

Second Opinion

HEALTH AND WELLNESS IN THE CHIPPEWA VALLEY

FREE

Baby, Baby!



BABY!

Natural **PET**
Tips

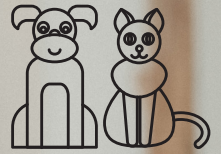


Photo by Andrea Alvarez of Sweet Near East

"AN AMAZING SHOW"
-San Francisco Examiner

ONE NIGHT IN MEMPHIS

A TRIBUTE CONCERT TO ONE NIGHT IN MEMPHIS WHEN CARL PERKINS, ELVIS PRESLEY, JERRY LEE LEWIS & JOHNNY CASH JAMMED AT SUN STUDIO

PABLO CENTER - MAY 30
pablocenter.org | 715-832-2787
Presented by Diamond Horseshoe Productions

ann brand
MINDFULNESS

CULTIVATING A MINDFUL LIFE

New Classes Winter 2025!

Feeling overwhelmed and stressed by worries and responsibilities? Looking for ways to bring more ease to the joys and challenges of life?

Find more awareness, clarity, and calm with the practice of mindfulness.

Work with Ann 1:1 or join a class to grow your own mindfulness practice.

See website for class schedule and locations
hello@annbrandmindfulness.com
or call 715-579-9453

www.annbrandmindfulness.com

Health Centered Dentistry

Oral Health - Is it your missing link?

Angie M. Barsness, DDS John D. Laughlin III, DDS
Louis R. Musser, DDS

Health Centered Dentistry is committed to improving the health, education, and whole-body dental care of our patients. Whole body dentistry observes, and deals with, the mind, body, and spirit of the patient not just their "teeth". This method of dentistry encompasses both modern science and knowledge drawn from the world's great traditions in natural healing.

715-426-7777

HCD@HealthCenteredDentistry.com

HealthCenteredDentistry.com

CONTENTS

Reiki For Pets: A R.M Practitioner's Perspective.....	4	Dayspring Farm Soap Company.....	15
New Small Breed Room at Ruff Life Pet Hotel.....	5	Fill It Up at the Juggery in Chippewa Falls.....	16
The Importance of Pet Hydration Through Raw Pet Food.....	6	Green Products We Love!.....	17
Phelps Pet Products - Loved By All Pets.....	8	Benefits of Ante and Post Natal Exercise.....	18
Treat Your Pets With Love!.....	9	Belly Love's Ultimate Guide to Nutrition for Babies and Toddlers.....	19
Starting Your Own Native Plant Garden.....	10	Wearable Breast Pumps: Which One Should I Get and When Should I Get It?.....	20
Navigating THC-Infused Drinks: A Beginner's Guide to Safe Consumption.....	11	What Is a Midwife Anyway?.....	21
How to Drink Dry in 2025.....	12	Preparing for Birth with the Webster Technique.....	22
Cultivate Mindful Awareness This Spring.....	14		



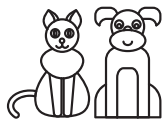
SECONDOPINIONMAGAZINE.COM

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. ©2006-2025

Contents page photo by Allie DeGuelle



Reiki For Pets: A R.M Practitioner's Perspective

By: Sandi Anderson R.M, CHTP, KT

For many pet owners, pets are family members and their care and well-being is important.

I have been a pet parent most of my life and now parent two older cats. As a Reiki Master Practitioner, I have seen firsthand the benefits of this ancient healing technique for pets. During my years of studying Reiki and other energetic healing methods, my pets loved my treatment space. I've found pet Reiki helpful for animals who experience separation anxiety or traumas, those who need healing after injuries or surgery, and as a comfort for a pet's end of life transitions.



Hank, a mix breed dog, didn't like separations or new environments, possibly due to an old fear or trauma at a young age. Hank, however, was going to need a new veterinarian soon. His owner already used Reiki for their own self-care and noticed how Hank settled down nearby during the appointments to watch and wait. The owner decided to try Reiki with Hank to get him ready for his first visit to the new vet.

The first session I greeted Hank, and we had a moment of meditation for him to get to know me. When he was comfortable, I held my hands over his body to assess where in his energy field he needed attention. The next several sessions continued to reinforce calm to the nervous system, fostering a sense of peace and security. After each session, Hank's owner noted that he was less anxious, calmer, and slept better. During the fourth session, Hank asked me to give him a belly rub, and his owner said the appointment with the new vet had been a success.

Reiki, a Japanese energy healing technique, works by channeling the life force, or chi, through the practitioner's hands and connecting with the pet's subtle energy field. This gentle touch promotes relaxation, reduces stress, and aids the body's natural healing process. While this and other energy-based therapies exact mechanisms aren't fully understood scientifically, the anecdotal evidence and my experience suggests Reiki can help in a multitude of areas including: stress management; aiding in rest, which can promote a faster healing process; and aiding in relaxation, which can support pain relief and better well-being.

A growing number of veterinarians are becoming more open to energy-healing arts. Reiki can be used on all animals, though the specific application and technique may need to be adjusted to accommodate the animal's size, temperament and needs. Reiki may not be appropriate if the animal has an active contagious illness or injuries that need medical attention. Check with your local Reiki practitioner to find someone qualified and experienced in working with animals.

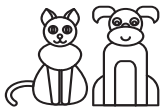
Reiki is a complementary therapy and should not replace conventional veterinary care. If your pet has a medical condition, consult your veterinarian to determine if Reiki is appropriate and safe for them.

Intentions - Healing is Your Intention, Sandra Anderson R.M.,CHTP, K.T. Reiki, Healing Touch, Kairos Therapy. 715-456-1391

	<h2>Grass Fed Beef</h2>
SEIBEL MEATS <small>EST 2008</small>	We know how important it is to know where your food comes from and we take pride in caring for our animals to bring you the best possible product.
This farm has been in our family for over 100 years. 	715-568-1227 Bloomer, Wisconsin seibelsorganic.com

HEALING
LEARN HOW TO HEAL YOUR PAST

715-456-1391
dasanderson@gmail.com
SANDI-ANDERSON.COM
CHTP, RM, CHT



New Small Breed Room at Ruff Life Pet Hotel



Have you ever wondered what your little dog is thinking when you drop them off for their stay at a boarding facility? Are they excited to see the staff? Are they scared of the bigger dog across the hall? Ruff Life Pet Hotel, located in Lake Hallie, wants all dogs to feel comfortable and safe, so they added a completely separate area just for those little dogs.

The Small Breed Room opened at the end of 2024 and was specifically created for breeds under 20 pounds so they don't have to be scared or intimidated by other dogs. This room has eight suites, each 3 by 4 feet, and guests have all of the same amenities as the main boarding area that opened five years ago. Calming music plays 24 hours a day and lights are dimmed at night while they sleep. This room has natural light with multiple windows and an outdoor area where they can run around and go potty.

At Ruff Life, pets are not mixed unless they are from the same family. Which means each family of dogs stay together, and there is no group play with other dogs or families. That is for the safety of all the pets as well as the staff.

Since pets are not mixed, the facility gets quite a few geriatric and special needs pets that would not thrive in a different environment. Ruff Life has had many pets that require insulin shots or medications, and pets that are blind, deaf, in wheelchairs, or need diapers. Pet parents with pets that have special needs do not need to worry while their pets are boarded, and puppies that have not been spayed or neutered can stay at Ruff Life without concern.

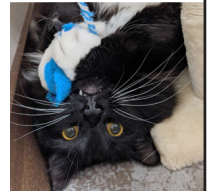
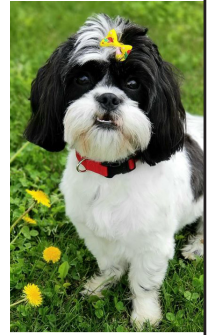
The Small Breed Room has been very popular for families and small dogs. It is already hard enough for many dogs to be away from their families, and Ruff Life wants to make the time as easy and enjoyable as it can for both pet and pet parent.

Ruff Life Pet Hotel welcomes tours anytime Monday through Friday. Visit rufflifepethotel.com for more information.

Ruff Life PET HOTEL

Home Away From Home

Custom-built facility that is climate controlled with all the amenities your pet could want. Our first aid and CPR-certified staff will take care of your pet as though they were our own.



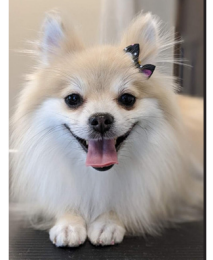
**DAY & OVERNIGHT BOARDING
FULL GROOMING SERVICES**

11613 22nd Avenue,
Chippewa Falls, WI 54729
(located in Lake Hallie)

www.RuffLifePetHotel.com
715.861.5055



Tours always welcome!



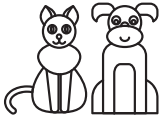
Working for family farmers & rural communities

- Ag Policy · Local Food Systems
- Conservation · Cooperatives
- Youth Program & Camp
- Antitrust · Fair Legislative Maps
- Climate Change · And More!

Wisconsin Farmers Union
UNITED TO GROW FAMILY AGRICULTURE

JOIN US! wisconsinfarmersunion.com





The Importance of Pet Hydration Through Raw Pet Food

By Fresh Is Best® - bringing cats and dogs closer to their natural hydration

as first published on Fresh Is Best, Pet Care Library

When it comes to caring for our pets, one of the most overlooked aspects of their health is proper pet hydration. It's easy to assume that providing a bowl of clean, fresh water is enough to meet the hydration needs of dogs and cats, but their evolutionary biology suggests otherwise.



In the wild, carnivores get most of their hydration from their prey, not from drinking water in a bowl. This fact is critical to understanding why raw pet food, like Fresh Is Best's freeze-dried raw cat food and dog food, can be a more natural and beneficial way for dogs and cats to meet their hydration needs.

The Prey Animal Concept & Pet Hydration

The Prey Animal Concept revolves around the idea that dogs and cats are descendants of wild ancestors – wolves and African wildcats – that primarily hunted and consumed prey animals. These prey animals provided not only essential nutrients but also hydration. Raw meat consists of about 70-75% water, while dry kibble contains only 10-12% water at most¹. For an animal in the wild, the moisture from their prey is crucial to maintaining overall hydration levels. Wild animals rarely drink standing water because their prey provides enough fluid to sustain them.

When pets eat commercial kibble, they lose out on this crucial source of moisture, forcing them to rely almost exclusively on water from a bowl. This can lead to chronic dehydration, which may not always be obvious to pet owners. Chronic dehydration has significant health consequences over time, including kidney strain, urinary tract issues, and decreased energy levels. A raw food diet, such as Fresh Is Best, helps to return pets to the natural hydration patterns their ancestors followed, leading to better overall health and well-being.

Why Drinking from a Bowl Is Not Enough

Many pet owners may think, "My dog or cat has access to water all day, so they're getting enough hydration." However, this doesn't consider that dogs and cats are not naturally inclined to drink large amounts of water at once. They evolved to get much of their water from their food, not from standing water sources.

For cats especially, this is a significant issue. Cats are notorious for being reluctant drinkers. Their ancestors lived in arid regions, and their bodies are adapted to conserving water. As a result, many cats on a kibble-based diet fail to drink enough water to compensate for the lack of moisture in their food.

This can lead to dehydration-related conditions like kidney disease, which is one of the most common health issues in domestic cats. Raw food, with its high moisture content, can help combat these issues by providing a more natural and efficient way for cats to stay hydrated. Dogs, though more likely to drink water than cats, can still suffer from dehydration when relying solely on water from a bowl. In fact, dogs on a kibble diet may be more prone to gulping down large amounts of water to make up for the dryness of their food.

This can lead to bloating and digestive discomfort, as well as placing undue stress on their kidneys and urinary system. A raw food diet provides consistent hydration through each meal, reducing the need for excessive drinking and keeping dogs' bodies more balanced.

HEALTH BENEFITS OF PET HYDRATION THROUGH RAW PET FOOD

Switching to a raw diet can significantly improve your pet's overall health by addressing their hydration needs more naturally. Here are some key benefits:

Improved Kidney and Urinary Tract Health

Chronic dehydration strains the kidneys and increases the risk of urinary tract infections and kidney disease, particularly in cats. Because raw food contains much more moisture than kibble, pets are less likely to experience these issues. Cats in particular benefit from a raw diet in this regard, as it reduces their risk of developing urinary crystals and blockages—common problems for cats on a dry food diet.

Enhanced Digestion and Nutrient Absorption

Proper hydration is essential for digestion. When pets eat raw food that contains natural moisture, it aids in the breakdown of food and absorption of nutrients. Kibble, on the other hand, is dry and requires more water for digestion, which can cause bloating, indigestion, and even

constipation. A well-hydrated pet has smoother digestion and is more likely to absorb the nutrients they need to thrive.

Increased Energy Levels and Overall Vitality

Dehydration can lead to lethargy and fatigue. Pets on a raw food diet with proper hydration are more likely to have higher energy levels, improved muscle tone, and better endurance. They feel better because their bodies are functioning optimally.

While a bowl of water may seem sufficient, the reality is that dogs and cats are biologically designed to get their hydration from their food. By choosing a raw pet food diet, like Fresh Is Best's freeze-dried raw options, pet owners can help their furry companions stay properly hydrated, which can lead to improved digestion, better kidney health, a shinier coat, and more energy. The closer we can bring our pets to their natural diet, the healthier and happier they will be.

Sources: ¹ National Research Council (NRC), Nutrient Requirements of Dogs and Cats

BENEFITS OF LIVING WITH A PET

- INCREASED SENSE OF RESPONSIBILITY**
Owning a pet comes with a sense of responsibility that can be beneficial to individuals of all ages.
- REDUCED STRESS AND ANXIETY**
Living with a pet can help reduce stress and anxiety levels, as they provide emotional support and a sense of comfort.
- INCREASED PHYSICAL ACTIVITY**
Pets require exercise and playtime, which can help owners increase their physical activity levels and improve overall health.
- COMPANIONSHIP**
Pets provide companionship and can serve as a source of comfort during difficult times. They are always there to listen and offer unconditional love.

Source: PEPLER.CO.UK

Love is...
a home where
your pet can

Eat. Sleep. Prey.™

Featuring all USA grass-fed & pastured beef, lamb, pork and cage-free poultry.

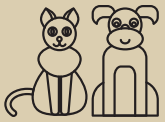
Meat Treats
Meal Toppers

Raw, Freeze-Dried Dog & Cat Food

Our small batch recipes recreate “fresh prey” with all USDA-quality meats, whole fruits and veggies, freeze-dried raw for superior nutrition and shelf-stable convenience. All the flavor, vitamins and minerals your pets love and need, nothing they don't.

Never miss a deal – sign up for our email at freshisbest.com

Scan for current offer!



PHELPS LOVED BY ALL PETS

PET PRODUCTS
TREATING YOUR PETS LIKE FAMILY
(FOR OVER 50 YEARS)

By Becky Streeter

Phelps Pet Products is the behind-the-scenes manufacturer of well-known and well-loved pet treats throughout the world. With one of its two manufacturing facilities located in Janesville, WI, the other in Rockford, IL, all of its certified organic, upcycled, or clean-label products are made in the US. Their mission is to create high-quality, affordable treats for that beloved four-legged member of the family.

Dick Phelps founded Phelps Pet Products in 1966 when cats and dogs were largely considered outdoor pets, and they were often provided the equivalent of “feed” like other farmyard animals. Phelps noticed the trend turning toward welcoming dogs and cats inside the home and making them part of the family. As such, he reasoned they should receive higher-quality food. He spent the next several decades developing Phelps into the high-standard, dog-endorsed treat company it is today. Phelps remains a board member at the age of 95.

Phelps Pet Products makes treats that are “meat-first” and “clean-label.” Rick Ruffolo, CEO, says, “Meat-first” is important because it is the primary source of protein for many pets, and offering only ‘clean-label’ recipes

reassures customers they are buying a high-quality product that does not contain artificial ingredients or unnecessary fillers.” Phelps often utilizes “upcycled food” in their ingredients—items that are either surplus or do not reach the visual standards for grocery retail, but are still perfectly nutritious and great-tasting.

Though Phelps has their own brands, including Disney® Table Scraps®, the majority of their business involves manufacturing custom lines for independent pet retailers, national brands, and innovative entrepreneurs. These customers have a hand in every part of the Phelps Innovation process—which they call The 5-P’s—offering choices of:

- 1. Protein** - From traditional farm animals to wild game animals to alternative proteins for pets with restricted diets or allergies.
- 2. Position** - USDA Organic Certified, Upcycled Food Association Certified, 100% Plant Based, etc.
- 3. Perks** - No wheat, no corn, no soy, grain free, etc.
- 4. Preservatives** - Natural flavors, organic certified, no artificial preservatives, etc.
- 5. Product Shape** - Bites, sticks, bars, tenders, waffles, training treats, toppers, and more!

The customer’s opinions are important, and Phelps aims to achieve and exceed expectations with every custom product. Ruffolo states, “Our team members prioritize customer service, collaboration, and a ‘can-do’ approach to every challenge/opportunity that we encounter from day to day.” And of course, they always keep in mind what is best for the ultimate consumer, making sure every treat is a scrumptious snack for that furry friend.

For more information about where to purchase Phelps Pet Products, or to set up a partnership, visit phelpspet.com.

Original photo by Andrea Alvarez of Sweet Near East, edited for space





Patients are prioritized based on their severity of illness. We treat the most critically ill or seriously injured patients first.

1

LIFE SAVING MEASURES NEEDED IMMEDIATELY

- Poisoning Active
- Seizures
- Allergic Reactions
- Major Trauma
- Collapse
- Choking
- Heat Stroke
- Excessive Bleeding
- Hypothermia
- Difficulty Breathing
- Open Fractures
- Unable to Urinate
- Bloat (GDV)
- Paralysis

URGENT - WAIT TIMES MAY APPLY

2

- Frequent Vomiting
- Closed Fractures
- Bloody Diarrhea
- Blood in Urine
- Coughing
- Birthing Difficulties
- Straining to Urinate (not obstructed)
- Not Eating (>2 days)

3

NON-LIFE THREATING (PROLONGED WAIT TIMES MAY APPLY)

- Abscess
- Minor Wounds
- Sneezing
- Chronic Diseases
- Limping
- Eye Issues
- Ear Issues
- Dental Issues
- Skin Conditions

All pets are triaged upon arrival. While longer wait times may apply for Level 2 & 3 patients depending on case volume and arrival order, we work diligently to provide care as quickly as possible.

Where every team member is invested in the care of your pet.

Open 24/7 to provide emergency care for your pet anytime.

2809 Golf Road
Eau Claire
715.529.5900



alliedervet.com | eauclaire@alliedERvet.com



treat your pets 
with love! 



01 | CHIPPIN' OVEN BAKED & JERKY TREATS
Treat your furry friend to their soft jerky and crunchy oven-baked treats - full of prebiotic fiber for gut health and omega-3s to keep coats shiny and joints healthy. A paw-sitive way to spread love! chippinpet.com

02 | TUCKER'S RAW FROZEN PATTIES
Their raw formulas are made up of 95% meat, organ, bone, and marrow with 5% pumpkin as the fiber source. Every formula offers complete & balanced nutrition for all life stages, including large breed puppies. mytuckers.com

03 | PAW POWER DAWG BUTTER
Simple, quality ingredients with nothing added so you know it's safe to give to your best friend. Dogs drool over the delicious taste, they will come running when they hear the jar open. Perfect for giving medication or as a delicious treat. pawpowernutrition.com

04 | PHELPS UPCYCLED PET TREATS
Made from premium, upcycled ingredients, these treats offer a delicious, eco-friendly snack that's both healthy and sustainable. Packed with natural flavors, they're perfect for rewarding your pets with something wholesome and Disney-approved. phelpspet.com

05 | WOOF NATURALS MUDDY PAWS DOG TREATS
Their Muddy Paws have long been a favorite with their Farmer's Market customers. They are adorable, paw-shaped, peanut butter flavored dog biscuits decorated with a carob and yogurt coating. These are muddy paws you can love and your dog will too! woofnaturals.com

Starting Your Own Native Plant Garden

By Torianna Lindert

Flowers, bees, birds, and butterflies may be the last thing on your mind this time of year. But did you know that now is the perfect time to start preparing for your summer gardens? Our pollinators need your help, and the best way to support them is by starting or expanding your own pollinator garden!

Beaver Creek Reserve has been educating the Chippewa Valley and spreading awareness of the benefits of native plants for over 30 years through our Native Plant Sale. From seedling to sprout, we care for and raise these plants until they are ready to be picked up and planted in your own garden at home. This year's online Native Plant Sale opens Wednesday, April 30.

Native plants provide many benefits for your yard:

1. They have a deep root system

Their roots soak up water and filter out excess nutrients or pollutants in the soil, building soil fertility, and improving water quality. Established root systems also help with soil erosion.

2. They help insects and other native wildlife

Many different critters rely on native plants to survive. For example, the Monarch butterfly relies on Milkweed (a native species) to lay their eggs and to eat during their caterpillar stage.

3. They are low maintenance

Once your natives are planted and established in the ground (this takes about 1-2 years), they require little to no irrigation, fertilizer, pruning, or mowing. This saves you time and money!

Whether you are in town, or in a more rural location, have sunny backyards, or shaded forests, there is a native plant for every yard and soil type! Native plants also attract many different pollinators, so consider buying a few different types of plants and see what comes to your yard.

If you're looking to attract birds, consider purchasing Cardinal Flower, Cup Plant, and Wild Bergamot. These plants produce seeds for birds, and in return, the birds disperse the seeds through their droppings and are naturally spread back into nature, making it a win-win!

If you're looking to attract butterflies, consider purchasing Golden Alexanders, Common Milkweed, Pearly Everlasting, and Sundial Lupine. These four plants are all host plants



and essential to supporting the larval phase of butterflies and moths. These plants are where the female insects lay their eggs. Once the newly emerged caterpillar consumes its shell, it begins to eat the plant. Additionally, butterflies like the Monarch or Karner Blue Butterfly only lay their eggs on their host plants, and their larvae will only eat their host plant.

Native plants are essential to supporting insect populations. Your pollinators will thank you, and your yard will look beautiful with your new native additions. This year's online Native Plant Sale opens Wednesday, April 30 at 9:00 AM on the Beaver Creek Reserve website, and closes Wednesday, May 7. Plant pick-up will be on Friday, May 9 and Saturday, May 10 at the Wise Nature Center. Plants sell out fast, so prepare your list ahead of time and make sure you are signed into your member account to receive your discount. Visit Beaver Creek Reserve's website for more details. Happy shopping!

A promotional graphic for the Native Plant Sale. It features the Beaver Creek Reserve logo, the text 'Native Plant Sale', and a circular image of various native plants in a nursery setting. Below this, it lists 'Over 70 species of native plants available!' and provides the online store opening and closing dates: 'Online store opens Wednesday, April 30 at 9:00 a.m. & closes Wednesday, May 7'. At the bottom, it lists three plant species: Wild Lupine, Jack-in-the-Pulpit, and Goldenrod, each with a small image. The pick-up dates are 'Order pick-up at the Wise Nature Center: Friday, May 9 & Saturday, May 10'. Contact information includes the website 'www.beavercreekreserve.org', the phone number '(715) 877 - 2212', and the address 'SI County Rd K, Fall Creek, WI'.

BEAVER CREEK RESERVE Native Plant Sale

Over **70 species** of native plants available!

Online store **opens Wednesday, April 30 at 9:00 a.m.** & **closes Wednesday, May 7**

• Wild Lupine • Jack-in-the-Pulpit • Goldenrod

Order pick-up at the Wise Nature Center:
Friday, May 9 & Saturday, May 10

www.beavercreekreserve.org (715) 877 - 2212

SI County Rd K, Fall Creek, WI

Navigating THC-Infused Drinks: A Beginner's Guide to Safe Consumption

By Wonders of Nature

As THC-infused drinks become more popular in Wisconsin, it's essential to approach consumption thoughtfully. To ensure a positive experience, it's important to understand the role of dose, set, and setting:

- **Dose** - the amount of THC you consume
- **Set** - your mental state at the time of use
- **Setting** - your physical environment

These three factors can significantly influence your experience. Over-consuming THC, especially for first-timers, can lead to discomfort or anxiety, so it's vital to start slow and increase your dose gradually.

Dose: Wading Out into the Water

Think of consuming THC for the first time as stepping into unfamiliar waters. The goal is to start slowly, so you're comfortable and in control.

- **2mg of THC - Dipping your toes into the water:** You might begin to feel a light buzz, but the effects will be subtle. It's a gentle introduction to THC, ideal for those new to the experience.
- **5mg - Wading out to your knees:** The effects become more noticeable but still manageable. Many first-time users find this amount comfortable, as they still feel in control and can easily return to a baseline if needed.
- **10mg - Wading to your waist:** The effects are stronger, and you may feel more relaxed or introspective. This dose can be a little intense for beginners, so it's important to approach it with caution.
- **20mg - Jumping off the dock:** At this level, the experience can be overwhelming, especially for newcomers. While you're still safe, it can be difficult to manage if you're not prepared for the stronger effects.

Why Start Small?

Starting with a low dose (2mg) and gradually increasing allows you to gauge your body's reaction to THC. If you're comfortable, you can adjust your dose in future sessions.

This slow approach helps avoid the uncomfortable effects that can come with overconsumption.

Mindset and Setting Matter

The **set** (your mindset) and **setting** (your environment) are just as important as your dose. Make sure you're in a relaxed, familiar environment and that you're in a fairly positive mental space. Negative feelings can be intensified with THC just as positive feelings can, so it's crucial to set the right tone. If you find yourself going too deep too fast, try distracting yourself with something enjoyable. Go outside, listen to music, watch something funny, or have a snack and a drink. Just relax, you'll be fine, and now you know for next time.

By respecting the plant's power and starting slow, you'll be able to enjoy the benefits of THC without overdoing it. And make sure you're sourcing from a reputable provider that offers high-quality, all-natural products like those found at Wonders of Nature.

At Wonders of Nature Eco Cafe, we believe in offering a unique and customizable experience for every guest. In addition to our family-friendly drinks, smoothies, and fresh juices, we take pride in providing the option to infuse any menu item with premium THC. Extracted directly from cannabis without solvents, our THC infusion is available in 5mg increments, and you're welcome to adjust the dosage to suit your needs.

For something special, try our house-made infused ginger soda—a refreshing blend of fresh pressed ginger, apple, lime, and lemon. Or indulge in our Appalachian root soda, crafted with 7.5 grams of carefully selected herbs and roots in each bottle.

To enhance your visit, our full-service dispensary offers top-tier cannabis products, ensuring you have everything you need for a complete and unforgettable experience. Come visit Wonders of Nature Eco Cafe for a taste of nature, infused your way.

WondersofNatureonline.com



Wonders of Nature Eco Cafe
Discover Our Wood Roasted Coffee,
Cold-Pressed Juices,
Whole Fruit Smoothies,
+ Vegan & Gluten Free Food Options!
Located in Downtown Eau Claire
416 S. BARSTOW ST. (715) 497-8740

HOW TO BE SOBER CURIOUS IN 2025

Dry January is evolving—it's no longer just about ditching alcohol for a month. It's part of a larger cultural shift that's changing the way we connect, celebrate, and unwind. By 2025, non-alcoholic beverages have stepped into the spotlight, offering a wide range of bold, delicious options for every occasion. Whether you're going all-in on a booze-free lifestyle, exploring the sober-curious movement, or simply looking to reduce your intake, this guide will help you discover the best zero-proof drinks to suit any moment.

PENTIRE NON-ALCOHOLIC COCKTAILS

Plant-based - low calorie - non alcoholic. Pentire is a celebration of unique plant life that grows on the surrounding headland. Key botanicals thrive here due to a combination of favorable climate, soil pH, and air moisture. We make healthy drinks for active, outdoor loving folk. A healthier choice for the go-getters, the adventurous and the doers. us.pentiredrinks.com



EDWIN'S ELIXIRS THC DRINKS

Each sip of their THC-infused beverages offers a refreshing cannabis experience like no other. With zero sugar and two convenient 5mg servings of TiME INFUSION® THC (derived from hemp) in every can. Each can contains a total of 10mg of Delta 9 THC. Their selection of flavors, including Root Beer, Edwin Palmer, Pink Lemonade, and Grape Soda, ensures that there's something to suit every palate. Plus, with their convenient 4-pack packaging, you'll always have your favorite flavors ready to enjoy whenever the mood strikes. edwinedibles.com



GIGLI

THC BEVERAGES: ELEVATE YOUR SOCIAL SIP

Gigli is redefining happy hour with a fresh spin on social sipping, offering delicious THC-infused beverages that deliver all the good vibes without the morning-after regrets. Say goodbye to hangovers and hello to a more elevated way to unwind and connect. Crafted with premium THC and powerful superfood extracts like Ashwagandha and Ginseng, every Gigli beverage is a moment of self-care in a can. From our sophisticated, cocktail-inspired creations to our crisp, zero-calorie, zero-sugar seltzers and teas, our collection has the perfect match for any setting. Whether you're drawn to a refreshing citrus burst, a tasteful berry blend, or a light and invigorating tea, Gigli has an option for every palate. Find Gigli at your local liquor store, or enjoy the convenience of nationwide shipping directly to your door. Because feeling good should be as effortless as it is enjoyable. Join the movement—sip differently with Gigli. gigli.com



LITTLE SAINTS NON-ALCOHOLIC SPIRITS

Little Saints are pioneering the next generation of non-alcoholic RTD beverages by infusing well-sourced functional mushrooms, like Reishi and Lion's Mane, along with aromatic terpenes for a sustainably mind-elevating drinking experience. They offer a variety of classic cocktail flavors on their RTD cans such as *Negroni Spritz*, *Spicy Margarita*, *Paloma*, *Espresso Martini*, *Ginger Mule*, *Spiced Old Fashion*, and *Mojito*, all with zero sugar and a mere 5 calories per serving. Not stopping there, Little Saints also introduces *St. Ember*, a non-alcoholic spirit designed to be enjoyed on the rocks or as a creative substitute for mezcal or tequila. As well as *St. Juniper*, a bespoke blend of juniper, birch, angelica root, and cardamom extracts brings a familiar gin-like herbaceous taste, nose and brightness to finish. littlesaints.com



W HIGH 9INE THC DRINKS

Produced locally in Clintonville, Wis., HIGH 9INE is not just another THC drink, it is a complete beverage experience. Crafted with premium proprietary ingredients including THC honey, real juice, coconut water, organic vitamins and no added sugar, HIGH 9INE tastes delicious and will leave you feeling amazing without the aroma or taste of hemp! And it is non-carbonated, allowing the consumer to drink at their own pace while also avoiding bloating.



Each beverage is only 25 calories and 10mg of Delta-9 THC per 12 oz serving. Available as caffeinated or caffeine free, HIGH 9INE flavors include blackberry, pineapple, limeade, and watermelon flavored half tea and half lemonade. Distributed by Badger Liquor and Mega Beer in Wis., HIGH 9INE is available at retailers across the state including Total Wine & More, Festival Foods, Woodman's Markets, CBD American Shaman, and many independent retailers. Relax, hydrate and revitalize with a delicious and juicy tasting HIGH 9INE. Cheers to your health! *By Franz Tudor, CEO* high9ine.com



HAPPI THC SELTZERS

Happi is a cannabis-infused seltzer that's made for any occasion. From group get-togethers to relaxing me-time, there's a can for every moment. Happi's delicious flavors are all natural, non-GMO, gluten-free, and made with real fruit. At just 20-50 calories, Happi makes every moment happier. Find Your Happi today. happihourdrink.com

FLORAL THC SELTZERS

Whether you're sipping one or downing several, you don't have to worry about calories or an alcohol hangover with these Floral seltzers. They're a team of farmers, chemists, scientists, herbalists, and attorneys working together to bring you a truly farm-to-fridge product. That means you don't need to worry about where your product was grown, where it was purified, who formulated it, or how it was canned. In a new industry where it's hard to know who to trust, they're setting the standard for product quality and transparency. tryfloral.com



CURIOUS ELIXIRS NON-ALCOHOLIC COCKTAILS

Booze-free craft cocktails infused with herbs and adaptogens to help you unwind. Nonalcoholic, no refined sugar, and always crafted for complexity with organic ingredients. Their flavors are bold and crafted for the adventurous. Each flavor is a collaboration between their team of world-class bartenders, herbalists, and food scientists, and they proudly use only organic juices, herbs, spices, roots, barks, and botanicals to make your mouth dance. Each Curious Elixir also bolsters the body using the mysterious properties of plants – from an ancient botanical that increases serotonin and dopamine precursors, to another that increases circulation and was used in Mayan culture as an aphrodisiac. curiouselixirs.com



W Available locally at Woodmans in Altoona.

Cultivate Mindful Awareness This Spring

By Ann Brand

As I sit down to write, snow is gently falling and we are deep in the stillness of winter. Nature is calling me to slow down and rest, yet my Instagram feed is telling me to set goals, get motivated, and radically improve myself. The wisdom of nature shows us that winter is the time to rest and reflect. All parts of nature need rest, including humans. Nature is not just about stillness, however. The cycles of the seasons show us that there is a season for everything, including emergence, growth, and renewal. That season is spring.

Spring is about waking from a restful sleep. After a long winter, nature intuitively wakes up and starts growing. The trees that were dormant spring to life with new buds. Perennial flowers burst from the defrosting soil. Animals and birds begin to build nests and fawns and bunnies show up in our yards. Like the plants and animals we observe waking up and getting busy with the activities of living, so too do we, as part of nature. Maybe spring is the best time for us to set new intentions, not January. As the days get longer and the weather warms up, the energy for renewal and growth offered by nature supports us in gathering the strength and motivation we need to put our intentions into action.

Nature also teaches us that this renewal cannot be rushed. The emergence of spring happens at its own pace, on its own terms. Some years we have an early thaw. Some years we have a late snowfall. Some years it is wet, other years dry. No matter how many fits and starts to spring

we have, eventually spring fully emerges and transitions into summer. Nature shows immense patience through this emergence and grows within the conditions present, whether rainy, dry, stormy, or sunny. Some springs, we have a late freeze, and the tender flower buds on the magnolia tree in my yard turn brown. Still, the tree leaves out, and flowers emerge the next spring. Nature shows us how to meet disappointment and death as parts of living.

Cultivating mindful awareness supports us in learning tools to work with the unpredictable emergence of spring in our lives. We learn how to watch what wants to emerge, rather than trying to force change that is not needed or skillful. We grow patience to let our lives unfold without trying to force it, sensing just the right amount of effort and making adjustments where needed. We grow the wisdom of when to take action, and when to sit back, watch, re-evaluate our intentions, and even rest a bit longer. Mindful awareness helps us take in new information and adjust our actions with the changing weather patterns of life.

This spring, consider setting the intention to cultivate a mindfulness meditation practice. We can cultivate the wisdom of spring to support our own emergence and growth as the days get longer.

Ann Brand, Ph.D. is a mindfulness teacher based in Eau Claire, WI. To find out more about classes and mentoring, visit www.annbrandmindfulness.com.



Joyce Sobotta
Published Author: *Breast Health Is in Your Hands*
Contact
715-828-0117
joyce@aromatherapynaturesway.com
www.aromatherapynaturesway.com



YOUR AD COULD BE HERE!
CALL OR EMAIL US FOR MORE INFO!
715-831-0325
a2ndopinion@gmail.com



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 ♦ www.fireflyreiki.com

DAYSPRING FARM SOAP COMPANY

By Becky Streefer

Michael and Anne Dennee moved from the west coast to a farm in Clear Lake, Wi in 2017 in order to provide a creation-focused education for their children. Anne homeschooled the kids and both parents incorporated the farm-life duties, including raising goats, into their family's daily routine. Little did they know, the milk they got from their goats would be a catalyst for a full-fledged business now known as Dayspring Farm Soap Company.

The Dennee's son, Timothy, developed severe eczema at a very young age and nothing seemed to clear it up. One day, a friend from church asked to use some of their goat milk to make soap. Anne became intrigued. Goat milk is rich in fatty acids and cholesterol—essential for skin health—and is naturally antiviral, antifungal, antibacterial and anti-inflammatory. After intensely researching soap-making techniques and trying many different formulas, Anne perfected a goat-milk-based soap that left the skin feeling moisturized, nourished and clean. Once they started using it with their son, his eczema cleared up and he hasn't had a flare up in over three years. "Next thing we knew," Michael said, "people are asking us to make soap for them, their niece, grandma, etc. Eventually Anne started going to farmers markets. And then we went all in."

All Dayspring Farm soaps are clean and simple. Paraben, sulfate and phthalates free, these soaps are made with few, easily recognizable and pronounceable ingredients. "We're

farmers--we like simple," Michael said. "We want things to be functional. Anne puts in her touch of beauty into everything we make and everything we do." The soaps and lotions range from unscented to floral or woody—there is something for everyone. They are not watered down in any way, so each bar lasts a long time.

One intriguing ingredient the Dennees decided to include in a handful of their soaps is beer. Admittedly, Michael (and especially Anne) initially balked at the idea of putting beer in their beautifully scented soaps. "I completely understand," said Michael. "I don't want to smell like beer either." The beverage, however, is high in amino acids and vitamin B, which are natural conditioners for skin and hair. The soap made their hair noticeably softer and more moisturized, and they did NOT smell like beer after washing. Dayspring Farm Soap Company partners with six different breweries in Wisconsin, including Modicum in Eau Claire, creating special soaps using that brewery's beer as a main ingredient.

"We started making soap to help people," Michael says, "and that's what we still strive to do. We

want people's skin to be healthy and feel better than they've ever felt in their life."

Visit dayspringfarmwisconsin.com for more information, or to view a list of retailers who sell Dayspring Farm Soap. Additionally, the Dennees love to welcome visitors to their farm—simply call or text 715-475-8808 in advance.



Gentle Waters LLC
Colon Hydrotherapy

Jackie Shoebridge
Colon Hydrotherapist

by appointment Only
715-933-1482

Jackie@GentleWaters.info
www.GentleWaters.info

Healthy LLC
from the inside out

Colon Hydrotherapy
Infrared Sauna

129 N. Barstow
Downtown
Eau Claire 715-864-0883

That's Adorable!
Children's Boutique

Kids Consignment and Hand-Made Gifts

www.thatadorableec.com

Mr. Kitty's
Cat Cafe & Boutique

COUPON:
Buy 1 Get 1 Free!
1 hour cat lounge walk in visit

Over 160 cats adopted since opening in April!

mrkittyscatcafe.com

502 S. Farwell St, Eau Claire • 715-514-1910
Free parking lot across the street on Farwell



FILL IT UP AT THE JUGGERY IN CHIPPEWA FALLS

By Becky Streefer

Refillable water bottles have been around since the 1960's, gaining traction in the mid-2000s with the advent of increased environmental awareness. Today, almost everyone has one, if not several. They are a great and effective way to reduce the amount of plastic in our landfills, but what about all the other products we use daily that are housed in plastic? How many hand soaps, laundry detergent containers and shampoo bottles do we toss in the recycling bin or, heaven forbid, the trash when we're finished with them? The Juggery in Chippewa Falls is here to help.

Located in the Market on River (MOR) building at 128 River St, the Juggery offers bulk refills on everything from glass cleaner and dish soap to face cream and toothpaste. Greta Bergeron, owner of the Juggery, is a huge proponent of the zero-waste movement. "It's the idea of achieving minimal waste, as much as possible," says Greta. "In my business, however, I prefer to use the term low-waste because zero-waste is practically impossible." Because this is the fuel for the Juggery, all of the items for sale in the shop are plastic-free, compostable, and/or reusable.

Never purchased bulk shampoo before? No problem. "A lot of people walk into the Juggery and ask 'What is a refill and how do you do a refilling?'" Greta says. "I explain the process, that you can bring your own container or purchase one of my cute glass ones, and you pay for products by the ounce." Shopping at the Juggery does require some planning ahead, especially if you don't want to lug around a glass jar of laundry detergent for very long. Greta also has a bin of free, cleaned out containers for convenience if you forget to bring your own.

The Juggery was born from Greta's love of sustainability and her growing unease about the increase of greenwashed products sold in big box stores. "Greenwashing is like brainwashing," she says. "A bottle of laundry detergent displays a green leaf and says it's 'natural,' but if you turn it over and actually read the ingredients, you find

out it's really not at all." Greta has thoroughly researched and tested every single product the Juggery offers. "I only buy products I trust and believe in," she says. "Made vegan, sulfate free, and/or uses organic wild plants. And I also carry a lot of locally-made items. I use pretty much everything I sell, and stand behind it."



Greta opened her business over two years ago and moved to MOR shortly before its grand opening in 2024, feeling like it was a perfect fit. Many of her ideologies aligned with that of MOR, including supporting local businesses and farmers. Greta dreams of lowering waste in her community and helping spread the movement as far as she can through her business.

"The goal is to reduce waste," says Greta. "There are so many different ways, and you can choose which path makes the most sense for you." And refilling products at the Juggery is a great place to start.

Visit thejuggery.com for more information.



Thermography of Wisconsin

Digital Infrared Thermal Imaging 'DITI' is a non-invasive procedure that visualizes pain and pathology.

Contact Thermography of Wisconsin:
 Shawn R Seuferer Certified Clinical Thermographer
 715-307-2748 thermofwi@gmail.com
thermographyofwisconsin.com

Serving Eau Claire, River Falls, Stratford and surrounding communities.



green products we love!

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



01 | HEMP ORGANIC LIFE

Hemp Dog Blanket - Can be used as a sofa protector or as a warmer in your pet's bed. Will create comfort for your pet any time of the year - cool in the summer and warm in winter. Absorbs odors and helps prevent harmful bacteria. hemporganiclife.com

02 | KIND LIPS

Organic Lip Balm - These lip balms offer an array of flavors to keep your lips happy and healthy. Carry one with you everywhere you go and let each application be a reminder to spread kindness and positivity in your daily life. kindlips.com

03 | HEMP ORGANIC LIFE

Natural Hemp Linen Oven Mitt - Minimalistic style that conveys the luxury and naturalness of real tissue. Can be customized with embroidery by contacting the company. hemporganiclife.com

04 | BIG FALLS CANDLE CO.

100% Soy Wax Candles - Clean burning candles from our family to yours. 100% soy wax with essential oil and clean fragrances. Beautifully crafted and hand poured with care. Made in Eau Claire! **Find them on Facebook.**

05 | HEMP ORGANIC LIFE

Linen Turban Hair Towel - This soft towel gives a feeling of naturalness and quickly absorbs moisture. Bath towel is genuine waffle white linen cloth. hemporganiclife.com



100% grass fed & finished beef available year round
Pastured chickens available on a pre-order basis each spring

Heather & Mark Flashinski - 16294 250th St - Cadott



WHY BUY LOCAL?
 Countless reasons! Enjoy the taste of fresh food, improved health and nutrition, environmental stewardship, support for family farms and rural communities, and ensuring animal welfare.


WHY TOUR THE FARM?

- See how your food is being raised
- Learn about our philosophies
- Meet the farmers
- Challenge us to keep doing better!




715.289.4896 FarmSweetFarm.com

HOST YOUR EVENT AT



➔ **Fill out an inquiry today at MarketOnRiver.com/Rentals**

ACCOMMODATE UP TO 175 GUESTS **ONSITE CATERING & LODGING OPTIONS AVAILABLE**



MOR 128 W RIVER STREET, CHIPPEWA FALLS, WI 54729



Benefits of Ante and Post Natal Exercise

By the YMCA of the Chippewa Valley

Exercise is crucial for maintaining overall health and wellness, and this is especially true during pregnancy and the postpartum period. Both prenatal and post-natal exercise offer numerous benefits contributing to physical, emotional, and mental well-being.

Exercise Recommendations During Pregnancy

The American College of Obstetricians and Gynecologists recommends that pregnant women aim for at least 150 minutes of moderately intense activity per week, which is equivalent to 30 minutes a day. If you are new to exercise, start gradually building up to the recommended duration. For women who had a consistent routine before pregnancy, pre-pregnancy workouts can continue with modifications tailored to each progressing trimester.

Benefits to Exercise

Staying active during pregnancy provides numerous benefits for both you and your baby. It helps with weight management during and after pregnancy while supporting joint health, maintaining posture, and preserving bone density, which can reduce back pain. Regular exercise also lowers the risk of gestational diabetes, leg cramps, edema, varicose veins, and blood pressure fluctuations.



Additionally, staying active prepares your body for labor and delivery. A strong cardiovascular and respiratory system can ease the strain of childbirth, while maintaining muscular strength minimizes biomechanical stress and promotes a faster recovery after delivery. Exercise examples are walking, swimming, yoga, and resistance training.

Changes in the Body and Relation to Exercise

During pregnancy, be cautious of relaxed joints and changes in balance and breathing. While pregnant, hormones like relaxin loosen and relax muscles, joints, and ligaments, thus making them less stable and at higher risk for injury. Avoid exercises that are heavy impact, fast weight shifting, and jumping. Keep in mind relaxin can remain in the body up to several months after birth. Another change in the body is balance. A growing belly will alter your center of gravity and place extra stress on your back and pelvis. With more oxygen needed during pregnancy for you and your baby, you may find yourself getting short of breath faster during activity. You also want to avoid laying on your back as it can impede blood flow.

Importance of the Pelvic Floor

Strengthening and maintaining the pelvic floor during and after pregnancy is crucial. These muscles act as a hammock, supporting the uterus, bladder, and other pelvic organs. Pregnancy adds stress to the pelvic floor, weakening the muscles and leading to potential stress incontinence and pelvic dysfunction. Keeping the pelvic floor strong will not only help aid in delivery and reduce pain, but it will also support recovery and function postpartum.

Conclusion - Exercise during pregnancy is a great way to enhance health, ease labor, and promote a smoother postpartum recovery. Always be sure to consult with your healthcare provider before starting an exercise routine and immediately inform them of any concerns with exercise.

EXERCISE YOUR HEART IN MORE WAYS THAN ONE

the **YMCA**

YMCA OF THE CHIPPEWA VALLEY
YMCA-CV.ORG

The Y is, and always will be, dedicated to building healthy, confident, connected, and secure children, adults, families, and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

JOIN OUR COMMUNITY TODAY

Cage free. Free range.

AMANDA'S EGGS
PASTURE-GROWN POULTRY

Pasture Poultry, Quality Brown Eggs, Live Chicken

Order online at amandaseggs.com

FREE delivery every Thursday in city limits

Now offering local meat & honey!

@Amanda's Eggs

9359 100th Avenue, Chippewa Falls | 715-556-3469
www.amandaseggs.com | amandarbohl@icloud.com

BELLY LOVE'S ULTIMATE GUIDE TO NUTRITION FOR BABIES AND TODDLERS

By Tammie Delveaux Rubenzer, NTP, INHC, BME



PUSHING THE BOUNDARIES OF FERTILITY NUTRITION

Forget the old-school approach—modern fertility science is revealing game-changing dietary hacks to maximize your reproductive potential. A next-level nutrition plan can supercharge egg and sperm quality, balance hormones, and significantly boost conception rates.

Power Nutrients for Fertility:

- **Folate (not Folic Acid):** Beyond preventing birth defects, folate enhances cellular regeneration. Found in leafy greens, citrus fruits, and sprouted grains.
- **Omega-3 Fatty Acids:** These potent anti-inflammatory compounds turbocharge egg quality. Found in wild-caught salmon, chia seeds, and algae oil.
- **Iron:** Boosts ovulation and energy. Best sources are liver, dark chocolate, and lentils.
- **Zinc:** The secret weapon for sperm vitality and hormone regulation. Find it in oysters, pumpkin seeds, and grass-fed beef.
- **Vitamin D:** Dubbed the 'fertility vitamin,' it strengthens the immune system and balances hormones. Sunlight, mushrooms, and egg yolks are great sources.

Fertility Saboteurs:

- Ditch ultra-processed foods and plastics—they disrupt hormone function.
- Cut back on caffeine and alcohol, known disruptors of egg and sperm health.

NEXT-GEN BABY AND TODDLER NUTRITION

The first few years shape a child's lifelong health. Cutting-edge research shows that gut health, brain development, and immunity start with nutrient-dense early feeding.

Beyond Breastfeeding:

- **Breast milk** is the gold standard, packed with bioactive compounds and probiotics.
- **Formula feeding** has come a long way—opt for organic, minimally processed options.
- Introduce solids at six months with an emphasis on iron, protein, and healthy fats.

Supercharged First Foods:

- Grass-fed liver puree—nature's multivitamin.
- Wild-caught salmon for brain-boosting DHA.
- Avocado and nut butters for crucial healthy fats.
- Steamed and mashed root veggies for slow-digesting carbs.
- Bone broth for collagen, minerals, and gut healing.

Toddler Power Nutrition:

- Stick to whole, minimally processed foods.
- Encourage diverse flavors to expand taste preferences.
- Hydration is key—limit juice and prioritize water.

POSTPARTUM POWER NUTRITION

Recovery from childbirth is a marathon, not a sprint. Your body needs intense nourishment to heal and sustain milk production.

Recovery Superfoods:

- **Protein and Iron:** Aid tissue repair and replenish blood loss. Prioritize eggs, organ meats, and legumes.
- **Hydration:** Essential for energy and milk supply. Coconut water, herbal teas, and bone broth work wonders.
- **Healthy Fats:** Balance postpartum hormones and sustain energy. Load up on avocado, salmon, and olive oil.
- **Calcium and Vitamin D:** Support bone integrity, especially for breastfeeding moms.
- **Milk-Boosting Galactagogues:** Oats, fenugreek, fennel, and flaxseeds can naturally enhance supply.

Postpartum Pitfalls:

- Steer clear of ultra-processed convenience foods—they can spike inflammation and drain energy.
- Identify potential allergens that may transfer through breast milk and cause colic in the baby.

THE FUTURE OF FAMILY NUTRITION

Optimizing nutrition from fertility to postpartum isn't just about survival—it's about thriving. Science-backed, boundary-pushing nutrition empowers parents and children to reach peak health. Small shifts create lasting impact, paving the way for a stronger, healthier next generation.



Belly Love
HOLISTIC WELLNESS
INTEGRATIVE NUTRITION

NOURISH YOUR MIND, BODY, AND SPIRIT THROUGH PERSONALIZED & THERAPEUTIC NUTRITION

Develop a healthy relationship with food and holistically manage chronic ailments & inflammation through personalized nutrition.



"Eating well is a form of self-love"

Contact Tammie for more information
tammiedelvaux@gmail.com
bellyloveholisticwellness.com





Wearable Breast Pumps: Which One Should I Get and When Should I Get It?

By Jennifer Hafele, M.Ed., IBCLC

Client: Hey Jennifer, I know you're an expert on breast pumps and flange optimization. I'm expecting a baby and I'd like to get a wearable breast pump. Which one should I get, and when?

Jennifer: Likely none of them, and definitely not before giving birth. A traditional wall pump is a better option as they can achieve more milk in less time with more comfort by using hard plastic flanges—as long as they have optimized pump settings and flange selection.

I recommend coming in for a Pump Consult at Mama Bear. You can use one of our setups BEFORE you purchase your own, and we can help you find your ideal hard plastic flanges, your sweet spot for settings, etc. This information can help you decide if you want to stick with a wall pump OR translate what you learn into selecting a wearable. You are welcome to bring your own if you already have one.

Client: When should I do a Pump Consult?

Jennifer: Any time after delivering your baby! If you intend to nurse and pump, a Pump Consult can be easier after initial engorgement has subsided – for many, this is after the first 3-7 days.

Client: What if I need to express milk sooner?

Jennifer: Hand expression is best practice in the first 24-48 hours after birth. If you deliver in a hospital, ask for a hand pump to use. They also have electric pumps if needed.

Client: Why don't you recommend ordering a wearable pump ahead of time?

Jennifer: For truly successful pumping, it is important to know the density of your breast tissue, the size and shape of your nipples, how stretchy everything is, and how much suction you specifically need in order for milk to spray and come out effectively. These things are best evaluated AFTER your baby is born and you are lactating.

Client: That makes sense, but I'd still like to be prepared and order everything prenatally.

Jennifer: I can help you determine which wall pumps I recommend that are covered by your insurance. A note: the 'hospital grade' designation on pumps it is not regulated whatsoever.

Client: I've seen many conflicting reports about the same wearable pump.

Jennifer: A TON of people try to re-sell their wearable pumps because it 'didn't work for me.' Wearables are less forgiving—if it's not a good match for your body, it's likely you have to just stop using it.

Client: What does 'not a good match for your body' mean?

Jennifer: Pumping that is not optimized can cause damage to your skin/tissues, lead to unmatching milk supply with your baby's need, and leave you WAY more prone to breast congestion and mastitis. You might also have to pump for MUCH longer timeframes..

Client: OK, I think a Pump Consult with you after my baby arrives will help me feel more confident, avoid pain, and spend my money most effectively.

Jennifer: Great! I suggest scheduling within 2-3 weeks after giving birth. This helps set you and your baby up for success and with less likelihood of bottle refusal, so also bring your partner if you can.

I can't wait to hear your baby news, then see you in my office for our Pump Consult!

Jennifer Hafele, M.Ed., IBCLC, is an International Board Certified Lactation Consultant in private practice based in Eau Claire, Wisconsin. Jennifer, owner of Mama Bear Family Care, and her team provide childbirth education, lactation consulting, gentle infant sleep coaching, and parenting support.

Learn more about Jennifer and the Mama Bear team: <https://www.mamabearfamilycare.com>.



What Is a Midwife Anyway?

By Erin Kaspar-Frett, CPM, LM, MSM



A midwife is a trained birth professional. There are two distinct classifications and several pathways to becoming a midwife. First, a Certified Professional Midwife (CPM), also known as a direct-entry midwife, can attend at home or in a free-standing birth center. The Certified Nurse Midwife (CNM) is usually a hospital provider, though they can also work in free-standing birth centers. There are a few CNM's that provide care in the home setting as well, but not in every location.

Many women receive care from an obstetrician (OB) during their pregnancy. An OB is a birth professional and a surgeon. There are wonderful OB's and sometimes this higher level of care is needed, but not always.

A midwife can attend to prenatal, birth, postpartum and newborn needs but cannot perform surgery (other than suturing a perineum after birth). These care providers work with the low- to low-moderate risk pregnancies. If a case presents itself as higher risk, a transfer of care to an OB is usually needed, regardless of your intended birth location.

A doula is a trained labor support person but has no medical training or licensure. Their role is to provide emotional and physical support as well as education and advocacy. The terms doula and midwife often are mistakenly used interchangeably, but are very different roles and training.

A CNM obtains a 4-year RN degree and then goes on to receive a masters degree in midwifery.

They can apply for hospital privileges and practice while supervised under an OB or work in collaboration.

A direct-entry midwife (CPM) does not become a nurse first, but goes directly into midwifery training and certification (this is not the same as a lay midwife). This can be done several ways. There are apprenticeship-only midwives that complete on-the-job training and then sit the skills and written exams to pass for certification, often taking longer to complete training. There are also accredited schools that provide education and training. Students have options to receive an associate's degree in midwifery, for example in Southwest Tech's program or a bachelor's degree program at Midwives College of Utah. One can then go on to receive a masters in midwifery, like I did.

These routes all require the skills and written exams to become nationally certified. At the end of certification, a midwife applies to be licensed by the state (as is required in WI). Each state has their own path to licensure and not all states allow midwives to practice out of hospital.

Free-standing birth locations are also different from in-hospital birth centers. These can be run by OB's, CNM's or CPM's and often have cross-collaborative relationships.

In our area, hospital providers and out-of-hospital providers have worked to create an environment of civility and cooperation. Most of the time, birth is smooth and lovely (though exhausting) but sometimes we need a higher level of care and will transfer in.

In our state of WI, families have the option of birthing in a hospital, birth center or at home with midwives. Some even choose to birth at home alone, taking the responsibility for their care and safety on themselves. These options are legal in WI, though they come with different levels of safety and risk. Research what fits with your family and your needs and choose the provider and location that matches with your situation.

About Erin (she/her): She has four children, all born at home. She always wants to learn more and honor all cycles of life. She works with another midwife at Abundant Moon Birth & Wellness LLC out of Menomonie, WI. See www.abundantmoonbirth.com for more information.





Preparing for Birth with the Webster Technique

By Dr. Abby Bachmeier, Smith & Prissel Chiropractic and Massage

The Webster Technique is a chiropractic approach developed by Dr. Larry Webster. His commitment to this technique arose following his daughter's difficult birth experience 1976--he aimed to create a method that would provide birthing individuals with a smoother and more positive experience. Over the years, the Webster Technique has gained recognition and is now widely practiced by chiropractors specializing in prenatal care.

The Webster Technique is particularly valued for addressing pelvic imbalance, which can impact the baby's position and the overall birthing experience. By focusing on the alignment and function of the pelvis, the technique can contribute to a smoother delivery and enhance the well-being of both mother and child. Many women report feeling increased comfort and mobility throughout their pregnancy as a result of receiving this specialized care, making it an appealing option for those seeking holistic prenatal support.

Furthermore, this approach can reduce the risk of complications during childbirth and can create a greater sense of balance and alignment, which translates into ease of movement and reduced pain or discomfort.

The Webster Technique focuses on various components of the pelvis, including the bony structures such as the sacroiliac joint, sacrum, and pubic bone, as well as the soft tissue structures like the piriformis, glutes, psoas, and sacral tuberosus ligament.

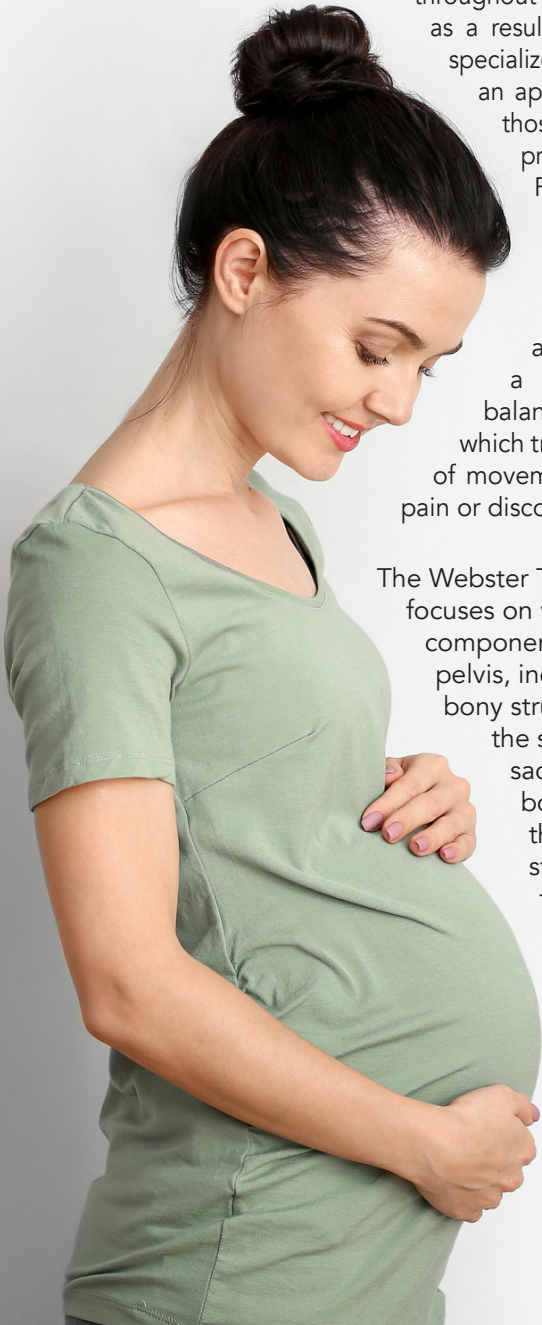
Chiropractors assess the pelvis to identify which bony structures require alignment and which soft tissues need to be released. By addressing these structures, the uterus can position itself more symmetrically within the pelvis, creating additional space for the baby to achieve optimal positioning, and enhance adaptability and flexibility during labor and birth. Additionally, alleviating pressure from the nerve roots that supply the uterus allows it to function more effectively and enables more efficient contractions during labor.

In practice, the Webster Technique is characterized by its gentle and non-invasive nature, making it suitable for most pregnant individuals. Sessions typically involve a series of careful adjustments and ligament releases, all aimed at promoting relaxation and optimal functioning of the pelvic region. This care can be particularly beneficial for those experiencing issues such as sciatica, lower back pain, pubic bone pain, and breech positioning, common complaints during pregnancy.

Furthermore, the Webster Technique emphasizes a partnership between the chiropractor and the expectant mother. Practitioners provide guidance on exercises and stretches that can be performed at home to complement in-office adjustments, empowering women to take an active role in their prenatal health.

When looking for a prenatal chiropractor, seek out someone certified in the Webster Technique. This certification indicates that the chiropractor has undergone additional training to evaluate the pelvis and surrounding structures effectively and can address common pregnancy-related issues.

This technique offers a holistic approach to prenatal care that respects and enhances the natural birthing process by addressing the pelvic structural and functional aspects. Ultimately, the Webster Technique fosters an environment where both mother and baby can thrive, preparing them for a positive and empowered birth experience.



UNPLANNED PREGNANCY
Don't make the tough decisions alone
 Pregnancy Testing
 Education • Support
FREE & CONFIDENTIAL



Apple Pregnancy Care Center
 2600 Stein Blvd | 715.834.7734 | applecc.org

Prevent Colds & Flu



IMMUNE BOOSTER MUST HAVES:

- Vitamin A, C & D3
- Elderberry
- Zinc • Quercetin

STRESS BUSTERS:

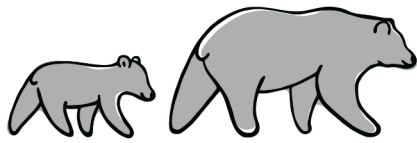
- B Complex
- Suntheanine
- Pharma Gaba



2434 London Road
Eau Claire
834-2341
800-359-5034

Phone orders with curbside pickup at anytime

Check out our website at mothernaturesfood.net



mama bear FAMILY CARE

Childbirth Education
Lactation Services
Infant Sleep Coaching
Parenting Support

MamaBearFamilyCare.com

SMITH & PRISSEL CHIROPRACTIC and MASSAGE



We specialize in making your pregnancy a journey of health.

*Choose Wisely.
Choose Wellness.*



Dr. Emily
Smith

Chiropractor, Pediatric
Specialist (DICCP)

Dr. Angela
Prissel

Chiropractor,
FICPA

Dr. Abby
Bachmeier

Chiropractor

829 West Clairemont Avenue

715.833.3505

myECchiroandmassage.com

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

316 N. BARSTOW ST.
SUITE G, EAU CLAIRE
715.864.9596

Refined Touch
Therapeutic Massage

Pregnancy is hard on
your body. Give yourself and
your baby some relaxation
with a prenatal massage.



Danielle Wagner
LMT #4261146

refinedtouch.massagetherapy.com



Contact
Erin or Jade:

715-804-3103

SERVING THE CHIPPEWA
VALLEY AREA AND BEYOND!

www.abundantmoonbirth.com
info@abundantmoonbirth.com

Offices in Menomonie

ABUNDANT MOON BIRTH & WELLNESS

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
- Home or Birth Center Birth Services
- Postpartum Services • Newborn Care