
715-835-1234

Eau Claire Area School
District-Head Start
715-852-3630

Genesis Child
Development Center
715-830-2275

Hand in Hand: A Place for
All Children
715-833-7744

The Kiddie Patch
Early Learning Center
715-833-9464

KinderCare
Learning Center
715-832-8099

The Learning Tree
Child Care Center
715-834-5439

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715-839-1050

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715-838-3198

Rachel's Place
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715-832-1414 x2200

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715-835-9207

Regis Child
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715-830-2274

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715-836-2178

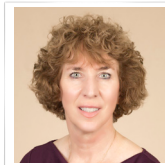
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Eau Claire Head Start Center
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715-836-8460

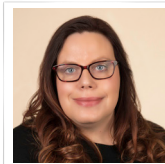
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Mama Bear Lactation Care

By Becky Streeter

You're expecting and thinking about breastfeeding your newborn. Jennifer Hafele, owner of Mama Bear Lactation Care, has some of the best words of wisdom you could ever hear as you start your journey: "Breastfeeding is natural, but it is not necessarily easy."

Hafele, mother of three, wanted to bring the joys of breastfeeding she herself experienced to other mothers. It is a wonderful, rewarding experience, but often not without its challenges. There are many variables that come into play between a nursing parent and nursing child, and Hafele, through Mama Bear Lactation Care, strives to meet each parent where they are at and make their goals her goals.

After much studying and hard work, Hafele gained her International Board Certified Lactation Consultant (IBCLC) credential in early 2019. The requirements to become an IBCLC include clinical hours, general education, and lactation-specific education. Because of this, IBCLC's are able to offer the most extensive scope of practice and care when it comes to complex breastfeeding difficulties.

Mama Bear Lactation Care officially opened in October 2019, offering services and in-home visits for a variety of needs from prenatal consultations to back-to-work pumping tips. Hafele states, "I am a firm believer in educating new parents on the basics of milk production and how breastfeeding works, ahead of delivery if possible. It is helpful for parents to know what biologically normal infant behavior looks like and what is outside the norm and requires attention/intervention."

Mama Bear Lactation Care also offers group classes that are a great way to learn the basics and meet other parents and parents-to-be. Additionally, Hafele holds a free, drop-in "Weight Check Wednesday" clinic every week at Lily

Pad Lab in Eau Claire. WCW is a free service open to the public for anyone to get a weight check on their baby with no obligation; it also provides a chance for current clients to touch base with Hafele, as well as for curious potential clients to meet her ahead of booking an appointment. Families are welcome to bring older children to enjoy the Lily Pad Lab space and, as Hafele says, "play while we weigh."

Partners are encouraged to attend both at-home consultations as well as group classes. Hafele states, "One of the biggest indicators of how successful a nursing parent will be is how supportive their partner is! I also find that partners often remember the most out of the class or consult and can remind the nursing parent later on with that information."

Many area hospitals offer inpatient lactation services, but the options for outpatient lactation visits (after discharge) are harder to find. Hafele says one of the things her clients love best is that they don't even have to get out of their pajamas or buckle baby up in the car seat when they meet with her. One less stressor taken out of being a new parent! Hafele also provides proper documentation for clients to submit to their insurance companies if they choose to seek reimbursement for lactation services, which are required to be covered under the Affordable Care Act in most cases.

The phrase "Mama Bear" has always held special meaning for Hafele. She likes the protective connotation of the name and often feels she is Mama Bear for her own children and the families she serves. Hafele loves what she does and states, "I consider it a privilege to walk with families as they develop new identities as parents and find who they are in their new roles."

For more information about Mama Bear Lactation Care, visit Hafele's website: mamabearlactationcare.com.



Home Birth as an Option

By Erin Kaspar-Frett

Walking through the journey of birthing, our decisions for treatment, location and provider can have profound ripple effects. As we evaluate these options, location becomes a human rights issue. Please note, for the purpose of this article, “family” is any constitution of parent(s) and child(ren) including single parents as well as same-sex or other family make-ups.

In most countries, couples are supported in their decision to give birth in the place of their choosing, with a trained care provider, and the family’s home is recognized as an option. Studies have demonstrated that home is just as safe as the hospital for normal, low-risk pregnancies with the added (and very real) benefit of having fewer interventions [1].

Medical interventions, when given out of fear or convenience, can lead to unforeseen complications. The US has one of the worst infant and maternal mortality and morbidity rates in the industrialized world, and it’s worsening [2]. The two things set us apart from countries with better rates: adequate health care for low- and moderate-income families, and widely integrated midwifery care.

While there is a standard of care that should be followed by midwives, variations of style make midwives as individual as OB’s are. Some midwives are more medically comfortable, others rely on the art of intuition and respond to the signs/symptoms presented by the body, and some are in the middle with a blend of advancements and wisdom of the ages. Midwives practice in homes, hospitals and free-standing birth centers.

Midwife-attended prenatal appointments are often personal and personalized. They typically last an hour, compared to the 5 – 10 minutes of face-time allowed with an OB practice.

Midwives generally take a holistic approach, considering the emotional, as well as physical factors involved in health. Partners and children are welcomed at appointments and embraced as an integral part of care as part of the goal is really to know the family. Midwives care about their clients in a personal way and this often leads to a higher level of satisfaction for the birthing family.

Midwives are trained to handle many complications, should they arise. Having a trained midwife in attendance allows the parent/family to experience the benefits of birthing at home while feeling secure that should a need arise for medical care, that need will be recognized and managed appropriately.

Humans have been giving birth since the dawn of time and the move to hospital has been in relatively recent history. We know that mammals need to feel safe and comfortable in order to give birth normally. The smells and sounds at a hospital are often not comforting to the part of the brain which governs hormones and relaxation.

Any place or event that produces unfamiliar stimulus can produce adrenaline and activate our fight or flight response. The body then responds by blocking the

.....
receptor cites for endorphins (the body's natural pain reducers), potentially providing a more painful experience. In addition, the receptor cites for oxytocin (the hormone needed for effective contractions) are also blocked, potentially causing a longer, more painful and less effective labor. If we satisfy the need we have for comfort and safety, wherever that is, labor will be less painful and more efficient, barring a medical difficulty.

In the United States, there are two types of accredited midwives: the Certified Nurse Midwife (CNM) and the Certified Professional Midwife (CPM). The CNM first attends nursing school and then continues on to obtain their CNM degree. The CPM is trained directly and is not a nurse.

Some CPM's adhere to the apprenticeship model and study under a skilled midwife for years, learning birthing skills and studying on their own time. Others attend accredited schools and receive academic training while still learning skills through a preceptorship. Once trained, the student can take the national certification exam, North American Registry of Midwives (NARM), and become a Certified Professional Midwife. Each state governs its licensure policy individually. Wisconsin and Minnesota both license Certified Professional Midwives, however, Minnesota does not mandate licensing.

Giving birth at home with a trained midwife is a safe option for most families. A care provider who has invested time getting to know you, allowing them to provide support specific to your personal needs, can be an excellent choice for many families. Experience the comforts of home, surrounded by family and close friends, while bringing a new life into the world.

Erin Kaspar-Frett is a Licensed, Certified Professional Midwife with a Master's of Science in Midwifery from the Midwives College of Utah. She lives with her family in Knapp, Wisconsin and serves a geographical area within a two-hour radius of her Menomonee office. She can be reached at 612-801-9967 or erin@earthmothermidwife.com. For more information about Erin and the safety of a home birth, please visit www.earthmothermidwife.com.

Sources:

1. http://www.earthmothermidwife.com/uploads/1/1/7/1/117108216/planned_homebirth_study.pdf; 2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5001799/>.

Silver Fillings: Just ugly? Or harmful too?

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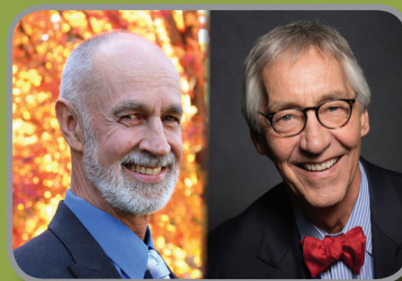


This is a picture of a "light cured" composite filling. They can last as long or longer than mercury fillings with no danger of releasing harmful heavy metals.



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Immunity and Your Health

By Judy Soborowicz, DC CCN

The science of the immune system as widely accepted today has had a wild ride over the last twenty years. It was once believed that immune function balanced on the ability to produce antibodies to fight off invading viruses, bacteria, and foreign toxins--meaning if antibodies were present, we were considered protected from select diseases. However, this theory has been turned on its head as research continues to demonstrate a far more complex system at work.

Past understanding of the immune system was limited to the Adapted and Innate Systems as the only players in immunity, dominating the foundational approach to infections such as measles, mumps, rubella, polio, influenza, hepatitis B and chicken pox. However, research over the last thirty years has led to a better understanding of the Interferon, Microbiome and Neural Immune Systems. Together, these make up five parts of the immune system that work as a whole. These five systems both promote immune function in general, as well inhibit immune response in cases of autoimmune diseases such as asthma, eczema, allergies, Rheumatoid arthritis, ALS, MS, Guillain-Barré and Lupus.

How does this affect your child who has an ear infection, asthma, allergies, measles, or even the flu? Once a child has an infection, or any allergic response, the body will display the actions of the Neural Immune System at work. The most obvious of these responses is the initiation of energy-conserving movement patterns: forward flexed posture, body aches, stiff neck/spine, fatigue.

It is of the utmost importance to understand the influence we have on the healthy interplay of our immune system, as well as the effect of appropriate nerve tone on the

adaptability necessary to maintain and recover health.

The Vagus nerve, a part of the Neural System, directly promotes or inhibits immune action from the head-brain to the gut-brain. The Vagus also connects the brain to other vital organs and multiple immune tissues in the body and upper spine and neck area. A healthy nervous system constantly monitors the appropriate promotion and inhibition of the coordinated immune response, and the hierarchy of energy expenditure of the body. Recent trials at Arizona State University show significant reduction in autism symptoms brought about by balancing the gut microbiota. Influence on this one system, the Neural System, changes the interplay and response of the brain itself, primarily due to the direct link of Vagus.

The premise of chiropractic is built upon the concept of the body as a whole being of interconnections and innate wisdom capable of expressing greater health by maintaining nerve tone. Restoring and optimizing nerve tone influences the interplay of the five known parts of the immune system. Trauma, toxins, and stress, all cause spinal irritation and can alter the function and ability of the immune system to appropriately inhibit or promote an immune response.

Specific chiropractic adjustments remove the cause of spinal irritation influencing the interplay of the immune system and the whole being. For over one hundred years, millions have experienced the benefits of chiropractic care on their wellbeing. These new discoveries in science are beginning to illuminate ideas that have stood the test of time, and may explain the reason Hippocrates, the father of modern medicine, stated: "Look well to the spine for the cause of disease."

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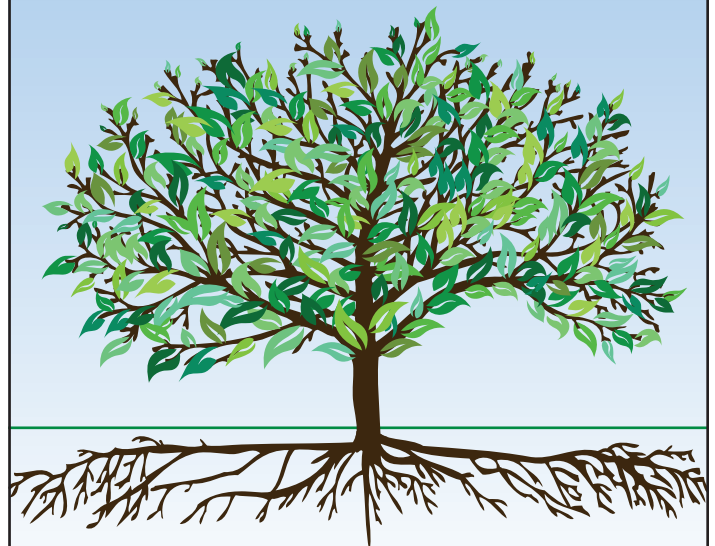
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Which Way is Best to Treat Constipation?

by Jackie Shoebridge

Constipation. It is a growing epidemic in our modern, fast-paced life, with packaged food diet. Where do you turn when constipation strikes? Many people choose laxatives as they are easily obtained at your local drug store. Unfortunately, laxative use and misuse can lead to several side effects that can be life changing for those who take them.

Laxatives can be very effective for occasional constipation, and, when taken over a day or two to obtain relief, they are completely safe. Because most laxatives are a natural irritant, they stimulate the colon wall to contract. However, frequent laxative use may result in a decrease in the colon's ability to contract due to muscle loss and decreased nerve response. Dependence can also occur, and the colon becomes unable to function well without the stimulus of a laxative.

So, is there another option? Yes! Colon hydrotherapy!

Colon hydrotherapy helps promote the function of the colon by introducing pure, filtered, temperature-controlled water into the colon to soften and loosen waste. Then, the natural wave-like motion of the colon muscles (called peristalsis) results in a bowel movement. Whereas laxatives cause the colon muscle to become dependent, colon hydrotherapy increases muscle tone causing an improvement in colon function. Using only water, colon hydrotherapy is very safe and effective without the harsh effects of stimulants on the body.

Overuse of laxatives can cause other side effects such as dehydration, alternating between diarrhea and constipation, inability to produce enough digestive enzymes, gas, bloating, nausea and cramping. Colon hydrotherapy, although it may produce some cramping during a session, usually relieves these effects. Since one of the large intestine's jobs is re-absorption, the colon is hydrated during a colon hydrotherapy session. Gas and bloating usually lessen as the stagnant stool is removed from the colon and clients feel light and empty. Colon hydrotherapy prevents the cycle of diarrhea and constipation because the colon isn't forced to evacuate stool violently. It tones the muscles, allowing the stool to move through the colon naturally.

The beauty of colon hydrotherapy is its ability to clean out stool higher in the colon where an enema or laxatives cannot reach. Since water can soften the stool and help it break apart so it can be easily removed from the colon, there are no hard pieces of stool left in the colon. Hard pieces of stool can become stuck and, when laxatives are used, dehydration can develop and cause further constipation and ineffective cleaning of the colon.

The next time constipation strikes, whether you are dealing with short-term or chronic constipation, consider a safe, natural relief that works with the body and may help you to get back on track with your bowel health.



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Experiencing SAD? Try Infrared!

It's this time of the year, around February, and not the days of shortest sunlight, that seasonal affective disorder—or SAD—is most prevalent. If you're experiencing lethargy, fatigue, irritability, aches and pains, loneliness, depression, anxiety, nervousness, and a feeling of disconnection, you may be experiencing SAD. While only about 15 percent of the population report these symptoms, SAD is more likely in northern climates and women are three times more likely to experience it than men.

Anthony William, known as the Medical Medium, says if you've been diagnosed with SAD, first look for the underlying causes. "Seasonal changes only highlight issues that are already present with your body. We may exercise less, make unhealthy food choices," he says. "On top of that, we're getting less sunlight." He suggests healthy food choices and specific supplements, but he also recommends use of an infrared sauna.

It was while reading a book by the Medical Medium that Marilyn Nicanor was inspired to find and try out an infrared sauna for herself. She'd been having lots of brain fog and aches and pains. She used an infrared sauna in Madison, and it energized her and relieved her pain. "In his writings, the Medical Medium listed all the benefits of the infrared sauna. He talked about how we can have lots of metals in our bodies and the symptoms they cause. The metals interfere with neurotransmitters doing their jobs. He says the infrared sauna detoxes the metals from your liver, which helps both brain fog and SAD."

She decided to purchase an infrared sauna and open a business so that others could benefit too. Rays of

Sol opened in Altoona July 9, 2019. "Infrared is the invisible part of the sunlight's spectrum," Nicanor notes. "Try it once, see what effects it has on you." Detoxing itself can help elevate your mood. It cleanses toxins from the liver and both the circulatory system and the lymphatic systems.

An infrared sauna is different from a traditional sauna because it penetrates deeper into your skin to better detoxify you. Nicanor recommends a session in an infrared sauna two times a week for thirty minutes each.

"Chromotherapy, color therapy, provides the seven colors of the light spectrum," she explains. "Infrared is the invisible part of the sun's spectrum and is essential for all living things to grow." At Rays of Sol, Nicanor also has a LumNIR device that can be added to a sauna session and provides infrared light, LED light, and red lights that can help address SAD.

Melatonin over-produced in darkness or lack of sunlight can contribute to depression. High levels of it are found in people with SAD. Infrared therapy can create release of more serotonin, which is a stimulating hormone. Sunlight is the perfect blend of all seven colors of the light spectrum. But specific wavelengths or colors of the light spectrum may help SAD more.

Learn more about infrared sauna and Rays of Sol at raysofsol.com.

Sources: <https://www.medicalmedium.com/blog/seasonal-affective-disorder/>; <https://olympichottub.com/hot-tubs-sauna-blog/2011/12/infrared-sauna-light-therapy-helps-those-affected-by-seasonal-affective-disorder-s-a-d/>



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Welcome to the club, newbies! Now that you're a member of the secret society that is parenthood, redeem this voucher for a free one-year FAMILY MEMBERSHIP to the Children's Museum of Eau Claire. No strings (or umbilical cords) attached.

WWW.CHILDRENSMUSEUMEC.COM

Expires 18 months after baby's birth date.

You did it!

**They're sending you home with a brand new tiny person! In case you're feeling nervous or overwhelmed, we would like to offer just one piece of parenting advice:
You've got this.**