

DUBUQUE HEALTH-READY GUIDE

A listing of producers, businesses and individuals who service the Dubuque area with natural goods and holistic services

DUBUQUE HEALTH-READY GUIDE VOL II

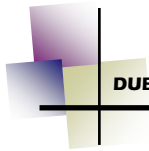
BROUGHT TO YOU BY:

Amber and Jim Earles
2811 Buena Vista
Dubuque, Iowa 52001

Phone: 563-588-2935
Email: earles@netexpress.net



August 2006



This booklet was compiled by Amber and Jim Earles in an effort to unite producers, practitioners, and consumers in the Dubuque area. There are even more resources that didn't make it in, so watch for future editions of the Guide!

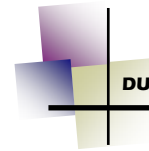
For additional printed or email copies of this guide, pricing and all other comments/inquiries, please contact the Earles directly:

- * 2811 Buena Vista St., Dubuque, IA 52001
- * 563.588.2935
- * earles@netexpress.net

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Photography in this Guide was provided by Greg Frana. Jim and Amber would like to thank everyone that participated in the creation of and inspiration for this booklet!

For info on other resources available in Iowa, the publishers recommend the Directory of the Holistic Resource Network of Iowa. Details may be found at <http://healthresourcenetwork.org> or by calling 319.338.4300. For a national perspective, try Co-Op America's "National Green Pages™" Directory. Details about this may be found at www.coopamerica.org/pubs/greenpages/ or by calling 800.584.7336.



And lastly, some thoughts on cancer...

In certain cultures of the past, it was common practice that a person would pay their local healer only when they were healthy. If the "patient" became sick, it meant that the healer had failed to keep him or her healthy. The healer would then provide all necessary treatments to restore the patient to wellness—**free of charge**. This is clearly in direct opposition to the mindset of today's medical establishment. (See www.westonaprice.org/healthissues/town-allopath.html for a humorous example of today's mindset!) Healthiness is not profitable today, and so instead we practice the suppression of disease and masking of symptoms—often with toxic pharmaceutical drugs. This is not only terribly expensive, but it will never lead to true health. Perhaps no where is this phenomenon more evident than in the treatment of cancer.

If a simple, inexpensive, effective cure for cancer were to be unveiled, hordes of medical professionals would find themselves out of a job. Many **successful** natural cures for cancer have been developed, only to be derided, repressed and banned by the medical orthodoxy. (A well-known example—sadly just one of many—is the story of Royal Rife, which may be read at www.rife.org/.) Holistic and natural health practitioners in this country often face serious legal impediments in terms of what they are allowed to do to treat a cancer patient, leaving little recourse but to send the patient to an oncologist. It is exactly for this reason that many cancer patients seeking a natural course of therapy choose to travel to clinics in Mexico or elsewhere outside of the U.S. where the laws are less influenced by the pharmaceutical industry.

All of this is NOT to deny that most of the medical professionals who work with cancer are intelligent, caring, well-meaning individuals with every confidence that they are pursuing the best possible course to win the fight against cancer. (Their confidence is sadly misplaced, however, as there is certainly corruption at high levels within the medical and pharmaceutical industries.) This is NOT to say that anyone should completely disregard the advice and care of their medical doctors. And this is NOT to say that every supposed natural cure is safe and/or effective against cancer. However, being informed of all sides of the story may well make the difference between life and death. With that in mind, we strongly suggest that cancer patients check out the following:

- Cancer, Nutrition & Healing—A Personal Odyssey*, a video by Jerry Brunetti, available at www.acresusa.com/videos/videos.htm or 800.355.5313
- The Fourfold Path to Healing*, a book by Dr. Thomas Cowan, M.D., available at www.fourfoldhealing.com/ or 415.334.1010
- The Gerson Institute Therapy at www.gerson.org/ or call 888.443.7766 to request info
- www.pnc.com.au/~cafmr/online/research/cancer.html
- www.newstarget.com/001590.html
- www.humanticsfoundation.com/quackwatchwatch.htm
- Contact Jim and Amber directly if you would like more suggestions.

- Iridology Practitioners** — <http://iridologyassn.org/> or 888.682.2208 for info, nearest practitioner is Gael Riverz in Hartland, Wisconsin (www.drgaelriverz.com or 262.538.2448).
- Homeopathic Practitioners** — www.homeopathic.org/ or 703.548.7790 for info, nearest practitioners are in Wisconsin (search website or call for further info).
- Doctors of Oriental Medicine** — www.nccaom.org/ or 703.548.9004 for info, nearest Doctors are in the Iowa City and Quad-City areas (search website or call for further info).
- Medical Qigong Practitioners** — www.qigongmedicine.com/ or 831.646.9399 for info, nearest practitioner is Catherine White in Palatine, Illinois (www.mizai-shiatsu.org or 847.358.8968).
- Ayurvedic Doctors** — nearest practitioners are at The Raj Maharishi Ayurveda Health Spa in Fairfield, Iowa (www.theraj.com/ or 800.864.8714, ext. 9000).
- Naturopathic Doctors** — www.naturopathic.org/ or 866.538.2267 for info, nearest Doctors are in Madison, Wisconsin (search website or call for further info).
- Healing Tao Practitioners** — www.healingtaousa.com/ or 828.505.1444 for info, nearest practitioner is Walter Beckley in Richton Park, Illinois (www.radiantliving.com or 708.481.9128).
- Sat Nam Rasayan® Practitioners** — www.gurudevsnr.com/ or 310.289.1312 for info, nearest practitioner is Helena Raghbir in Minneapolis, Minnesota (www.centerforhappiness.com or 651.649.4510).
- Transcendental Meditation Teachers** — www.tm.org/ or 888.532.7686 for info, nearest practitioners are at the Maharishi Enlightenment Center in Iowa City, Iowa (319.351.1030).
- Sant Mat Meditation (Surat Shabda Yoga)** — www.knowthyselfassoul.org/ or 877.633.4828 for info, nearest meditation group is in Chicago (call Romell for details at 773.624.4691).
- Shaktipat Initiation** — www.dyc.org/ or 925.757.9361 for info, nearest meditation group is in Chicago, Illinois (call Rudy for details at 708.301.7312).

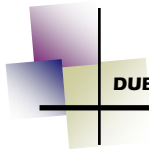
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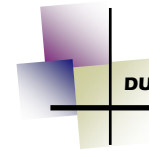
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Some additional thoughts from the publishers...

The 57 listings in this volume of the Guide clearly demonstrate that the Dubuque area has a diverse and growing body of alternative health modalities. As was the case with Volume I, there are still more businesses and individuals out there who did not end up being listed. (If you are looking for a natural product or service that you don't see listed, contact us...we may be able to help connect you!) However, there are many things which have not found representation in the immediate Dubuque area. The following is something of a wish-list of additional modalities and programs that we would love to see come to our area. When applicable, we have also provided info about where you can find the nearest practitioner, if you're willing to do a little driving!

- Biodynamic Farming** — www.biodynamics.com/ or call 800.516.7797 for info and a free list of biodynamic farms and Community Supported Agriculture (CSAs) in your state.
- Permaculture Farming** — <http://attra.ncat.org/attra-pub/perma.html> or 800.346.9140 for info.
- High Brix Farming** — www.highbrixgardens.com/highbrix/highbrix.html or 800.658.2481 for info.
- Ethanol production from sorghum** — www.sorganol.com or 641.842.2566 for info.
- Organized opposition to NAIS (National Animal Identification System)** — www.farmandranchfreedom.org/ or 866.687.6452 for info.
- Public awareness of Codex Alimentarius** — www.westonaprice.org/healthissues/codex-alert.html or 202.363.4394 for info.
- Mercury-free and/or Biological Dentistry** — www.wholebodydentistry.com for info, nearest practitioners are Integrative Dental Solutions in Pewaukee, Wisconsin (www.drmahn.com/ or 262.691.4579) and Rothchild D.D.S. in Hoffman Estates, Illinois (www.rothchild-dds.com/ or 847.884.1220).
- Holistic Eye Care** — www.self-healing.org/ or 415.665.9574 for info.
- Reiki Tummo** — www.padmacahaya.com/ for info and retreat dates/locations.

Yogacare

Contact Person: Deb May

Phone: 563.556.7141

E-mail: deb@yogacare.net

Web Site: www.yogacare.net

Related Categories: Books & Information, Yoga

Leave the constant demands of daily life and enter the world of yoga.

Deb teaches yoga classes at Westside Fitness, Shalom Retreat Center, and NICC—Town Clock Center. Yoga mats are provided. Beginners are welcome!

Deb began practicing yoga as a means of healing her body after a serious automobile accident. The profound transformation she continues to experience inspires her teaching. Her classes focus on breathing, alignment and body awareness, as she encourages students to trust their own instincts, to find the balance between effort and ease.

Yoga is a journey, a process that helps us become more aware and appreciative of our life. Yoga means union; the practice of yoga helps to unite body, mind, and spirit. Yoga benefits include increased strength and flexibility, improved posture and breathing habits, getting in touch with a sense of wholeness and inner peace.

Deb’s specialty is bringing the Yoga Experience to You. She teaches several private classes at businesses, designed to meet their employees’ needs and schedules. Please contact her if you’d like to arrange a class at your location, whether this is a business, school, church, or a group of friends.

Student comments:

- “I love Yoga Class ~ very relaxing in a hectic life!”
- “I took this class because my Physical Therapist recommended it. I’m learning I can relax and at the same time I tone and strengthen my body—what a relief to not have to work so hard at getting well!”
- “I am amazed at the difference in how I feel after this class. My posture feels better along with my energy level. I definitely notice a difference in my level of calmness. It’s great!”

Books & Information

Body & Soul Wellness Center and Spa	563.556.9642	Page: 39
Bodywork For Health	563.542.4081 or 815.747.9121	Page: 41
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Bowen Technique

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Coaching/Life Purpose/Spiritual Direction

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Counseling

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Cranial-Sacral Therapy

Bodywork For Health	563.542.4081 or 815.747.9121	Page: 41
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The Yoga Spectrum

Business Address: 2811 Buena Vista Street, Dubuque, Iowa 52001

Contact Person: Jim Earles

Phone: 563.588.2935

E-mail: yogaspectrum@yahoo.com

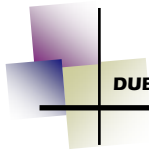
Related Categories: Wellness Education, Yoga

The caduceus is a symbol that has long been associated with healing. Though everyone has seen it, the name may not ring a bell—it is generally pictured as a long vertical staff with wings at the top and two snakes intertwining about it from bottom to top. Take a look sometime and one would be quite likely to find it pictured somewhere in the office of any doctor or medical professional.

This association between the healing arts and the symbol of the caduceus is not accidental. Kundalini Yoga teaches that the caduceus is an ancient symbol related to the rising of the Kundalini, or spiritual power, in human beings. The rod in the center symbolizes the central energetic pathway (called the shushmana—analogueous to the physical spine) through which the Kundalini energy moves from the base of the spine up to the crown chakra. The two intertwining snakes represent two crisscrossing energy channels (called the ida and the pingala) which begin at the base of the spine and meet at the third eye point. The wings at the top symbolize flight, or the spiritual liberation which occurs with the raising of the Kundalini energy.

The Kundalini energy is the power of one's own soul. Most people pass through life largely unaware of and unconnected to their own souls and their true power. Awareness may be cultivated over many years as life passes its course, or perhaps it may be jump-started by a traumatic event such as a near death experience. (At the moment of death or "near death," our awareness automatically shifts to the perspective of the soul...which is to say the Kundalini energy at the base of the spine. The "light at the end of the tunnel" is the radiance of the crown chakra at the other end of the "tunnel." The tunnel is really the central energy channel—the shushmana.)

Rather than simply passing through life hoping that the Kundalini Soul energy will manifest, Kundalini Yoga seeks to consciously strengthen and purify the body so as to bring about this manifestation. This, the original intent behind the symbol of the caduceus, is the deepest and most meaningful level of healing to which we can aspire! All paths will eventually lead to spiritual unfolding, but the conscious journey will be the most rewarding. Contact Jim to see how you might use the ancient tradition of Kundalini Yoga to assist in your own spiritual journey!



Yoga for the Whole You

Business Address: 621 Ridge Street, Galena, Illinois 61036

Contact Person: Marion Roberts Lubinski

Phone: 815.777.1785

E-mail: jwalstib@netexpress.net

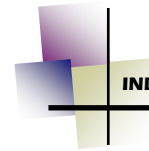
Related Categories: Yoga

Restore...Refresh...Renew...YOGA FOR THE WHOLE YOU!

In today's fast-paced world, isn't it comforting to know that not everything you undertake has to be hard-driven? I teach hatha yoga to those interested in becoming one with the body, mind and spirit. The breath is the key. If you can breathe, you can do yoga! It is this life force that unlocks the door which puts you in touch with the divine in all creation.

My style of teaching is gentle and compassionate with an emphasis on stretches with deep breathing, learning to relax and having fun—holding a pose but not holding the breath. The benefits of yoga are many: practicing helps increase flexibility and circulation, improves concentration and creativity, boosts self esteem, improves muscle tone, reduces stress and tension. From a medical standpoint, yoga reduces your risk of heart disease; it stimulates the immune system and the production of calcium for stronger bones. This is just a partial list of the many benefits to practicing yoga.

I began practicing yoga in the year 2000; I became a certified yoga teacher in 2004, so that I may share this ancient practice with others. I am passionate about what I do and I would love to share it with you. Current class information is just a phone call away!



Crystal Work

Patti Paar, "The Organic Nurse," R.N., C.R.P., C.M.R.M. 563.582.5059 or 563.587.0644 Page: 53

Detoxification Products

Breitbach's Farmers' Market Food Store 563.557.1777 Page: 24

Enchanted Curiosities 563.582.3886 Page: 44

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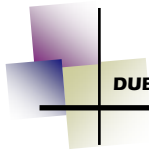
Dream Circles

Lisa Aird 563.582.3456 Page: 38

Emotional Freedom Technique (EFT)

Bodywork For Health 563.542.4081 or 815.747.9121 Page: 41

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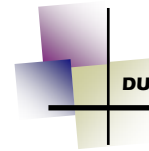


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Environmental Services

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Weber Chiropractic Office, S.C.

Business Address: 289 Sinsinawa Avenue, East Dubuque, Illinois 61025

Contact Person: Dr. David Weber

Phone: 815.747.6548

E-mail: weberchiro@mchsi.com

Related Categories: Acupuncture / Acupressure, Chiropractic, Nutritional Supplements / Natural Healthcare

At Weber Chiropractic Office, S.C., each patient is unique in his or her health challenges and we devise an action plan that is special to each patient. We start with a solid understanding of the health problem by taking the time to listen to the patient's history. We then administer a thorough orthopedic, neurological and kinesiological (movement) examination. This approach determines what tissues are involved and the best, most effective way to treat the condition. Part of this exam may also include evaluation of the patient's acupuncture meridians and a preliminary rehabilitation assessment.

Treatment options include manipulative treatment to restore movement and function to joints of the spine, shoulders, elbows, hips, knees, ankles, hands and feet. Manipulation can be done by hand or for those people who do not like the "cracking" approach, Dr. Weber is proficiency rated in the Activator technique which uses an instrument to gently restore function with minimal force and no twisting. Other treatment options include **decompression therapy** for disc problems, **acupuncture** (with or without needles), **specific rehab exercises** for each patient, **nutritional recommendations**, **physiotherapy**, **low level laser**, and **muscle balancing techniques** to loosen tight muscles and strengthen weak muscles, giving balance in the body. We can also help to reflexively release hidden emotional blocks to healing through light and sound therapies. We also expect patients to participate in their own recovery.

Dr. Weber is **board certified in Chiropractic Orthopedics, Chiropractic Rehabilitation, Level I**, has studied rehabilitation approaches in Europe, and has 28 years of acupuncture experience. This varied educational background provides a unique perspective on a patient's condition because it is evaluated from multiple points of view. This allows for more varied treatment options specific to each patient.

We do not keep patients coming back forever. No canned treatments (3 times per week for four weeks). No long contracts. Just competent, experienced care. We want you to be a lifelong, satisfied patient but only when you need us.

Tranquil Journey, L.L.C.

Business Address: 1001 Davis Street, Suite 1, Dubuque, Iowa 52001
3736 West Banfied Road, Potosi, Wisconsin 53820

Contact Person: Tracy Weber, R.N., L.C.M.T.

Phone: 563.590.6522

E-mail: tranquiljourney@tds.net

Web Site: www.tranquiljourney.net

Related Categories: Acupuncture / Acupressure, Allergy Products, Aromatherapy, Books & Information, Detoxification Products, Energy Work, Essential Oils, Indoor Environmental Purification, Lymph Drainage Therapy, Massage, Nutritional Supplements / Natural Healthcare, Pregnancy-Related Services, Water Purification, Wellness Education

Essential Oils

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Feng Shui

Body & Soul Wellness Center and Spa	563.556.9642	Page 39
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Flower/Gemstone Essences

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Farm Girl Goods	563.556.1108	Page 27
Flynn's Honey	563.556.3349	Page 28
Gateway Natural Meats L.C.	563.872.4327	Page 29
Harvest of Hope Winter Farmers' Market Program	563.588.2935 or 608.831.9319	Page 30
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Two Onion Farm	608.762.5335	Page 34
Weston A. Price Foundation	608.794.2638	Page 35

Touch Therapy Therapeutic Massage

Business Address: P.O. Box 1414, Dubuque, Iowa 52004

Contact Person: Barbara Jean Turner

Phone: 563.580.0359

E-mail: intouchbj2003@yahoo.com

Related Categories: Acupuncture / Acupressure, Emotional Freedom Technique (EFT), Energy Work, Massage, Reiki

Barbara is a certified and licensed massage therapist in Iowa and Illinois. Barbara is also a member of NCTMB. Barbara has 18 years experience in reflexology, polarity, acupressure, Swedish, eslan, and many other techniques. She uses a unique blend of all her experience to customize your session. "My work is gentle, but firm, wholesome and down to earth. I provide a safe nurturing atmosphere for healing treatments using a combination of bodywork techniques." Barbara has been a Reiki Master since 1989. She has been trained in La Stone Therapy, the original hot stone massage modality. Barbara also offers other energy healing techniques, enabling relief from physical stress and emotional pain. Sessions are by appointment only, with a 24 hour cancellation policy. She is celebrating 18 years in the Tri-state Area and tourists are welcome. Her sessions bring about rejuvenation, invigoration and open you up to a deeper level of awareness. Learn to love and appreciate yourself and the wonderful changes that occur in your life. YOU DESERVE IT! "My work is always adjusted to suit your particular needs. I help people who are afraid to be massaged, new to massage, or are uncomfortable with their own bodies." Let me assist you in experiencing the benefits of "Touch Therapy Therapeutic Massage"!

Amy Steinback

Business Address: Therapeutic Massage, 2255 JFK Road, Asbury Square, Dubuque, Iowa 52002

Contact Person: Amy Steinback

Phone: 563.583.3629

Related Categories: Massage, Pregnancy-Related Services

Danielle Stone, L.C.M.T.

Business Address: Therapeutic Massage, 2255 JFK Road, Asbury Square, Dubuque, Iowa 52002

Contact Person: Danielle Stone

Phone: 563.580.5630 or 563.556.3629

E-mail: dstonemassage@hotmail.com

Related Categories: Aromatherapy, Energy Work, Massage, Pregnancy-Related Services, Reiki

Therapeutic Massage

Business Address: 2255 JFK Road, Asbury Square, Dubuque, Iowa 52002

Contact Person: Joan Knockel

Phone: 563.583.3629

Related Categories: Aromatherapy, Massage, Pregnancy-Related Services, Reflexology

Gemstones/Jewelry

Active Healing	563.580.8010	Page 37
Body & Soul Wellness Center and Spa	563.556.9642	Page 39
Enchanted Curiosities	563.582.3886	Page 44
Gotz Gemstone Therapy & Jewelry	No phone listed	Page 46

Healing Touch

Active Healing	563.580.8010	Page 37
Body Wisdom	563.556.5173	Page 40

Herb Plants

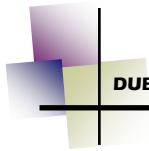
Pine Ridge Herbs	563.552.2449	Page 33
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Herbalism

Enchanted Curiosities	563.582.3886	Page 44
Tonia Lee, R.M.	815.554.0214	Page 49

Homeopathic Remedies

Breitbach's Farmers' Market Food Store	563.557.1777	Page 24
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Dave March	563.552.1516	Page 50



Hypnosis/Hypnotherapy

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Loie Poll, M.S., A.C.C.H.T.	563.556.9642	Page 54
Brigid Rahlf, M.S., A.C.C.H.T.	563.556.9642	Page 56

Indoor Environmental Purification

EcoQuest Intl.	563.872.4740	Page 25
Home Environment Center	563.557.1951	Page 31
Tranquil Journey, L.L.C.	563.590.6522	Page 60

Intuitive Readings

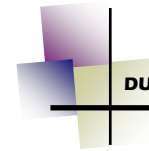
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Lymph Drainage Therapy

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Martial Arts

Springer's Martial Arts Academy Inc.	563.582.1400	Page 57
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Springer's Martial Arts Academy Inc.

Business Address: 1880 Radford Road, Suite 1, Dubuque, Iowa 52002

Contact Person: Ben Springer

Phone: 563.582.1400

Related Categories: Martial Arts

Springer's Martial Arts Academy offers fun and exciting karate classes for kids as young as 5 years of age up to adults of all ages. Children learn self-discipline, respect, goal-setting and the value of exercise. They improve their attention span, focus and self-confidence in a positive, friendly and motivating classroom setting. We offer two free introductory lessons to anyone who wants to try it out. Kick aerobics classes are also offered.

Springer's Martial Arts Academy is a very 'family oriented' school. Parents are welcome to stay and watch their child in class. Parents take an active role in assisting their child at home in studying their student handbook.

Adults can adopt an exercise program that improves their physical fitness as well as learning effective self-defense techniques.

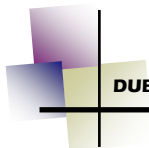
There are also classes available for parents who wish to train with their children.

All martial arts styles are welcome. Students from other styles retain their current rank (they do not start over at white belt again).

Moral philosophy and ancient wisdom are at the foundation of martial arts training. All students learn the important qualities of courtesy, humility, integrity, perseverance, self-control and indomitable spirit through disciplined training rooted in the mind, body and spirit philosophies.

It is our hope that each student becomes a productive part of society: By providing strong interactive leadership, we set the example. We try to help each student become at peace with oneself. With that achieved, the student can learn to be at peace with others.

Please feel free to call us at 563.582.1400 or come visit us at our spacious Westside location at 1880 Radford Road and talk with any of our qualified instructors.



Brigid Rahlf, M.S., A.C.C.H.T.

Business Address: Body & Soul Wellness Center, 2728 Asbury Road, Suite 777, Dubuque, Iowa 52001

Contact Person: Brigid Rahlf

Phone: 563.556.9642

Web Site: www.relaxlivewell.com

Related Categories: Counseling, Hypnotherapy

Shalom Retreat Center

Business Address: 1001 Davis Street, Dubuque, Iowa 52001

Contact Person: Margaret Jungers, O.S.F.

Phone: 563.582.3592

E-mail: shalommj@aol.com

Web Site: http://members.aol.com/DBQShalom

Related Categories: Coaching / Life Purpose / Spiritual Direction



Massage

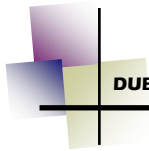
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Bodywork For Health	563.542.4081 or 815.747.9121	Page 41
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Pregler Chiropractic & Acupuncture	563.584.0357	Page 54
Amy Steinback	563.583.3629	Page 58
Danielle Stone, L.C.M.T.	563.580.5630 or 563.556.3629	Page 58
Therapeutic Massage	563.583.3629	Page 58
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Meditation

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Midwifery

Dubuque Ob / Gyn & Midwifery	563.557.5959	Page 43
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Native Spirituality/Medicine

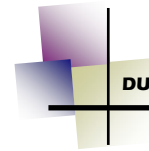
Patti Paar, "The Organic Nurse," R.N., C.R.P., C.M.R.M.	563.582.5059 or 563.587.0644	Page 53
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Natural Beauty Care

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Natural Cleaning Supplies

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Putman Productions

Contact Person: Victoria Putman

Phone: 563.872.5996 (mobile phone: 563.542.7993)

E-mail: victoriaputman@yahoo.com

Related Categories: Counseling, Energy Work, Feng Shui, Reiki

Victoria Putman is a certified Feng Shui consultant and teacher, Reiki master, and Reconnective Healing® and energy medicine practitioner.

Feng Shui is the ancient Chinese art of working with subtle energies and arranging your environment to enhance all areas of your life, including health, wealth, and relationships.

Feng Shui shows you how to arrange your home or office to

- attract prosperity
- create harmony
- enhance your life.

Energy Medicine shows you how to understand and work with your body's reservoir of electromagnetic and more subtle energies to

- increase your vitality
- identify and correct energy imbalances that keep you from being at your best
- enhance your health and state of mind.

You are a latticework of energies. Victoria invites you to clear, balance, and enhance the energy within your body, within your home, and within your relationships.

She is available for personal Feng Shui consultations at your home or place of business. Energy medicine sessions are 30 or 60 minutes and are held at the Body & Soul Spa.

Loie Poll, M..S., A.C.C.H.T.

Business Address: Body & Soul Wellness Center, 2728 Asbury Road, Suite 777, Dubuque, Iowa 52001

Contact Person: Loie Poll

Phone: 563.556.9642

E-mail: lcjvp@aol.com

Web Site: www.relaxlivewell.com

Related Categories: Counseling, Energy Work, Hypnosis / Hypnotherapy

Pregler Chiropractic & Acupuncture

Business Address: 1394 Locust Street, Dubuque, Iowa 52001

Contact Person: Debbie

Phone: 563.584.0357

Related Categories: Acupuncture / Acupressure, Chiropractic, Massage

Pure Prana Yoga

Business Address: 375 Bluff Street, Dubuque, Iowa 52001

Contact Person: Christine Conlon

Phone: 563.580.7866

E-mail: christineconlon@yahoo.com

Web Site: www.purepranayoga.com

Related Categories: Pilates, Yoga

Natural Lawn & Garden

EnviroOne® Lawn / Iowa-Gro® Compost 563.557.2640 Page 26

Melaleuca Products 563.872.5996 Page 51

Nutritional Supplements/Natural Healthcare

Breitbach's Farmers' Market Food Store 563.557.1777 Page 24

Dubuque Newstart 563.773.2614 Page 24

Ardell L. Hoff 563.872.4740 Page 48

Home Environment Center 563.557.1951 Page 31

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Key West Chiropractic Health Center 563.588.9776 Page 49

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Tranquil Journey, L.L.C. 563.590.6522 Page 60

Weber Chiropractic Office S.C. 815.747.6548 Page 61

Ortho-Bionomy®

Bodywork For Health 563.542.4081 or 815.747.9121 Page 41

Pilates

Kristin Hancock, C.P.T. 563.556.1234 Page 46

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Pregnancy—Related Services

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Qi Gong

Bai Yu Healing Arts	815.776.0319	Page 38
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Reflexology

Bodywork For Health	563.542.4081 or 815.747.9121	Page 41
Integrating Wellness	563.690.0506	Page 48
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Patti Paar, "The Organic Nurse," R.N., C.R.P., C.M.R.M.

Business Address: Style Masters Spa, 1044 University Avenue, Dubuque, Iowa 52001

Contact Person: Patti Paar

Phone: 563.582.5059 (office) or 563.587.0644 (home)

Related Categories: Crystal Work, Energy Work, Native Spirituality / Medicine, Reiki

Reiki is the healing art of "laying on of hands." Patti has 27 years of healing practice experience through her Nursing career, and as much continuing study in the healing arts.

Unique to the Tri-State area is the offering of Medicine Reiki. Medicine Reiki is a powerful blend of Reiki and American Indian Medicine, combining the safety of Reiki with the immediacy and power of Indian Medicine. Medicine Reiki provides a much broader range of energies at considerably higher amplitudes, deepening and broadening Reiki energy to heal the source of problems *and* penetrating the physical problem. American Indian Medicine Energies include Deer, Bear, Eagle, Sacred Living Wind, Sacred Living Water, Sacred Living Fire, Sacred Living Earth...everything that Lives! Reiki Energies envelop Medicine Energies, ensuring that Medicine Reiki is safe and can only be used for healing, not hurting.

Patti incorporates the therapeutic influences of precious oils, crystal energy and music with each session. She also provides instruction for the metaphysical healing use of reiki crystals. Patti is currently working in her 4th year in crystal energy studies and is working to receive National Certification in Crystal Therapy by 2007. Patti currently practices at Style Masters Spa, Monday through Saturday, but is able to make Home Visits for those that are home bound.

Mind Over Matter

Business Address: 82 Main Street, Dubuque, Iowa 52001

Contact Person: Patrick Sterenchuk

Phone: 563.580.9779

E-mail: pan_gaia@hotmail.com

Related Categories: Books & Information, Energy Work, Intuitive Readings, Meditation, Reiki, Wellness Education, Yoga

Patrick Sterenchuk is a psychic/medium from birth, and has been channeling and giving readings for over 12 years to clients from all walks of life. He is a healer who has been doing energy work professionally for nearly 14 years, and he is certified to teach and practice Usui Reiki. Patrick also uses these gifts to help spirits move on after death, and, in the process, cleans homes of unwanted paranormal activity.

Patrick has been practicing meditation for over 19 years and has been teaching it (on and off) for the last thirteen years. In 2005, he finished his education and certification with Dr. Madan Kataria’s School of Laughter Yoga. He is one of just a few Certified Teachers of Laughter Yoga in the Midwest, and was fortunate to have studied with the founders of the school—Dr. Madan and Madhuri Kataria.

Patrick is, above all, a motivator and an advocate who sees the goodness, the potential for greatness in all people. He is thankful for the opportunity to use his gifts to help individuals realize their connection to their own gifts and to their own divine spark. We are all connected, and as each one of us grows and becomes whole, so does the entire planet. Be empowered!

Patrick will be opening Mind Over Matter on Main Street in Dubuque in Autumn of 2006. In the meantime, if you would like to schedule an appointment with Patrick (he makes house-calls) or receive more information about anything you have read, please contact him by phone or e-mail or web: www.patricksterenchuk.com

Reiki

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Lisa Aird	563.582.3456	Page 38
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Tai Chi

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Water Purification

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Wellness Education

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Weston A. Price Foundation	608.794.2638	Page 35
The Yoga Spectrum	563.588.2935	Page 63

Melaleuca Products

Contact Person: Victoria Putman

Phone: 563.872.5996

Related Categories: Natural Beauty Care, Natural Cleaning Supplies, Natural Lawn & Garden, Nutritional Supplements / Natural Healthcare

Melaleuca products are unique health, home, and personal care products that

- * are environmentally safe
- * do not compromise effectiveness
- * often contain the natural, powerful essential oil Melaleuca Alternifolia (tea tree oil).

Products include:

- * Nicole Miller Cosmetics and Skin Care Products
- * Natural Solutions to Health Concerns
- * Nutrition and Supplements
- * Household cleaning / laundry

Dave March

Business Address: 20501 Ridge Road, Sherrill, Iowa 52073

Contact Person: Dave March

Phone: 563.552.1516

Related Categories: Allergy Products, Books & Information, Coaching / Life Purpose / Spiritual Direction, Detoxification Products, Energy Work, Essential Oils, Food, Homeopathic Remedies, Natural Beauty Care, Natural Cleaning Supplies, Nutritional Supplements / Natural Healthcare, Wellness Education

Founded by D. Gary Young, N.D., Young Living Essential Oils is world renowned for exceptionally high-quality essential oils, dietary supplements, personal care products, and other unique solutions for healthy lifestyles. D. Gary Young has spent the past 25 years researching natural ways to combat disease and preserve health and has traveled extensively throughout the world in pursuit of that quest.

Young Living is one of the world's leaders in the cultivation, distillation, and production of organically grown, guaranteed pure essential oils, and was the first company to combine guaranteed pure essential oils with dietary supplements. Young Living owns more than 1,800 acres of organic farmland in Utah and Idaho, with over 70,000 square feet of greenhouse space, and annually harvests and distills over 2,000 acres of wild herbs and vegetation. They also participate in joint-venture research farms in Provence, France, and Seville, Spain. Young Living cultivates over 15 different herbs and botanicals, including organic peppermint, spearmint, basil, clary sage, lavender, rosemary, thyme, melissa, and wolfberry. They use a proprietary low-pressure, low-temperature stainless steel steam distillation system designed to preserve the high quality of essential oils.

Since 1993, the company's knowledge and use of natural medicine and essential oils has become enormously valuable to countless people throughout the world. The company founded to disseminate both traditional and modern knowledge of different healing methods has grown to encompass more than 250,000 distributors in 20 foreign countries. Essential oils are transforming the way people deal with illness and aging, and they are revolutionizing natural medicine.

For more information, please contact Dave March (member # 372130) at 563-552-1516, or visit www.youngliving.com.

Yoga

Body & Soul Wellness Center and Spa	563.556.9642	Page 39
Pam Connolly	563.556.4943	Page 42
Alan Dostal	563.589.9375	Page 42
Galena Yoga Center	815.777.4856	Page 45
Kristin Hancock, C.P.T.	563.556.1234	Page 46
Mind Over Matter	563.580.9779	Page 52
Pure Prana Yoga	563.580.7866	Page 54
Yoga for the Whole You	815.777.1785	Page 62
The Yoga Spectrum	563.588.2935	Page 63
Yogacare	563.556.7141	Page 64

GLOSSARY OF ABBREVIATIONS USED IN THIS GUIDE

A.C.C.H.T.—Advanced Certified Clinical Hypnotherapist
 A.F.N.O.R./I.S.O.—Association French Normalization Organization
 Regulation / International Standards Organization
 C.H.T.P.—Certified Healing Touch Practitioner
 C.M.R.M.—Certified Medicine Reiki Master
 C.N.M.—Certified Nurse Midwife
 C.P.T.—Certified Personal Trainer
 C.R.—Certified Reflexologist
 C.R.P.—Certified Reiki Practitioner
 D.N.F.T.—Directional Non-Force Technique
 L.C.M.T.—Licensed Certified Massage Therapist
 L.M.T.—Licensed Massage Therapist
 M.S.N.—Master of Science in Nursing
 N.A.H.A.—National Association for Holistic Aromatherapy
 N.D.—Naturopathic Doctor
 N.S.T.—Neuro-Structural Therapy (also called Bowen Technique)
 P.T.—Physical Therapist
 R.A.—Registered Aromatherapist
 R.M.—Reiki Master
 R.N.—Registered Nurse

Key West Chiropractic Health Center

Business Address: 2254 Flint Hill Drive #2, Dubuque, Iowa 52003

Contact Person: Dr. Jennifer R. Klein or Dr. Nathalie Dewain (Webster Certified)

Phone: 563.588.9776

E-mail: keywestchiro@earthlink.net

Related Categories: Chiropractic, Nutritional Supplements / Natural Health-care, Pregnancy-Related Services

Key West Chiropractic Health Center's mission is to provide chiropractic care to the community while educating and promoting the concept that the human body has an inborn healing potential that works to maintain us in health and heal us if injured or diseased. There is a physical condition called the vertebral subluxation complex which interferes with this expression of your inner healing. This condition irritates the nervous system, distorts your physical structure and posture, and drains your energy. It is our goal to remove this interference through a series of gentle and safe adjustments to your spine, unlocking your body's potential to heal.

Our doctors utilize a type of structural correction called D.N.F.T. (Directional Non-Force Technique). We employ a diagnostic system for subluxation analysis consisting of gentle challenging and a unique leg check. This testing system allows the body itself to indicate the directions of misalignment of structures that are producing nerve interference. A gentle but directionally specific thumb impulse provides a long lasting correction to bony and soft tissue structures. D.N.F.T. adjustments are able to achieve structural corrections without torqueing, strong thrusts, and associated articular sounds that are often associated with traditional chiropractic. Our patient oriented approach provides maximum, long lasting relief in a safe and effective manner. Low numbers of initial visits without the need for frequent follow up is the clear intention of our office. Our doctors have also had additional training in the treatment of children and pregnancy.

Tonia Lee, R.M.

Contact Person: Tonia Lee

Phone: 815.554.0214

Related Categories: Herbalism, Reiki

Ardell and Marian Hoff ~ Independent Distributors

Contact Person: Ardell L. Hoff

Phone: 563.872.4740

E-mail: a-l-hoff@hotmail.com

Related Categories: Essential Oils, Natural Beauty Care, Nutritional Supplements / Natural Healthcare

Independent distributors for Young Living Essential Oils since 2000
Distributor # 372134

Young Living uses AFNOR / ISO certification standards for producing pure therapeutic grade oils, the highest standard of quality in the world. Any oil failing to meet these standards is rejected.

Young Living has formulated and markets Ningxia Red, "Patent Pending" the highest known antioxidant drink in the world today. The 242-page book "Discovery of the Ultimate Superfood" by Dr. Gary Young, Dr. Ronald Lawrence and Marc Schreuder presents all the independent documented scientific research studies done on the health benefits of the Chinese Ningxia Wolfberry.

ART—"Age Refining Technology" Skin Care repairs damaged skin and DNA, and reduces wrinkles.

Educational meetings are held monthly—everyone is welcome! For more information, contact Ardell L. Hoff at 563.872.4740.

Integrating Wellness

Business Address: 1001 Davis Street, Suite 1, Dubuque, Iowa 52001

Contact Person: Judy Sinnwell

Phone: 563.690.0506

Related Categories: Massage, Reflexology, Reiki, Tai Chi



**Dubuque Area Farmers
and Businesses
Promoting a Healthy
Environment**

Ambleside Farm

Business Address: 15758 Temple Hill Road, Onslow, Iowa 52321

Contact Person: Kristina Doll and Kevin Nash

Phone: 319.310.2210

E-mail: ask@amblesideorganics.com

Web Site: www.amblesideorganics.com

Related Categories: Food (Natural/Organic)

Local – Seasonal – Direct

Ambleside Farm is a growing vegetable and fruit farm. Our guiding principles are that the best food is always produced locally in accordance with the seasons and sold directly to you by us! We can then give you fresh food you require at the best value.

Local availability – We sell at the Dubuque Farmers' Market on Saturdays, Dyersville Farmers' Market on Thursdays, and the Monticello Farmers' Market on Wednesdays and Saturdays. Direct sales are also available.

Seasonal – During our main crop season we grow berries, lettuce, spinach, tomatoes, eggplants, peppers, onions, leeks, garlic, carrots, radishes, beets, fennel, celery, beans, peas, zucchini, broccoli, cabbage, kale, brussel sprouts, cucumbers, melons, butternut squash and potatoes. We only grow the best tasting varieties and harvest at the peak of ripeness. During the winter we grow greens in an unheated greenhouse. We also offer free-range eggs.

Direct – We don't want to live with or eat chemicals so we don't expect you to. What you see is what you can eat! We are proud of our fruit and vegetable produce. Our produce is grown utilizing organic principles and sustainable agricultural practices. We compost, use green manure, and mulch to sustain our soil. To protect the environment we use no chemicals. We pass these ideals directly to the customers. We are proud of our produce!

Colleen Helgerson

Business Address: Dubuque and Galena

Contact Person: Colleen Helgerson

Phone: 563.599.2823

E-mail: healingreiki3@aol.com

Web Site: www.galenabodyandspirit.com

Related Categories: Coaching / Life Purpose / Spiritual Direction, Energy Work, Intuitive Readings, Meditation, Reiki, Wellness Education

Colleen Helgerson is a practitioner and teacher of healing and the esoteric arts, specializing in Usui Reiki, Karuna Reiki®, Shinjiro (to believe), Life Coaching and the Akashic Records.

- Usui Reiki is basic energywork—enhancing the bodies' own innate wisdom to heal itself.
- Karuna Reiki® is an expansion of Usui Reiki, which moves blockages more quickly and effectively.
- Shinjiro is a combination of the energy of Reiki with the loving, healing energies of the Akasha.
- Life Coaching is the assistance of a person in making life choices which support well-being. Coaching sessions can be combined with any or all of the other modalities I offer—creating an environment of sacred space in which the client can bring forward the direction of their soul's desire in practical form to their everyday life.
- The Akasha is the primary substance from which all comes.
- The Akashic Record is the vibrational documentation of each individual's energetic patterns. Within the record, we can find the resources to live in peace within ourselves and the world.

An Akashic Reading is the exploration of the soul's signature vibration. When working with a practitioner, the two of you interact with the energy of your records—you both enter a sacred space where you become aware of the energetic patterns of your thoughts, words, and actions; our interactions with all of creation. Together we find ways to become aware of ourselves through the language of issues and experiences. An Akashic Reading can shift beliefs and create healing in the emotional, mental and physical body. The study of quantum physics has begun to scientifically explain what spiritual explorers have known forever—our energy follows a path toward that which we focus upon—to heal we must refocus our attention—the shifting of this energy through exploration in the Akashic Record can move us quickly and easily into a new alignment with our True Self. All that has been written upon the Akasha—has been placed there by our souls, waiting for us to use its presence as a vehicle to see ourselves as the limitless beings we have always been.

Gotz Gemstone Therapy & Jewelry

Contact Person: Erin Gotz

E-mail: gotzgems@yahoo.com

Related Categories: Gemstones / Jewelry

Kristin Hancock, C.P.T.

Business Address: Alpine Tennis & Fitness Center, 1090 Cedar Cross Road, Dubuque, Iowa 52003

Contact Person: Kristin Hancock

Phone: 563.556.1234

Related Categories: Pilates, Yoga

Arnold's Farm

Business Address: 997 North Salem Road, Elizabeth, Illinois 61028

Contact Person: Tom Arnold

Phone: 815.858.2407

E-mail: arnoldfarm@juno.com

Web Site: www.arnoldsfarm.com

Related Categories: Food (Natural/Organic)

Arnold's Farm is a diversified Centennial Family Farm direct marketing grain- and grass-finished beef, chicken, pork, turkey and lamb to health conscious consumers. We are the fourth and fifth generations on this land to take great pride in caring for it. We are committed to raising our meat animals in a sustainable and ecologically sound system, utilizing good land stewardship practices, responsible animal husbandry, and socially acceptable farming methods. Hormones, antibiotics, animal by-products, and GMO corn are not used in our livestock feeds.

We are located in beautiful Jo Daviess County in northwestern Illinois near Elizabeth. Direct-to-consumer sales are transacted at the farm by appointment or by scheduled delivery to Chicago and selected Tri-State areas. Individual cuts, quantity packages, sides and whole animals are available. All meats are packaged in easy to use portions and are done at USDA inspected plants with excellent reputations. (Turkeys are done by an Illinois custom plant.) The processors do not use irradiation or mechanical separation of meat from the carcass and do not add water to the final product. All meats excepting those cured or smoked are sodium nitrate- and MSG-free. We think you will find Arnold's Farm meat to be a pure, fresh and flavorful product.

Breitbach's Farmers' Market Food Store

Business Address: 1109 Iowa Street, Dubuque, Iowa 52001

Contact Person: Mike Breitbach

Phone: 563.557.1777

Related Categories: Allergy Products, Books & Information, Detoxification Products, Essential Oils, Food (Natural / Organic), Homeopathic Remedies, Natural Beauty Care, Natural Cleaning Supplies, Nutritional Supplements / Natural Healthcare, Wellness Education

Breitbach's Food Store has been well-known for many years as the place to go in the Dubuque area to buy organic and natural foods. Just about everything stocked in the store is organic. Fresh organic fruits and veggies come in every week. Organic meats are available, as well as meats from local farmers who are not certified organic producers but still follow organic practices—this saves you money! We have the best prices in town for the quality and freshness provided with nuts, herbs and spices. Regular customers might be interested in our \$10/year store membership, which gets you an 8% discount every time you check out. For larger or special orders, we offer entire cases of merchandise at just 25% above cost. Special ordering items at Breitbach's means not having the hassle of going through a buying club, and the convenience of picking up your goods anytime at our store. We also carry supplements, medicinal herbs, natural beauty products and books with old-time home remedies. If we don't have what you are looking for, we will do our best to get it for you!

Dubuque Newstart

Business Address: 1122 Rockdale Road, Dubuque, Iowa 52003

Contact Person: Laura Powers

Phone: 563.773.2614

E-mail: laura2006@pcpoll.com

Related Categories: Food (Natural / Organic), Natural Beauty Care, Natural Cleaning Supplies, Nutritional Supplements / Natural Healthcare

Galena Yoga Center

Business Address: 306 South Main Street, Galena, Illinois 61036

Contact Person: Tracey Roberts and Jeff Wright

Phone: 815.777.4856

E-mail: yoga@galenayoga.com

Web Site: www.galenayoga.com

Related Categories: Books & Information, Meditation, T'ai Chi, Yoga

The Galena Yoga Center is housed in an historic downtown building overlooking Main Street. The bright, airy room is well suited for your enjoyment of Yoga, T'ai Chi, Meditation, and other mind-body practices.

Our desire is to help you achieve greater stability, flexibility, and peace of mind so you can find contentment in the face of everyday adversity.

Yoga classes, taught by certified instructors Jeff Wright and Tracey Roberts, are offered at three levels so that anyone can participate. On our weekly schedule we offer Level I and Level II hatha yoga classes, Vinyasa flow class and a free sitting group hour. Five week introductory hatha yoga courses and short courses in meditation practices are offered throughout the year.

Jeff has been teaching yoga in the Tri-State area for over 20 years. His first instruction came from Swami Rama and Swami Veda Bharati of the Himalayan tradition. He is the author of numerous articles published in *Yoga International* and *Yoga Journal*. Jeff is also the author of the book, *Dubuque Yoga*. Tracey has been teaching yoga classes for about two years. Jeff and Tracey both hold M.A. degrees, in Education and History respectively, and work as teachers. T'ai Chi classes (yang short form) are taught by Glore Rohnke of Bai Yu Healing Arts.

A weekly schedule of yoga, t'ai chi, and meditation sitting group is available at www.galenayoga.com. Workshops and special events occur several times a year. Individual one-on-one sessions in hatha yoga, meditation and breath awareness are available. We offer quality yoga gear for sale and beautiful custom malas made by Jeff.

For more information and to register, please call us at 815.777.4856 or e-mail at yoga@galenayoga.com.

Galena Yoga Center, 306 South Main Street, Second Floor, Galena, Illinois 61036. (Our entrance is on Commerce Street.)

Enchanted Curiosities

Business Address: 1113 Main Street, Dubuque, Iowa 52001

Contact Person: Terri Faber

Phone: 563.582.3886

E-mail: rowannwytch@yahoo.com

Related Categories: Books & Information, Coaching / Life Purpose / Spiritual Direction, Counseling, Detoxification Products, Energy Work, Essential Oils, Feng Shui, Gemstones / Jewelry, Herbalism, Intuitive Readings

Fred Frommelt

Contact Person: Fred Frommelt

Phone: 563.588.2971

Related Categories: Massage

EcoQuest Intl.

Contact Person: Ardell L. Hoff

Phone: 563.872.4740

E-mail: a-l-hoff@hotmail.com

Related Categories: Indoor Environmental Purification, Natural Cleaning Supplies

EcoQuest Intl.—Independent Distributor # 14122
Distributor since 1991 — offering repair, free trial

Certified Space Age Technology Fresh Air Purification

Duplicating fresh air inside homes, businesses and commercial buildings based on the same principle as mother nature uses cleaning up outside air, thus effectively reducing smoke, smoke odors, mold, mildew and bacteria. Today's buildings are constructed so energy efficiently that they literally have created an arsenal of chemicals locked "barricaded" inside that people are exposed to daily, causing various health problems. We breathe in an average of 34 lbs. of air daily. If we had to pay for air, we would insist it be clean.

Laundry Pure

A new **Certified Space Age Technology** Product by EcoQuest changing the way clothes are washed with the following benefits:

- Eliminates the need for hot water, thus reducing energy bills
- Eliminates the need for detergent, bleach or fabric softener
- No detergent or bleach residues left in your clothes to irritate your skin
- No phosphates entering water supplies or septic systems, thus protecting the environment
- No clothes sorting — wash all colors together
- Kills 99% of bacteria — conserves water quality
- Slows fabric breakdown — fabric lasts longer, less lint, reduced drying time

EnviroOne® Lawn / Iowa-Gro® Compost

Business Address: 4487 Dodge Street, Dubuque, Iowa 52003

Contact Person: Del and Peggy Banowetz

Phone: 563.557.2640

E-mail: envirooneinc@aol.com

Web Site: www.enviroone.net

Related Categories: Environmental Services, Natural Lawn & Garden

After retiring from farming in 1986, Del Banowetz purchased a home in Maquoketa, IA and with it came a lawn that needed rescue. To revitalize his lawn he used organic-based principles and techniques that worked well while farming. The result was a beautiful and healthy non-toxic lawn. Word of mouth quickly spread that the less toxic approach to having a nice lawn was available and out of that grew **EnviroOne®**, now headquartered in Dubuque, that provides lawn and landscape services in Eastern Iowa, Southwestern Wisconsin and Western Illinois.

In order to better satisfy the company mission of providing quality landscape and lawn care services using less or no toxic products at all, **EnviroOne®** started manufacturing high quality, high nutrient, certified organic, and trade marked **Iowa-Gro® Compost** near Dubuque. It's now part of **EnviroOne®'s** lawn and landscape program. **Iowa-Gro®** is also becoming a favorite product for other landscape providers throughout the Midwest as well as Do-it-yourself homeowners who are seeking an alternative to the harsh toxic chemicals that so often cause health problems such as allergies and even cancer.

Advanced technology and research conducted by Iowa State University and other research centers are helping to pave the way for more products, equipment, and techniques that give more alternative choices. Research has proven that properly made compost offers a very competitive edge in the germination of grass seed and development of a thick robust stand of turf in a very short time frame. This also reduces the weed population while reducing watering needs.

EnviroOne® has recently introduced the use of compost tea in their lawn and landscape maintenance program. They see great advantages in using it to improve soil biology and in reducing insect and disease problems in all horticultural and agricultural areas.

To learn more about what services and products **EnviroOne®** offers, call Del at 563.557.2640.

Dubuque Ob / Gyn & Midwifery

Business Address: 1500 Delhi Street, Suite 3100, Dubuque, Iowa 52001

Contact Person: Deborah Fautsch, C.N.M., M.S.N., or Kathe Lehman, C.N.M., M.S.N.

Phone: 563.557.5959

Web Site: www.dbqobgyn.com

Related Categories: Midwifery, Pregnancy-Related Services

Midwife means "with woman." From the very beginning, women have helped one another give birth. Certified Nurse Midwives (CNMs) are primary care providers educated to provide normal gynecological, maternity and newborn care. We have passed a national certifying exam, and are licensed as a category of Advance Registered Nurse Practitioners by the State of Iowa Board of Nursing.

In addition to prenatal and birth care, we provide gynecological care, annual physicals, breast exams, health screenings, adolescent and mid-life care. We commonly order diagnostic and laboratory tests, write prescriptions or share knowledge about herbs, aromatherapy or other complimentary options. Our focus is on wellness and health promotion, the normalcy of childbirth, and the importance of individualized care. Most private insurance carriers, Medicare, Medicaid and managed care programs cover nurse midwifery care.

Captain Merry Inn, Fine Dining, Salon & Spa

Business Address: 399 Sinsinawa Avenue, East Dubuque, Illinois 61025

Contact Person: Trish McDonald

Phone: 815.747.3644

E-mail: communications@captainmerry.com

Web Site: www.captainmerry.com

Related Categories: Aromatherapy, Food (Natural / Organic), Massage, Natural Beauty Care, Reiki

Pam Connolly

Business Address: Body & Soul Wellness Center, 2728 Asbury Road, Suite 777, Dubuque, Iowa 52001

Contact Person: Pam Connolly

Phone: 563.556.4943 (home)
563.543.7154 (cell)

Web Site: www.relaxlivewell.com

Related Categories: Yoga, Wellness Education

Alan Dostal, P.T., Certified Yoga Instructor

Business Address: Mercy Health Center, 250 Mercy Drive, Dubuque, Iowa 52001

Contact Person: Alan Dostal

Phone: 563.589.9375

E-mail: dostala@mercyhealth.com

Related Categories: Yoga

Farm Girl Goods

Business Address: 111 Devon Drive, Dubuque, Iowa 52001

Contact Person: Jamie Easley

Phone: 563.556.1108

E-mail: jamieeasley@yahoo.com

Related Categories: Food (Natural/Organic)

Food that's good for your health and good for your soul!

We are a Cistercian monk and a farm girl 'wannabe' who enjoy growing wholesome, great tasting food for our loved ones and for the Dubuque community.

Most of our produce is grown on 15 acres at the New Melleray Abbey in Peosta, IA. We advocate sustainable suburban farming as well, growing produce on a 100'x50' plot within Dubuque city proper.

Our niche is the best tasting, highest quality organic produce at affordable prices.

Growing and selling our fruits and veggies locally means that we can provide varieties that are bred for flavor, not shipping and long shelf life.

Growing our produce organically and sustainably means preserving the soil and even improving it for growing healthful food indefinitely.

Selling our produce directly to the consumer means cutting out marketing and shipping costs.

No synthetic fertilizers, pesticides or herbicides are used. We employ cover-cropping and composting, resulting in a healthy soil that produces an abundance of great tasting produce loaded with nutrition.

We sell every weekend at the Dubuque Farmers' Market from May through October.

Flynn's Honey

Business Address: 2337 Roosevelt Street, Dubuque, Iowa 52001

Contact Person: Kevin and Connie Flynn

Phone: 563.556.3349

E-mail: inflay@peoplepc.com

Related Categories: Allergy Products, Food (Natural/Organic)

Flynn's Honey offers the highest quality raw honey for sale—30 years experienced beekeeper. Direct from local honey bees and our sweet home to yours. Dubuque-land honey bees located in Sherrill, Asbury and Key West in Iowa, and near Galena in Illinois. Beneficial for allergy sufferers, and perfect for the natural foods connoisseur.

- 1 gallon plastic container = \$25 (available in wide-mouthed plastic canister styles)
- 3 lb. plastic jug = \$9 (resembles miniature milk jug)
- 1 lb. plastic container = \$3 (available in squeeze "bear container" or squeeze "skep container")
- Cut comb honey (when available) in Plexiglas box = \$7
- 1 lb. chunk comb honey (when available) in glass jar = \$7

Delivery to be determined, based on purchase.
We also have 100% pure beeswax for sale. Call to inquire.

Bodywork For Health

Business Address: 115 Wisconsin Avenue, East Dubuque, Illinois, 61025; or 2254 Flint Hill Drive #2, Dubuque, Iowa 52003

Contact Person: Gwen Stone, L.M.T., C.R., N.S.T.

Phone: 815.747.9121 or 563.542.4081

E-mail: bodywork4health@yahoo.com

Web Site: www.bodyworkforhealth.com

Related Categories: Acupuncture / Acupressure, Aromatherapy, Books & Information, Bowen Technique, Cranial-Sacral Therapy, Emotional Freedom Technique (EFT), Essential Oils, Flower / Gemstone Essences, Massage, Ortho-Bionomy, Reflexology, Wellness Education

As a Chronic Pain Relief Specialist for the past 10 years, Gwen takes care of clients of all ages, from infants to the elderly. Her gentle healing approach is beneficial for those with chronic as well as everyday aches and pains. She regularly incorporates in her sessions techniques such as those listed below as well as Aromatherapy (including Raindrop Therapy with Young Living Oils).

Gwen encourages balance in the process of healing using relaxation therapies that will improve your overall health and well-being. She teaches and promotes self care techniques to each of her clients and is happy to present these in group settings.

Reflexology: A Touch Therapy applied to the feet. The feet are like a mini-map of the entire body, with reflex points corresponding to every organ, gland and part of the body. By stimulating these areas on the feet, it can aid in promoting better health through the entire body.

Neuro-Structural Therapy (a.k.a. Bowen Technique): NST uses a series of gentle movements across muscles, helping the body relax and balance itself. NST is non-invasive, yet it has proven to be the most effective bodywork that I have come across so far for helping chronic pain.

Cranial-Sacral Therapy: CST is used to release tension and energy blocks. This assists the muscles to a state of rest, relaxation and balance.

Ortho-Bionomy®: This gentle work is effective at relieving everything from soft tissue trauma to long term postural imbalance.

Flower Remedies: These remedies are similar to homeopathic remedies. They have no scent and are wonderful tools for healing and emotional support. These remedies do not eliminate symptoms or problems, but help to develop our ability to balance our health.

Body Wisdom

Business Address: 3538 Eclipse Circle, Dubuque, Iowa 52003

Contact Person: Peggy Kaune, R.N., C.H.T.P., R.M., R.A.

Phone: 563.556.5173

E-mail: peggykaune@mchsi.com

Related Categories: Aromatherapy, Essential Oils, Healing Touch, Natural Beauty Care, Reiki, Wellness Education

Peggy is a Registered Nurse (R.N.) and a Certified Healing Touch Practitioner (C.H.T.P.) who uses hands-on energy-based techniques to assess, balance, and align the human energy field. She is a Reiki Master (R.M.) and therapist. As a Registered Aromatherapist (R.A.) with NAHA she formulates and sells oils that support the client's inherent ability to heal themselves. Peggy attends ongoing classes to certify in Healing Touch Spiritual Ministry.

—Essential oils promote good health, improve nutrition, enhance immunity, elevate mood, are high in antioxidants, boost stamina, help relaxation, improve stress management, reduce appearance of aging, improve mental clarity, and promote overall health, vitality and longevity. They are an excellent complement to your ongoing doctor's care.

—Selling organic therapeutic grade essential oils, blends, herbal, vegetable and carrier oils at wholesale prices.

—Creating personalized blends after consultation assessment, formulated for your unique areas of dis— ease on physical, mental, emotional, and spiritual level. Peridot gem nuggets added to every massage oil, beauty cream and bubble bath mixture.

—Classes on clinical uses for aromatherapy, using therapeutic grade oils that support balancing emotions, regenerating tissue and purification. Peggy studied Clinical Aromatherapy I & II at the University of Minnesota.

—Classes are offered in Reiki I, II and III, which are different levels of an ancient Tibetan healing system using light hand placements to transfer healing energies to the recipient.

—Therapies offered using Reiki, Healing Touch, anointing with holy oils or Rain-drop Therapy. \$60 a session. A sliding fee is available.

Gateway Natural Meats LC

Business Address: 37443 385th Street, Bellevue, Iowa 52031

Contact Person: Phil and Barbara Hueneke

Phone: 563.872.4327

E-mail: gateway@yousq.net

Web Site: www.gatewaynaturalmeats.com

Related Categories: Food (Natural/Organic)

In 1980 we started to raise our animals without hormones, chemicals or antibiotics in the feed. Gateway Natural Meats was established in 1985 to direct market the beef, pork, chicken and produce that we raised on our farm. Today we market our products direct to customers and health food stores within the tri-states, between Des Moines and Chicago. Locally our products can be purchased at Breitbach's Food Store in Dubuque. Our meat may be bought by the quarter, half or by the package. Our organic or natural products include: beef, pork, chicken, turkey, lamb, fish, milk, cheese, butter, eggs, goat cheese, corn chips, yogurt, organic frozen fruits and vegetables.

Harvest of Hope Winter Farmers' Market Program

Business Address: Churches Center for Land and People, c/o St. Benedict's Center, 4200 County Highway M, Middleton, Wisconsin 53562

Contact Person: Jim Earles (for Iowa market sales) or Tony Ends (for Wisconsin market sales)

Phone: 563.588.2935 (for Jim) or 608.831.9319 (for Tony)

E-mail: iowaharvestofhope@yahoo.com (for Jim) or cclp@tds.net (for Tony)

Web Site: www.cclpmidwest.org

Related Categories: Books & Information, Food (Natural/Organic)

CCLP is a non-profit, ecumenical church group which serves to alert, inform and call to action people of faith in defense of Creation. The Harvest of Hope project involves organizing one-day winter farmers' markets, catered exclusively to farm vendors who use organic and/or sustainable methods, to bolster winter incomes for local farm families. The sales are all held in church meeting spaces and feature winter-friendly goods such as root crops, meats, cheeses, honey, sorghum, popcorn, hand-made soaps, leather products, woolen goods, etc. The exact products present at each sale will vary. Part of the revenue generated at each sale will go into a bank fund held to help farmers out of financial crisis situations.

Come out and support our local organic and sustainable farmers at a Harvest of Hope sale! For more information, including a schedule of sales in the tri-states or requirements to vend your products at a sale, contact Jim or Tony.

Heacock Homestead Organic Food

Contact Person: Dave Heacock

Phone: 563.872.5527

E-mail: heacock@iowatelecom.net

Related Categories: Food (Natural/Organic)

Body & Soul Wellness Center and Spa

Business Address: 2728 Asbury Road, Suite 777, Dubuque, Iowa 52001

Contact Person: Scott and Julia Theisen

Phone: 563.556.9642

E-mail: bodyandsoul@relaxlivewell.com

Web Site: www.relaxlivewell.com

Related Categories: Aromatherapy, Books & Information, Coaching/Life Purpose/Spiritual Direction, Counseling, Energy Work, Essential Oils, Feng Shui, Gemstones/Jewelry, Hypnosis/Hypnotherapy, Massage, Meditation, Pregnancy-Related Services, Reiki, T'ai Chi, Wellness Education, Yoga

Body & Soul is a state of the art wellness center and spa offering a gourmet menu of opportunities to relax, heal, and become fit. Our comprehensive approach to wellness includes:

- A beautiful, full-service day spa offering holistic treatments that can be enjoyed on your own, side-by-side, or with a group of friends.
- A full schedule of fitness classes including Yoga, Tai Chi, Total Body Conditioning (TBC) and Pilates taught by high quality instructors in impressive studios. The first Yoga or TBC class is always free for area residents.
- Professional counseling services consisting of mental health and relationship counseling, hypnotherapy, professional life coaching, and spiritual direction.
- A specialty gift shop and bookstore carrying a fine assortment of products to nurture the body and soul.
- A host of seminars and workshops with leading experts in the field of mind/body/spirit wellness
- Body & Soul At Work – On-site corporate wellness programs featuring fitness and yoga classes, bootcamps, stress management, and professional massage.

Come and experience an oasis of relaxation and well-being! Enjoy our premier facilities that have been designed for your comfort, healing and relaxation, and allow our uncommonly motivated staff to assist, educate, facilitate, and truly care about you ~ *body and soul*.

Mon-Fri: 8:30 am—7:00 pm
Sat: 8:30 am—4:00 pm

Lisa Aird, R.M.

Business Address: 11289 North Cascade Road, Dubuque, Iowa 52003

Contact Person: Lisa Aird

Phone: 563.582.3456

E-mail: lisaaird2@mchsi.com

Related Categories: Dream Circles, Flower/Gemstone Essences, Reiki

Bai Yu Healing Arts

Business Address: 63 Sugar Creek Trail, Galena, Illinois 61036

Contact Person: Gloree Rohnke

Phone: 815.776.0319

E-mail: glorycee@galenalink.com

Web Site: www.galenayoga.com

Related Categories: Qi Gong, T'ai Chi

Home Environment Center

Business Address: 4484 Dodge Street (Highway 20), Dubuque, Iowa 52003

Contact Person: Peter or Clarice Domeyer

Phone: 563.557.1951

Related Categories: Allergy Products, Books & Information, Food (Natural/Organic), Indoor Environmental Purification, Nutritional Supplements / Natural Healthcare, Water Purification

The Home Environment Center is "Your Healthy Living Store!" Store hours are from 9 a.m. to 5:30 p.m., Monday through Friday, and from 10 a.m. to 2 p.m. on Saturday. Our products and services include the following:

- Whole house air purifiers
- Purified water
- Water equipment
 - Purification and filtration equipment
 - Water conditioners and softeners
 - Water coolers (for rent or purchase)
 - Ceramic water crocks
 - Shower filters
- High-quality health foods and supplements:
 - High-vitamin cod liver oil
 - Coconut oil, palm oil and palm kernel oil
 - Azomite mineral powder
 - Acerola powder
 - Celtic sea salt
 - Butter oil
 - Local raw honey (in season)
 - Sorghum (in season)
 - Organic rolled oats, popcorn, barley and more!
- Full-spectrum lighting
- Light boxes (for Seasonal Affective Disorder)
- Allergy-relief bedding
- Health books and healthful-living literature
- Hand-made, low chemical soaps
- And more!

We also volunteer our store space to meetings of the local chapter of the Weston A. Price Foundation (see separate listing for the Price Foundation) at 7:00 p.m. on the second Monday of each month. These meetings are free and open to the public and address various topics related to healthful living—naturally!

Hy-Vee Health Market

Business Address: Hy-Vee Food Stores:
2395 Northwest Arterial, Dubuque, Iowa
400 South Locust Street, Dubuque, Iowa

Contact Person: Megan (NW Arterial) or Jackie (Locust)

Phone: 563.583.2199 (NW Arterial) 563.583.6148 (Locust)

E-mail: 1160hmarket@hy-vee.com (NW Arterial)
1162hmarket@hy-vee.com (Locust)

Related Categories: Allergy Products, Books & Information, Detoxification Products, Essential Oils, Flower / Gemstone Essences, Food (Natural/Organic), Homeopathic Remedies, Natural Beauty Care, Natural Cleaning Supplies, Nutritional Supplements / Natural Healthcare, Water Purification, Wellness Education

Iowa Grape Vines

Business Address: 45062 17th Street, Preston, Iowa 52069

Contact Person: Jim and Mary Kay Sorensen

Phone: 563.689.6347 or toll-free at 866.689.6340

E-mail: iowagrapevines@yahoo.com

Web Site: www.iowagrapevines.com

Related Categories: Food (Natural/Organic)

We are a GRAPE PLANT NURSERY, which includes dormant and greenhouse wine, juice and table (seeded and seedless) grape plants. We have a YOU-COME-PICK for all the above types of grapes in September. In September 2006 we will be offering 100% GRAPE JUICE (no added colors, flavors, preservatives or sugars and not from concentrate). We incorporate organic principles in our nursery and vineyard.

Active Healing

Business Address: 120 Bryant Street, Suite 108, Dubuque, Iowa 52003

Contact Person: Karen V. McCarthy, L.M.T., M.A., Ed.

Phone: 563.580.8010

Related Categories: Counseling, Dowsing, Energy Work, Essential Oils, Flower / Gemstone Essences, Gemstones / Jewelry, Healing Touch, Reiki

Active Healing provides energy-based services and products to support your physical, emotional, mental and spiritual health and well-being—to “restore natural healing and balance your body and spirit.” Karen is a Reiki Master, Quantum Healer, Healing Touch Practitioner Apprentice and National Certified Counselor.

Services Include:

Healing Touch (www.healingtouch.net) provides techniques for balancing, clearing and supporting the body’s energy systems.

Reiki is an ancient and sacred energy.

Quantum, based upon Chinese Energetic teachings, provides access to the underlying causes of imbalances.

Muscle testing assists in locating energy-based barriers and blockages and provides simple tools to easily release/rebalance emotional and other energies that are no longer useful.

Flower and gem essences provide natural vibrational patterns to the body which support healing and spiritual growth processes.

Sessions are 60 minutes in person or by phone. All sessions are \$60, cash or check. There is a 50% charge for sessions missed without 24-hour notice. Please call to schedule an appointment. Hours vary to accommodate most schedules.



Dubuque Area Practitioners and Service Providers

Pine Ridge Herbs

Business Address: 20443 Pine Ridge Lane, Sherrill, Iowa 52073-9566

Contact Person: Kathy and Mark Sand

Phone: 563.552.2449

E-mail: herbladykjs@aol.com

Related Categories: Herb Plants

Located in an old stone church approximately 1 mile southeast of Sherrill, Iowa is the home of Pine Ridge Herbs. We have been growing and using herbs for over 25 years. Pine Ridge Herbs offers a large variety of culinary and medicinal herb plants. We also have heirloom tomato and pepper plants. Although not certified organic, we have always used organic and natural growing methods. No pesticides or chemicals are used. All of our plants are top quality, as we use a lot of care in growing and raising plants for purchase and use by you. Pine Ridge Herbs is located at the Dubuque Farmers' Market starting the 1st weekend in May through the end of June. On occasion we do offer fresh bakery items as well as cut flowers, dried wreaths, fresh-cut herbs and dried herbs. As it becomes available, we also have fresh produce as part of our business. This allows us to be at Market in July, August and September, after the planting season is over. We are always experimenting and expanding, so look for new and unique items in the future.

Two Onion Farm

Business Address: 19638 Cottage Inn Road, Belmont, Wisconsin 53510

Contact Person: Chris and Juli McGuire

Phone: 608.762.5335

E-mail: farmer@twoonionfarm.com

Web Site: www.twoonionfarm.com

Related Categories: Food (Natural/Organic)

We raise delicious, healthful, beautiful vegetables on our 12 acre farm in Belmont, WI, 35 minutes northeast of Dubuque. We select vegetable varieties for their flavor, grow them under the best conditions, pick them at the peak of ripeness, and carefully handle them. The deep, fertile silt loam soil on our farm contributes to the excellent taste of our vegetables, and we strive to maintain our soil fertility by cover cropping, mulching, and composting. For your health and the health of the environment, we use no chemical pesticides or fertilizers.

From June through December we offer farm memberships to people who wish to eat our vegetables. Members receive weekly or biweekly boxes containing a mix of the vegetables which are currently ripe on our farm; over the season the boxes include lettuce, tomatoes, carrots, broccoli, cucumbers, onions, green beans, spinach, peppers, cabbage, peas, potatoes, squash, garlic, and over fifteen other vegetables. Each box also contains a newsletter describing the vegetables and providing cooking tips and recipes. We carefully research and try all of the recipes we distribute, and members report that the recipes greatly help them to eat and enjoy the vegetables. We welcome new farm members in the greater Dubuque area, southwestern Wisconsin, and the Madison area.

Weston A. Price Foundation

Contact Person: Jim and Sandy Kammes

Phone: 608.794.2638

Web Site: www.westonaprice.org

Related Categories: Books & Information, Detoxification Products, Food (Natural/Organic), Wellness Education

The WAPF is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Weston A. Price, D.D.S., whose studies of isolated non-industrialized peoples established the parameters of human health and determined the optimum characteristics of human diets. Dr. Price's research demonstrated that men and women achieve perfect physical form and perfect health, generation after generation, only when they consume nutrient-dense whole foods and the vital fat-soluble activators found exclusively in animal fats.

The Foundation is dedicated to restoring nutrient-dense foods to the American diet through education, research and activism and supports a number of movements that contribute to this objective, including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community supported farms, honest and informative labeling, prepared parenting and nurturing therapies. Specific goals include establishment of universal access to clean, certified raw milk and a ban on the use of soy-based infant formula.

The local chapter meets on the second Monday of each month at 7 p.m. in the Home Environment Center, 4484 Dodge St., Dubuque. The meetings are free, fun and open to everyone. If you have never been to a meeting before, you might want to call Jim and Sandy in advance to check on the meeting date. Meetings sometimes have to be scheduled differently than the second Monday of each month.