

community resource guide

Connecting you to the leaders in natural health care and green living in our community. To be included in the Community Resource Guide, email Publisher@NaturalMKE.com to request our media kit.

ACUPUNCTURE

PLUMERIA ACUPUNCTURE AND HOLISTIC WELLNESS CENTER, LLC
414-687-0087
Dr.Amizuno@PlumeriaWellness.com
PlumeriaWellness.com



Dr. Mizuno, DAOM, L.Ac, has a passion for helping clients regain their beautiful and happy smiles while transforming to a healthier version of themselves. She doesn't treat symptoms or diseases. She treats patients. *See ad, page 15.*

BIRTH DOULA/IBCLC

NURTURING TRANSITIONS LACTATION CONSULTATION AND BIRTH DOULA SERVICES

262-853-6267
MarciaDoula_NurturingTransitions@yahoo.com
NurturingTransitions.org



As a doula, Marcia Barritt provides emotional support for mom, her family and partner during pregnancy and birth. Her doula services also include assistance and lactation education.

BOUTIQUE

PHLOX BOUTIQUE in EAST SIDE PILATES
414-915-7100 • PhloxBoutiqueMKE.com
Info@PhloxBoutiqueMKE.com
2445 N Farwell Ave, Milwaukee



We make available the best possible supportive Pilates experience for all humans. To create a unique health and fitness boutique to strengthen and empower individuals. We have the best team of instructors. And it's pretty!

Check out our **ONLINE RESOURCE GUIDE** for even more business listings that may offer exactly what you need at NaturalMKE.com/businesses.

CHIROPRACTIC

BROOKFIELD CHIROPRACTIC
Dr. Matt Christiansen
15010 W Greenfield Ave, Ste 100, Brookfield
262-754-5500 • BrookfieldChiropractic.net
Frontdesk@BrookfieldChiropractic.net



Committed to providing cutting-edge chiropractic and wellness services. Treatment for headaches, neck and back pain, disc herniation and sports rehabilitation. As well as, spinal decompression, intersegmental traction, electric muscle stimulation, custom foot orthotics and more. *See ad, page 13.*

REGEN MED PAIN RELIEF CLINICS

15720 W National Ave, New Berlin
262-785-5515
RegenMedPainRelief.com



Exceptional chiropractic and wellness clinic with a special focus on chronic pain relief. Offering MLS Laser Therapy, massage, exercise rehabilitation, functional medicine and more. *See ads, pages 9 and 31.*

COLON HYDROTHERAPY

NATURAL ESCAPE, LLC
Chandra Houser, LMT, CCH
14530 W Capitol Dr, Ste 201, Brookfield
262-895-5078
HouserChandra@yahoo.com
Natural-Escape.com



At Natural Escape, we believe colon cleansing is the key to optimal health. We offer a one-of-a-kind approach to whole-body cleansing for long term wellness. Priority services include open-system colonic hydrotherapy with ozone and red light plus infrared therapy. Our focus is opening the body's pathways to naturally detoxify the liver, bloodstream and kidneys while providing a release for mind, body and soul.

VIVA WELLNESS
12625 W Burleigh Rd, Brookfield
262-777-8482 (VIVA)
VivaWellnessWI.com



Boutique Medical Weight Loss blended with holistic wellness treatments to help you become the best version of yourself. *See ad, page 2.*

COMPOST SERVICE

BLUE RIBBON ORGANICS
262-497-8539
BlueRibbonOrganics.com



For organic compost & soil blends in bulk, by bag or delivered straight to your yard, grow in Blue Ribbon Organics this spring. *See ad, page 25.*

CRYSTALS

ANGEL LIGHT CENTER FOR THE HEALING ARTS
13000 Watertown Plank Rd, Elm Grove
262-787-3001 • AngelLightShopping.com



Experience over 20,000 amazing crystals, rocks, gemstones, natural stone jewelry and metaphysical supplies—at affordable prices. Angel Light also offers great workshops, intuitive readings, and personal healing sessions.

FREE SPIRIT CRYSTALS
4763 N 124 St, Butler • 262-790-0748
FreeSpiritCrystals.com



Besides selling beautiful stones and crystals, we offer a variety of healing sessions, crystal healing classes, reiki, astrology, tarot readings and spiritual counseling. *See ad, page 16.*

REMEDY WITHIN MASSAGE THERAPY & SPIRITUAL GIFTS
13425 Watertown Plank Rd, Elm Grove
262-307-8892
RemedyWithin.com



We provide a diverse assortment of crystals, minerals and stones. Locally made jewelry, spiritual items, sage, candles, cleansing sprays, CBD and essential oils are available along with intuitive readings, crystal healing and massage therapy.

DENTISTRY

BIONICA DENTAL WELLNESS
2566 Sun Valley Dr, Delafield
262-337-9745
BionicaDentalWellness.com



Come experience modern, comprehensive, biological dentistry for the health-conscious community. Dr. Udoka Holinbeck's holistic approach will give you confidence in your smile and your health. *See ad, page 5.*

HOLISTIC DENTISTRY OF PORT WASHINGTON

220 N Franklin St, Port Washington
262-235-4525 • HolisticDentistryWI.com



Dr. Railand is passionate about treating all ages with a whole body perspective. We combine advanced alternative treatments with conventional procedures to provide true wellness. *See ad, page 40.*

INTEGRATIVE DENTAL SOLUTIONS

23770 Capitol Dr, Pewaukee
262-691-4555 • WINaturalDentist.com



"...Because a healthy Body, starts with a healthy Mouth." Our office specializes in treating the cause of the problem and not just the symptoms; we offer the latest advances in dentistry. *See ad, page 3.*

WHOLEHEALTH BIOMIMETIC & BIOLOGIC FAMILY DENTISTRY

125 W Wisconsin Ave, Ste 102, Pewaukee
262-737-4004
WholeHealthFamilyDentistry.com



Dr. Schwartz is board certified in Biomimetic Dentistry, Integrative Biologic Dental Medicine and is a Board Certified Naturopathic Physician. We offer the best and healthiest dentistry for our patients.

ENERGY HEALING

LV ENERGY HEALING

Liset Vazquez
262-977-3444 • LVEnergyHealing.com
LVEnergyHealing@gmail.com



Energy Healer and Certified Emotion Code Practitioner is here to help you drop the emotional baggage, so that you can finally start living your best life.

FITNESS

DONNA FIT 4 LIFE LLC

LaDonna Gladney
414-793-5086
DonnaFit4Life.com



Donna's passion is to help people live healthy lives through nutrition and fitness. Offering fitness training, nutrition counseling and meal planning, exercise programs and more. Virtual training available. *See ad, page 27.*

HEAD2TOE BODYWORKS

Solful Fitness, 8655 N 43rd St, Brown Deer
414-839-4315 • Head2ToeBodyworks.com



Learn a series of simple and easy to perform exercises. Help reduce joint pain and increase range of motion, flexibility, strength, and balance. Ideal for middle and senior age groups.

VIBE YOGA, HEALTH & FITNESS

180 Kossow Rd, Waukesha
262-788-9147 • Info@VIBEmke.com
VIBEmke.com



VIBE Yoga, Health & Fitness is a lifestyle studio that specializes in functional movement, health and wellness. We believe in an all-encompassing lifestyle approach that focuses on mental and emotional well-being as well as physical.

FUNCTIONAL MEDICINE

RESTORE HEALTH AND WELLNESS

Dr. Jennie Draper
21415 W Greenfield Ave, New Berlin
608-217-9669
DrJennieDraper@gmail.com
RestoreHealthAndWellness.net



As a pharmacist and functional medicine practitioner, Dr. Jennie helps patients uncover the root cause of their issues. Together we will create a targeted, personalized program that will allow you to regain control of your health and overall wellness by restoring balance in your life. *See ad, page 23.*

HOLISTIC HEALTH

BEAUTY WISDOM

Holly Bilicki
BeautyWisdom@HollyBilicki.com
262-641-7538 • HollyBilicki.com



Authentic Beauty requires you to look within. Holly is a Beauty Transformation Coach®. She helps women build a healthier life to be beautiful inside and out. Visit website for details.

BROOKFIELD HEALTH & WELLNESS, LLC

150 S Sunnyslope Rd, Ste 148, Brookfield
262-395-4023
BrookfieldHealthAndWellness.com



Our passion is helping patients maximize their health, allowing you to live life to the absolute fullest. We approach each patient as an individual by assessing the body with state-of-the-art, bio-energetic technology to identify underlying root cause issues. *See ad, page 25.*

LANGLOIS' VITAL NUTRITION CENTER

16655 Wisconsin Ave, Ste 106, Brookfield
414-453-8289
VitalNutritionCenter.com



In addition to targeted nutrition programs and quality supplements, our passionate team of experts offers an array of holistic and natural health services to help you feel your best every day. Boost mood. Increase energy. Decrease pain. Feel better. *See ad, page 25.*

THE WHOLISTIC GODDESS

Amy Elizabeth, Intuitive Healing Practitioner & Mindset Coach
414-510-9000
TheWholisticGoddess.com



HEAL YOUR BODY. DIS-EASE starts with stored energy and emotion in the body. The Body needs to be evaluated in a Holistic way. I am here to help. Visit website for details. *See ad, page 22.*

LAWNCARE/LANDSCAPE SERVICE

ECO HARMONY LANDSCAPE

414-810-5858
Info@EcoHarmonyLandscaping.com
Mike.EcoHarmony@gmail.com
EcoHarmonyLandscaping.com



Ecologically minded, full-service landscape company servicing SE Wisconsin. Specializing in sustainable ideas and low-maintenance solutions. Professional Craftsmanship Inspired by Nature. *See ad, page 23.*

THE GREEN TEAM OF WISCONSIN

414-721-1431
Info@GreenTeamWI.com
GreenTeamWI.com



The Green Team of Wisconsin provides thoughtful landscape design and installation, full property maintenance, and all-natural turf care and weed control. *See ad, page 34.*

LACEWING

Diane Olson-Schmidt • 414-793-3652
LaceWingGdcs@att.net



Garden consultation, instruction, landscape design, wildflowers and woodland gardens, prairies, small ponds, rain gardens, landscape maintenance, organic lawn care. Organic landscape practices in all habitats. *See ad, page 17.*

MASSAGE THERAPY

ELEMENTS MASSAGE, MEQUON

Mequon Town Center
11215 N Cedarburg Rd, Mequon
414-688-7861
AmitaMirani@ElementsMassage.com
ElementsMassage.com/Mequon



Elements Massage of Mequon offers a variety of therapeutic massage techniques to support your health and wellness

including deep tissue, Swedish, stretch, couples, prenatal, and sports massages. *See ad, page 2.*

FIND YOUR BALANCE MASSAGE & WELLNESS

Debbie Conklyn
850 Elm Grove Rd, Ste 16, Elm Grove
414-426-9697
FindYourBalanceMassage.com



Massage modalities offered: cupping, guasha, kinesiotaping, prenatal, Yomassage, and trigger point therapy. Helping you manage your pain or stress is my top priority.

INFINITY MASSAGE AND BODYWORK

4028 S Howell Ave, Milwaukee
7216 W North Ave, Wauwatosa
414-231-9326 • DLewis@InfinityMKE.com
InfinityMKE.com



Infinity offers medical massage, reiki, and hypnotherapy to help you relax, stimulate the

immune system and activate the body's innate ability to heal. Open 7 days per week at two convenient locations, by appointment only. *See ad, page 16.*

MKE BACKRUB

414-331-3403
Jozmay@icloud.com
MkeBackrub.com



Massage and bodywork tailored to the individual with modalities drawing from Eastern and Western traditions. Unique deep tissue options such as Ashiatsu Oriental Bar Therapy.

MEDICINE - NATUROPATHIC

LAKESIDE NATURAL MEDICINE

3510 N Oakland Ave, Shorewood
LakesideNaturalMedicine.com
414-939-8748



Naturopathic doctors with a focus on autoimmune diseases, gastrointestinal disorders, hormone imbalance, weight loss and hypothyroidism. *See ad, page 21.*

MENTAL HEALTH

JACK CINCOTTA

Holistic Health Practitioner, AADP
N4147 W Water St, Sullivan
920-650-7674 • Jack@JackCincotta.com
JackCincotta.com



Jack Cincotta, Holistic Health Practitioner (AADP), M.S. Psychology, specializes in helping others overcome anxiety, depression and related issues through holistic and natural approaches. *See ad, page 22.*

MORENO THERAPY

Claudia Maria Moreno, MS, LPC-IT, CHT
262-278-0229
MorenoTherapy.org



Call today for free consult. I take the time to listen to your needs and together we create your personalized therapy plan. Services include: counseling, hypnotherapy, breathwork and virtual/digital options. Bilingual services available and some insurance accepted. *See ad, page 21.*

MYOFASCIAL RELEASE

SPECIALIZED THERAPY SERVICES

890 Elm Grove Rd, Ste 1-1, Elm Grove
414-778-1341
SpecializedTherapyServices.com



Specialized Therapy Services began in 2002 providing comprehensive MFR treatment programs. Currently it is the only private MFR clinic accepting multiple insurance plans including Medicare. *See ad, page 13.*

WHITE WOLF MFR

4406 S 68th St, #102, Greenfield
414-543-0855 • WhiteWolfMFR.com



Tony Grimm, LMT since 2007; expert-level JFB Myofascial Release therapist. MFR is the most effective treatment to eliminate or reduce pain using gentle pressure to get lasting results.

NATURAL CLEANING

MAID BRIGADE

414-384-4620
MaryEllen@MaidBrigadeMKE.com
1966 S 4th St, Milwaukee
MaidBrigade.com/WI/Milwaukee/



Maid Brigade starts with a multi-point cleaning process to remove dirt and debris and follows it with powerful, non-toxic, EPA-registered PUREcleaning® disinfectant to remove harmful contaminants. Call today.

NATURAL PRODUCTS

SOAP FIXX CO

262-212-2388
HelloSoapFixxCo@gmail.com
SoapFixxCo.com



Locally handmade bar soaps for a clean you can feel good about! Support local and reduce plastic waste. Find Soap Fixx online or at the Pewaukee Farmers Market on Wednesdays and the Waukesha Farmers Markets on Saturdays.

NUTRITION

LANGLOIS' VITAL NUTRITION CENTER

16655 Wisconsin Ave, Ste 106, Brookfield
414-453-8289
VitalNutritionCenter.com



In addition to targeted nutrition programs and quality supplements, our passionate team of experts offers an array of holistic and natural health services to help you feel your best every day. Boost mood. Increase energy. Decrease pain. Feel better. *See ad, page 25.*

NUTRITION BY GRACE

Grace E Miazga
262-719-8928
NutritionByGraceRD@gmail.com



Grace E. Miazga is a non-diet Registered Dietitian who helps others reach their nutrition goals and live a more balanced life through a gentle, holistic approach.

NUTRACEUTICALS & SUPPLEMENTS

ALIVE N VIBRANT

AliveNVibrant@gmail.com
AliveNVibrant.com



Locally made, 100% organic superfood powders to keep you feeling alive and vibrant no matter what your health history. Use code NATAWA online for 12% off for NA readers.

STANDARD PROCESS

Kathy Kiss
Sr Account Manager
KKiss@StandardProcess.com



Standard Process is a Wisconsin-based, family-owned, whole-food-based nutritional supplement company that partners with healthcare practitioners to address issues related to health conditions. *See ad, page 4.*

ORAL HEALTH

UNTETHERED AIRWAY HEALTH & TONGUE TIE CENTER

Hello@UntetheredTTC.com
414-935-8460 • UntetheredTTC.com



Sleep, breathing, and a healthy mouth are intertwined. Dr. Meggie Graham and team offer sleep studies, ENT services, orofacial myofunctional therapy, tongue tie release and preventive preorthodontic treatment to promote optimal oral health for all ages. *See ad, page 7.*

PHYSICAL THERAPY

INVIVO WELLNESS

414-265-5606
2060 N Humboldt Ave, Ste 300, Milwaukee
InvivoWellness.com



Discover orthopedic and therapeutic healing solutions to reduce pain and improve daily movement. INVIVO offers physical therapy, massage therapy (relaxation, deep tissue, Thai, prenatal and hot stone), yoga and fitness classes, personal training and a gym. *See ad, page 30.*

PILATES

EAST SIDE PILATES AND PHLOX BOUTIQUE

Jesse Masche
414-915-7100 • Jesse@EastSidePilates.com
EastSidePilates.com
2445 N Farwell Ave, Milwaukee



We make available the best possible supportive Pilates experience for all humans. To create a unique health and fitness boutique to strengthen and empower individuals. We have the best team of instructors. And it's pretty!

REAL ESTATE

SHOREWEST REALTORS

Cierra Burmeister • 262-607-0215
CBurmeister@Shorewest.com
Cierra.Shorewest.com



Buyer and seller consultations available. Trust and communication from our first meeting to closing. Clients can expect a relationship beyond the closing table to ensure their home needs are always met. *See ad, page 28.*

REGENERATIVE MEDICINE

REGEN MED PAIN RELIEF CLINICS

15720 W National Ave, New Berlin
262-785-5515
RegenMedPainRelief.com



Exceptional chiropractic and wellness clinic with a special focus on chronic pain relief. Offering MLS Laser Therapy, massage, exercise rehabilitation, functional medicine and more. *See ads, pages 9 and 31.*

REIKI

CINDY CARLSON REIKI AND ENERGY HEALING

121 E Silver Spring Dr, Ste 208, Whitefish Bay
414-758-0657 • CarlsonHealing.com



Reiki/energy healing is a powerful treatment that helps the body relax at a very deep level, allowing the body to activate its own ability to heal itself. *See ad, page 13.*

RETREAT CENTER

GOLDEN LIGHT HEALING RETREAT CENTER

Amy Wilinski • 920-609-8277
GoldenLightHealing.net



Offering workshops, sessions, group & personal retreats in shamanism, mediumship, reiki, psychic development and more.

SKIN CARE

AESTHETICALLY WELL

222 E Erie St, Ste 150, Milwaukee
414-331-8852
Info@AestheticallyWell.com
AestheticallyWell.com



Aesthetically Well is a trending holistic skincare and nutrition spa in the third ward. The services range from basic to medical to offer every client a perfect skin treatment. *See ad, page 15.*

SPIRITUALITY

UNITY CHURCH

1717 N 73rd St, Wauwatosa • 414-475-0105
UnityCenterInMilwaukee.com



A God-centered community, welcoming all to come and share the gifts of divine love, life, peace, joy and abundance. Join us Sundays, 10 am. *See ad, page 34.*

TAI CHI AND QIGONG

NEIJIA ARTS

Solfu Fitness, 8655 N 43rd St, Brown Deer
414-839-4315 • Neijia-arts.com



Calm and focus your mind. Increase your strength, flexibility, coordination, energy, overall health and longevity. Learn traditional Yang family Tai Chi Chuan and Qigong from a certified 6th generation instructor.

YOGA

MKE HOT YOGA COLLECTIVE

414-369-2259
MKEYogaSocial@gmail.com
MKEYogaSocial.com/Hot-Yoga



MKE Hot Yoga Collective is a division of MKE Yoga Social and partners with Bikram Yoga Heights, a local woman-owned business, to bring you the healing magic of Hot Yoga. *See ad, page 25*

MKE YOGA SOCIAL

414-369-2259
MKEYogaSocial@gmail.com
MKEYogaSocial.com



Come for the yoga, stay for the community! MKE Yoga Social offers various yoga modalities in amazing venues throughout the city; from breweries to distilleries, parks and more, we've led yoga in over 65 spaces throughout our beautiful city! *See ad, page 25.*

VIBE YOGA, HEALTH & FITNESS

180 Kossow Rd, Waukesha
262-788-9147
VIBEmke.com
Info@VIBEmke.com



VIBE Yoga, Health & Fitness is a lifestyle studio that specializes in functional movement, health and wellness. We believe in an all-encompassing lifestyle approach that focuses on mental and emotional well-being as well as physical.

GROW Your Business

Contact us for
special ad rates.

262-623-7948